

## Health Information Sheet

HEALTH RISK	WHAT WE KNOW	WHAT YOU CAN DO
SMOKING	<ul> <li>It's not healthy to smoke.</li> <li>There are many options available to help you stop.</li> </ul>	<ul> <li>Speak with your primary care physician for his or her advice.</li> <li>Call 1-800-Quit-Now. This toll-free telephone number connects you to counseling and information about quitting smoking in your state.</li> <li>Visit this VA website:         <ul> <li>www.hiv.va.gov/patient/daily/smoking.asp</li> </ul> </li> </ul>
EXERCISE	<ul> <li>It's healthy to exercise on a regular basis.</li> <li>The amount of exercise recommended on a daily basis is 20 minutes.</li> </ul>	<ul> <li>Ask your primary care physician about exercise tips.</li> <li>Visit the VA MOVE! Weight Management website:         <ul> <li>www.move.va.gov</li> </ul> </li> </ul>
ALCOHOL USE	<ul> <li>Drinking above low risk limits will increase your risk for illness and/or injury.</li> <li>It's never good to drink and drive.</li> </ul>	<ul> <li>Speak with your primary care physician for his or her advice.</li> <li>Visit a VA Substance Abuse website:         https://vetchange.org/home/index2         www.hiv.va.gov/patient/daily/alcohol-drugs/overview.asp     </li> <li>Visit the National Institute on Alcohol Abuse and Alcoholism website:         www.rethinkingdrinking.niaaa.nih.gov     </li> </ul>
AVOID THE FLU	<ul> <li>Consider getting your flu shot every year.</li> <li>Practice frequent hand washing.</li> <li>Seek medical attention for flu symptoms.</li> </ul>	<ul> <li>Ask your primary care physician about whether the flu shot is appropriate for you.</li> <li>Visit the VA Vaccination website:         <ul> <li>www.publichealth.va.gov/flu/vaccination/index.asp</li> </ul> </li> </ul>