

HEALTH RISK	WHAT WE KNOW ...	WHAT YOU CAN DO ...
<b>SMOKING</b>	<ul style="list-style-type: none"> <li>• It's not healthy to smoke.</li> <li>• There are many options available to help you stop.</li> </ul>	<ul style="list-style-type: none"> <li>• Speak with your primary care physician for his or her advice.</li> <li>• Call <b>1-800-Quit-Now</b>. This toll-free telephone number connects you to counseling and information about quitting smoking in your state.</li> <li>• Visit this VA website: <b><a href="http://www.hiv.va.gov/patient/daily/smoking.asp">www.hiv.va.gov/patient/daily/smoking.asp</a></b></li> </ul>
<b>EXERCISE</b>	<ul style="list-style-type: none"> <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 style="list-style-type: none"> <li>• Ask your primary care physician about exercise tips.</li> <li>• Visit the VA MOVE! Weight Management website: <b><a href="http://www.move.va.gov">www.move.va.gov</a></b></li> </ul>
<b>ALCOHOL USE</b>	<ul style="list-style-type: none"> <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 style="list-style-type: none"> <li>• Speak with your primary care physician for his or her advice.</li> <li>• Visit a VA Substance Abuse website: <b><a href="https://vetchange.org/home/index2">https://vetchange.org/home/index2</a></b> <b><a href="http://www.hiv.va.gov/patient/daily/alcohol-drugs/overview.asp">www.hiv.va.gov/patient/daily/alcohol-drugs/overview.asp</a></b></li> <li>• Visit the National Institute on Alcohol Abuse and Alcoholism website: <b><a href="http://www.rethinkingdrinking.niaaa.nih.gov">www.rethinkingdrinking.niaaa.nih.gov</a></b></li> </ul>
<b>AVOID THE FLU</b>	<ul style="list-style-type: none"> <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 style="list-style-type: none"> <li>• Ask your primary care physician about whether the flu shot is appropriate for you.</li> <li>• Visit the VA Vaccination website: <b><a href="http://www.publichealth.va.gov/flu/vaccination/index.asp">www.publichealth.va.gov/flu/vaccination/index.asp</a></b></li> </ul>