

# FALL 2019 Healthy Together

1-800-562-4620 • www.OHPCC.org

## Taking Care of Yourself After Trauma

Many people live through a scary or shocking event. These types of events are called traumas. They can include:

- A natural disaster like a flood
- A violent act
- A death
- An accident or another event that puts a life in danger

If you see or live through a traumatic event, it's normal to have many different thoughts and feelings. Taking care of yourself is important to feeling better.

### What You May Feel or Think

Everyone feels differently after trauma. Some thoughts and feelings you may have include:

- Being angry
- Having a hard time focusing or making decisions
- Feeling sad and hopeless

- Not wanting to see people or do things
- Feeling numb, or no feeling at all

### What You Can Do

You may not feel like yourself for weeks or months after the trauma. During this time, make an extra effort to heal. Try to:

- **Spend time with family and friends.** Being alone can make you feel worse.
- **Seek support.** Talk with a close friend, family member or counselor about your emotions. You can also join a support group.
- **Stick with healthy habits.** Get enough sleep. Avoid unhealthy foods. Don't turn to drinking and

drugs, since they can make it harder to cope with stress.

- **Do things you enjoy.** Go for a walk every day or start reading a good book. Activities such as gardening, going fishing or doing crafts can also help.
- **Practice relaxing and being mindful.** Deep breathing, meditating or listening to quiet music can help you relax. To be mindful, simply focus on the present. Take a few minutes and focus just on what you're doing, seeing and feeling.
- **Replace negative thoughts with positive ones.** You may think you may never get over the trauma. When you do, think "I am feeling better every day."

### When to get help

If you have problems at work or home after trauma, talk to a mental health professional. He or she can help you.

We are here to help  
any day, any time.  
24/7 NURSE ADVICE LINE  
1-800-562-4620  
Call ANY TIME you want  
to talk to a nurse.



Provided as a benefit to  
Oregon Health Plan Care  
Coordination Program clients

# Should You Get Tested for Hepatitis C?

**If you think you're at risk for hepatitis C, it's a good idea to get tested.** Hepatitis C is a liver infection caused by a virus. Many people who have hepatitis C have no symptoms, and a test is the only way to find out if you have it.

It's important to know if you have hepatitis C so you can protect your liver.

## The Screening Test

To find out if you have hepatitis C, your doctor will do a blood test. It's called a hepatitis C antibody test. This test can tell if you've ever had

hepatitis C. It works by looking in your blood for antibodies to hepatitis C. These are chemicals your body makes when you have the virus.

Depending on the results of your test, you may need another test to learn if you have hepatitis C.

## Negative Results

If your test results come back as non-reactive, or negative, it means you do not have hepatitis C. But if you think you were exposed to hepatitis C in the last 6 months, you should have the test again. Hepatitis C antibodies can take 3 to 12 months to appear.

If it's been more than 6 months since

your exposure to the virus, a negative test means you do not have hepatitis C.

## Positive Results

If your antibody test results are reactive or positive, this means you have had hepatitis C at some point in your life. But it doesn't mean that you still have hepatitis C. Some people can clear the virus from their body without any treatment.

To learn if you still have hepatitis C, you will need another test. This test is called an RNA test. If this test is positive, it means you have hepatitis C.

After a positive test, you can talk with your doctor about your next steps. You may not need treatment. Instead, your doctor may suggest checking your liver every so often for signs of damage. Treatment can help cure hepatitis C or help you care for yourself.

Learn more about  
hepatitis C and your risk for it.

Visit our online educational materials at  
[www.ohpcc.org](http://www.ohpcc.org), then search for "hepatitis C."

## health briefs

### Hand Sanitizer: A Good Thing

Always try to use soap and water to wash your hands. But if they are not available, hand sanitizer is better than nothing. Make sure any sanitizer you use has a label that says it contains at least 60 percent alcohol.



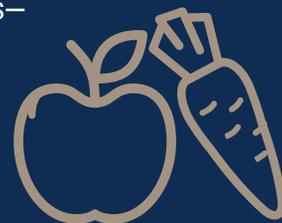
### Check Up on Your Friendships

Feeling lonely? Maybe it's time to check in with your friends. Studies have shown that having healthy social connections may help reduce stress and prevent heart problems—and even help you live longer.

Hi!  
How are you?

