



Enrollee Newsletter

December 2020

Volume 5, Issue 8

December 1 - 7 is National Handwashing Awareness Week

Community Care Plan, 'the health plan with a heart'

Five Steps to Washing your Hands

- **Wet** your hands under clean running water. It does not matter if the water is hot or cold. Add soap.
- **Lather.** Rub your hands together with soap. Make sure to get the back of your hands, under your nails and between your fingers.
- **Scrub** for at least 20 seconds. Scrubbing should last about the time it takes to sing "Happy Birthday" twice.
- **Rinse** your hands under clean running water.
- **Dry** with an air dryer or clean towel.

When should I use hand sanitizer?

If you are in a place where soap and water are not available, use hand sanitizer. Hand sanitizers should be alcohol-based and have at least 60% alcohol. The label should tell you the correct amount to use. Rub your hands together making sure it covers all surfaces of your hand. It should take about 20 seconds to dry.

Hand sanitizer does not get rid of all germs and might not be as effective when you have visible dirt or grease, or you have been working with pesticides or heavy metals.

Before

- Preparing food
- Eating food
- Caring for someone is sick (vomiting or diarrhea)
- Treating a cut or wound

During

- Food Preparation

After

- Preparing food
- Handling pet food or pet treats
- Caring for someone is sick (vomiting or diarrhea)
- Treating a cut or wound
- Using the toilet
- Changing diapers or cleaning up a child who has used the toilet
- Blowing your nose, coughing, or sneezing
- Touching an animal, animal feed, or animal waste
- Touching garbage

Source: www.cdc.gov/handwashing/when-how-handwashing.html

Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please contact our customer service number at 1-866-899-4828 /TTY/TDD, 1-855-655-5303, Monday through Friday from 8:00 a.m. to 7:00 p.m. ET. Esta información está disponible gratis en otras lenguas. Por favor, contacte a nuestro departamento de servicio al cliente al 1-866-899-4828 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00 a.m. a 7:00 p.m. Si ou vie resevwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-899-4828 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.

Contraceptives: Birth Control Methods for Women

Below are contraceptives that are prescribed/inserted/or surgically performed by a doctor or health professional. Talk to your doctor about which method would be best for you.

Contraceptive Type	What is it?	Reversible or Permanent?	Length of Use
Copper T intrauterine device (IUD)	A small 'T' shaped device that is placed in the uterus to prevent pregnancy.	Reversible	Up to 10 years
Levonorgestrel intrauterine system (LNG IUD)	A small 'T' shaped device that is placed in the uterus to prevent pregnancy. The LNG IUD releases a small amount of progestin each day to prevent pregnancy.	Reversible	3 to up to 6 years
Implant	A thin rod that is placed under the upper arm. The implant contains progestin that is released into the body.	Reversible	Up to 3 years
Injection (shot)	A shot of the progestin hormone in the butt or the arm. The shot needs to be repeated every 3 months.	Reversible	3 Months
Combined Oral contraceptives (The Pill)	A pill that contains progestin and estrogen. It is taken at the same time each day.	Reversible	Daily
Progestin Only Pill	A pill that contains progestin-only. It is taken at the same time each day.	Reversible	Daily
Patch	A patch that is worn on the stomach, butt, or upper body (not the breasts). The patch releases estrogen and progestin. A new patch is placed on once a week for 3 weeks of the month. In the fourth week, the patch is removed to have a period.	Reversible	Weekly
Hormonal vaginal contraceptive ring	A ring that is placed by a woman into the vagina. The ring releases estrogen and progestin. A ring is inserted for 3 weeks and is taken out in the fourth week to have a period. After having a period, a new ring is inserted.	Reversible	3 Weeks
Female Sterilization (Tubal ligation "tying tubes")	A women's fallopian tubes are tied making them 'closed.' This does not allow the sperm and egg to fertilize. This procedure is done at a hospital or surgical center. The effects happen right away.	Permanent	Forever

Source: www.cdc.gov/reproductivehealth/contraception/index.html

Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please contact our customer service number at 1-866-899-4828 /TTY/TDD, 1-855-655-5303, Monday through Friday from 8:00 a.m. to 7:00 p.m. ET. Esta información está disponible gratis en otras lenguas. Por favor, contacte a nuestro departamento de servicio al cliente al 1-866-899-4828 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00 a.m. a 7:00 p.m. Si ou vie resevwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-899-4828 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.