

# DECEMBER 2023

*SNA Monthly Newsletter*



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## HEALTH AWARENESS MONTH

### HIV/AIDS AWARENESS AND FLU VACCINES

December 1st is known as World AIDS Day. This day aims at reducing stigma and bias associated with this disease. For more information related to understanding this disease process, you can visit [HIV.gov](http://HIV.gov) for more resources. In order to support this campaign, you can visit this website as well.

As flu season is rapidly approaching, it is important to get the flu vaccine. While getting the flu vaccine can help to control the spread of this virus, it is also important to encourage others to receive theirs as well. Those eligible for this vaccination are anyone age 6 months or older. It is also important to raise awareness for the pneumococcal vaccination for individuals age 65 years of age or older.

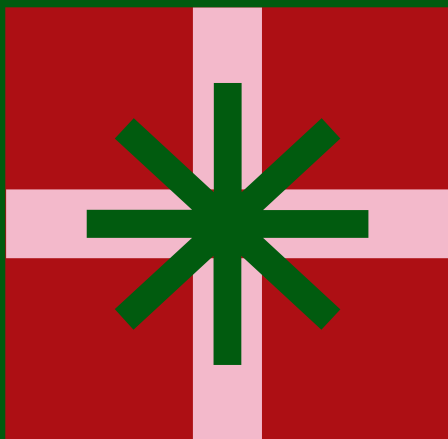
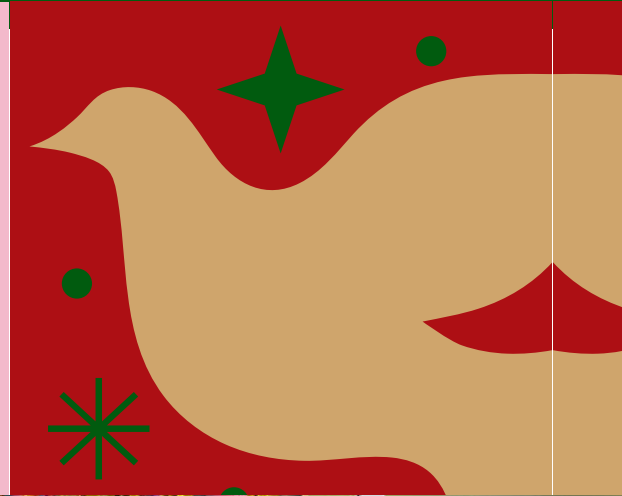
December 4-8 is National Influenza Vaccination Week. For more information on this topic, you can visit [CDC.gov](http://CDC.gov). This website provides information on the benefits of the influenza vaccination and more important teaching points when educating others about its importance.

Multiple locations offer vaccination sites in our area including, but not limited to, CVS pharmacy, Walgreens, local pharmacies, and your own primary care offices.



MSNA (Minority Student Nurses Association) was established this year as an organization that provides a safe environment for minority students to come together for various volunteer opportunities and building relationships! We have partnered with MSNA for events like "Taco bout' nursing" and plan to partner with them for future events in 2024. For more information on how to join this organization, you can email: [taylor.johnson@smail.astate.edu](mailto:taylor.johnson@smail.astate.edu)

Arkansas State Student Nurses Association would like to wish you all a Merry Christmas, and we hope you all have safe travels home to your families!



**Looking forward to seeing you in the New Year**  
*Love, your a-state sma chapter*