### What to Eat for Better Sleep

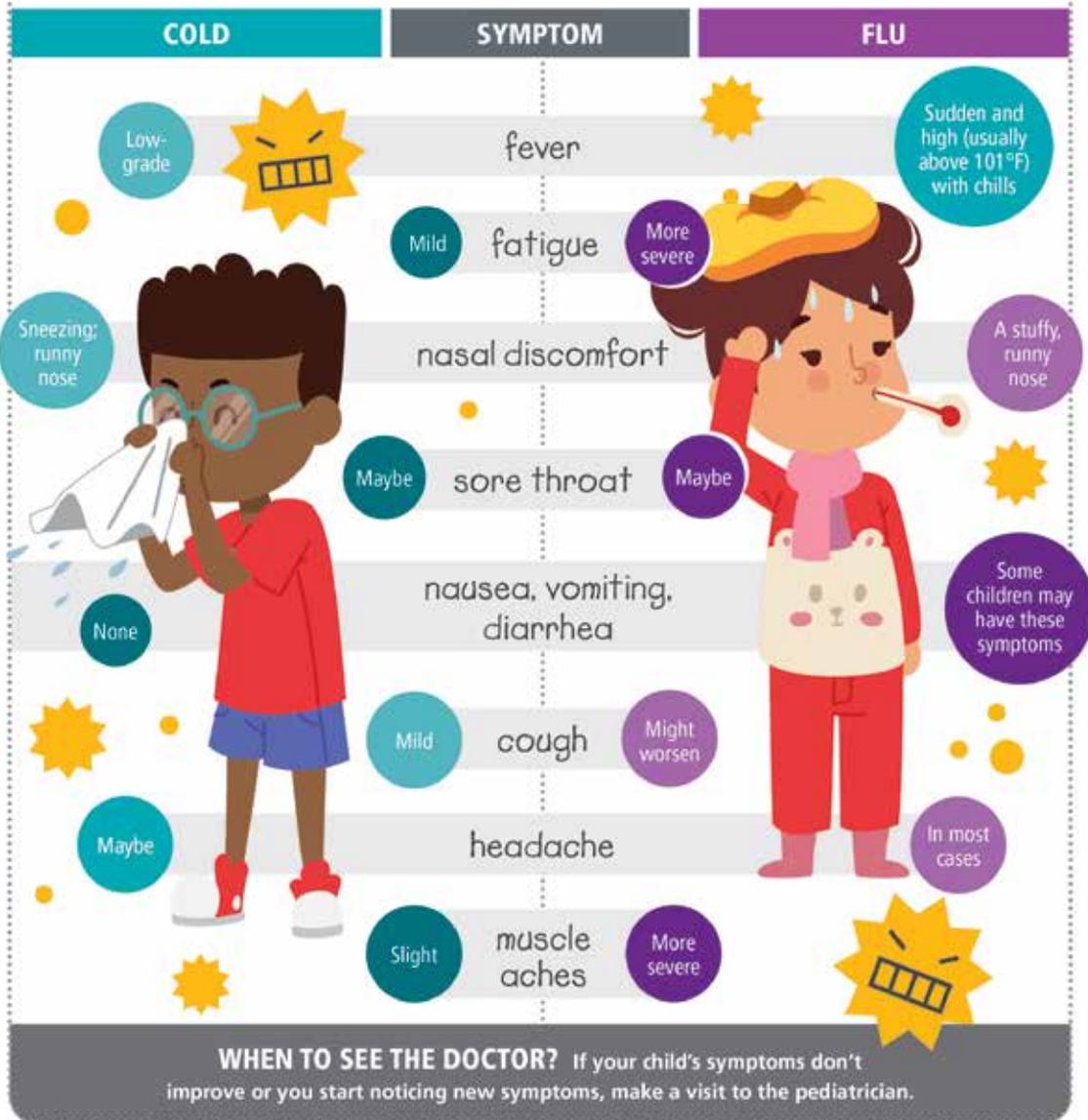
Want to sleep better? Eating a Mediterranean diet—rich in olive oil, fruits, vegetables, fish and whole grains—may help. It is linked with better sleep quality in older adults.



# COLD OR FLU?

## Here's how to tell

It's sniffles season again. But how can you tell if your child is sniffing from a common cold or the flu, a respiratory infection caused by influenza viruses? This symptom guide might help point you in the right direction.



### When Does the Flu Become an Emergency?

Fever. Aches. Chills. The flu does not feel good. If you're younger than age 65 and in good health, you likely won't need medical care or even medication. You'll feel better within a few days or up to 2 weeks. Stay home and try to avoid other people until you feel better.

Call the doctor if a child younger than age 5, an adult older than age 65 or someone with a health condition has the flu. They are at risk for more serious problems from the flu.

Also, serious problems from the flu can happen to anyone. Go to the emergency room if you notice:

- Difficulty breathing or shortness of breath
- Sudden dizziness
- Pain or pressure in your chest or abdomen
- Regular vomiting
- Confusion
- Symptoms that get better then get worse

Remember, getting the flu vaccine each year is the best way to protect yourself and your loved ones from the flu.



KEPRO – Oregon Health Plan  
Care Coordination  
P.O. Box 2480  
Tualatin, OR 97062

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### Ready to quit tobacco?

Call a Quit Coach 24 hours a day,  
7 days a week, in 170+ languages:  
1-800-QUIT-NOW (1-800-784-8669)  
1-855-DÉJELO-YA (1-855-335-3569)

Online:  
[www.quitnow.net/oregon](http://www.quitnow.net/oregon)

Call **1-800-562-4620** to discuss any of the topics in this newsletter or any other health issues. Visit our Website at [www.OHPCC.org](http://www.OHPCC.org).

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Developed by StayWell



## Are *E-Cigarettes* Safe?

**Electronic cigarettes are also known as e-cigarettes.** They are a popular new way to smoke. They may be in the shape of cigarettes, cigars, pipes, pens or even USB memory sticks.

E-cigarettes involve vaping. That's when users inhale vapor, or smoke, made from liquid that gets heated inside the device. Vaping is popular with teens and smokers who are looking to quit cigarettes.

Some studies suggest e-cigarettes might be less harmful than cigarettes. But no research has shown if e-cigarettes are truly safe or not for people.

The devices don't contain tobacco. That means the vapors do not contain the same harmful chemicals as tobacco smoke. But e-cigarettes do contain nicotine. Nicotine is a highly addictive drug. Users also breathe in other cancer-causing substances.

Another problem: The U.S. Food and Drug Administration hasn't approved them as a way to help smokers quit. The FDA helps make sure products like medication are made to certain standards to make sure they are safe and work.

If you want to stop smoking, call **1-800-QUIT-NOW (1-800-784-8669)** or **1-855-DÉJELO-YA (1-855-335-3569)**. You'll be able to work with a Quit Coach who can help you stop smoking for good.