CARE
A UMR Solution

# Helping you

CLINICAL • ADVOCACY • RELATIONSHIPS • EMPOWER

FALL ISSUE • NOVEMBER 2026

## November Spotlight: Infection Prevention

This month, we're highlighting information about preventing infection. You'll also find other wellness-related resources, links to *Healthy You* articles, mental health tips and healthy recipes.

Check out these articles about infection prevention from our CARE Health Education Library. To view a Spanish version of any of the articles in the library, click the **ES** icon in the top right corner.

- **Colds and the flu — what to ask your doctor**
- **Resfriados y gripe en adultos - qué preguntarle al médico**
- **Viral pneumonia**
- **Neumonía viral**

These additional links from other health organizations offer more information about different types of common infections:

- **Flu prevention**
- **Bladder infection (urinary tract infection—UTI) in adults**
- **How to prevent sexually transmitted infections (STIs)**
- **Staying safe from sepsis**

## Healthy recipes

- **Tuscan bean soup**
- **Pumpkin bread**
- **Baked apples with cinnamon-oat topping**
- **Slow-cooker turkey chili**




## *Healthy You* magazine

Here's what's in the latest issue of *Healthy You*, an award-winning magazine with health and wellness articles that support and encourage your healthy choices.

**Cold and flu season tips**

Learn why illness spikes when temperatures drop.

**Colorful ways to step up your step count**

Savoring fall's spectacular shades is a great way to boost your physical and mental health.

**The signs and signals of abuse**

When it comes to abuse or trafficking, small, quiet signals can save lives.

*Find the entire **Fall issue** here!*

## Mental health awareness

Every November, men grow out their facial hair to raise awareness for men's health issues, such as prostate cancer, testicular cancer and men's suicide. This movement, called Movember, focuses heavily on suicide prevention, breaking mental health stigmas, and encouraging men to express emotions and seek support.

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