

By Your Side

January 2023



Winter Blues: Managing Seasonal Affective Disorder

Do you feel down in the dumps after the New Year? You may have a type of depression called Seasonal Affective Disorder. Our experts share tips that can help boost your spirits during the short, dark days of January and February.

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Dry January: Give Your Liver a Break

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Is Your Child Feeling Sick?

Our pediatric team offers all the services your child needs, including check-ups, sick visits, and vaccinations. Summit Health's Pediatric After Hours offers extended care hours too.

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Be Wise and Well

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[The Cancer Screening Schedule Everyone Should Know](#)



[Put Health and Safety First This Winter](#)

Handwashing is one of the best ways to protect yourself from germs. Cases of RSV, the flu, and COVID-19 — the so-called “triple-demic” — are surging this season.

How to Properly Wash Your Hands



1. Wet your hands with clean, running water. Apply soap then lather.



2. Scrub for 20 seconds (the duration of the Happy Birthday song).



3. Rinse your hands well under clean, running water.

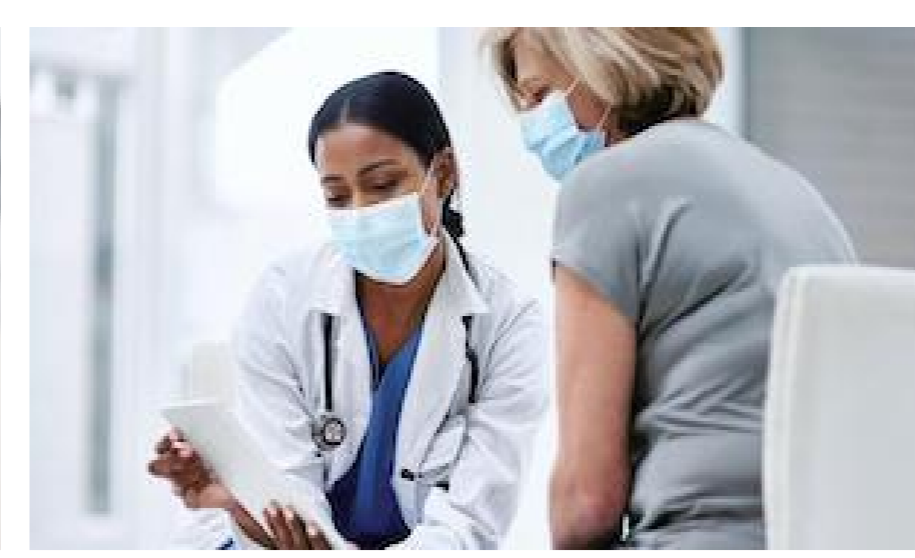


4. Dry your hands using a clean towel or air dry them.

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