

# YOUR HEALTH MATTERS MONTHLY NEWSLETTER

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[WWW.WESTFIELDNJ.GOV/HEALTH](http://WWW.WESTFIELDNJ.GOV/HEALTH)



## National Influenza Vaccination Week

With flu season upon us during the COVID-19 pandemic, it's doubly important to lessen the risk for getting the flu.

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## World AIDS Day

Observed each year on December 1, this is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV, and remember those who have died from an HIV-related illness.

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## National Impaired Driving Prevention Month

Each December, we go out for fun, parties and drinks with family and friends. But we ask you to stop and think for a second about being responsible and raise awareness of the consequences of driving under the influence of drugs or alcohol.

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