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## Matcha tea: A HEALTHY TREND?

Matcha tea is the latest healthy drink that's showing up everywhere. But is it really that good for you?

Matcha tea comes from the same plant as other teas - the *Camellia sinensis* plant. But, it's grown and harvested in a different way than other types of tea. Here's what makes it different:

- Growers cover the leaves for several weeks before picking them. This boosts chlorophyll and gives it a deep green color.
- Matcha leaves are then ground into a fine powder. People add the powder directly to drinks. This means they are consuming the whole tea leaf, which includes its nutrients.

Studies show that matcha is high in antioxidants, with research ongoing to show possible health benefits. Try a matcha drink in place of regular tea or coffee. But stay away from matcha drinks or powder that contain lots of added cream or sugar.

# How to treat cat & dog bites

Family pets, stray dogs and cats or neighborhood animals can all bite. Do you know what to do if you or your child gets a bite?



## WHAT TO DO NOW

Right away, you should:

- Wash the skin wound with soap and water.
- If it's bleeding, use a clean towel to gently press down on the area.
- Once bleeding has stopped, apply a sterile bandage.



## SHOULD I CALL A DOCTOR?

Some bites may need medical care. Call your doctor if:

- You think it might be infected. Look for fever, redness, swelling, warmth and drainage.
- You can't get the bleeding to stop after pressing on it for 15 minutes.
- You think the injury is serious or it looks deep.
- You think there might be a broken bone.
- You have diabetes or a weakened immune system.
- Your last tetanus shot was more than 5 years ago. Or, you don't remember when you last had a tetanus shot.
- You were bit by a wild or stray animal.
- The bite was on the face.
- The bite happened to a child.
- You don't know if the animal is up to date on all its vaccines (shots).



## DO I NEED A RABIES SHOT?

Most cats and dogs in the U.S. don't have rabies. So most people who get bit by a cat or dog don't need to get a rabies shot.

Many wild animals can have rabies, though. Raccoons, skunks, squirrels, bats and coyotes may have it.

If you know the owner of the cat or dog that bit you, ask for their health records. Sometimes the pet needs to be isolated so they can look for signs of rabies. If any signs show up, they will test the animal for rabies. If the animal tests positive, then you need a rabies shot.

If you were bit by a stray animal, call animal control. They will try to find the animal so they can test it for rabies. You may need to report the bite to animal control or your local health department too. Ask your doctor if you're not sure.



# Hepatitis:

## *Causes & types*

Hepatitis is a condition that affects the liver. If a person has hepatitis, their liver may be inflamed or damaged.



### WHAT CAUSES HEPATITIS?

Many different things can cause hepatitis. They include:

- A virus
- Contaminated objects like needles or medical equipment
- Heavy alcohol use
- Certain medications
- Some medical conditions



### DIFFERENT TYPES OF HEPATITIS

HEPATITIS A:	HEPATITIS B:	HEPATITIS C:
<ul style="list-style-type: none"> <li>• Is spread through contaminated food, drinks or objects.</li> <li>• Can make you sick for weeks or months, but most people recover.</li> <li>• Can be prevented with a vaccine.</li> </ul>	<ul style="list-style-type: none"> <li>• Is spread through blood, semen or other body fluids.</li> <li>• Can spread through sex, sharing personal items or sharing needles.</li> <li>• Can cause long-term liver problems like liver failure and cancer.</li> <li>• Can be prevented with a vaccine.</li> </ul>	<ul style="list-style-type: none"> <li>• Is spread through blood.</li> <li>• Can spread when people share needles or other equipment.</li> <li>• Causes long-term infection in about half of all cases.</li> <li>• Can cause cirrhosis (scarring) of the liver.</li> <li>• More than 90 percent of people can be cured with proper medical treatment – new treatment has very few side effects.</li> </ul>



### ASK YOUR DOCTOR ABOUT HEPATITIS

Many people may have hepatitis and don't know it. You may not have any symptoms at first. That's why it's important to talk to your doctor. They can find out if you need a vaccine or if you should get tested for hepatitis. Proper medical care can help prevent, treat or cure this disease.

# Tea time:

## *Is tea good for you?*

Many people drink tea every day. The most popular teas are black, green and oolong. Matcha tea is also becoming more popular.

Black, green, oolong and matcha teas come from a plant known as *Camellia sinensis*. Each of these teas looks and tastes different because of how they are processed.

### CAFFEINE CONTENT

Tea, like coffee, naturally contains caffeine and can be different in each cup. If you steep your tea longer, it will have more caffeine than a quick steep.

Estimates of the caffeine content per 8-ounce cup:

- Coffee: 95 milligrams
- Black tea: 48 milligrams
- Oolong tea: 38 milligrams
- Green tea: 29 milligrams
- Decaffeinated tea: Very small amounts

Some tea packages will tell you how much caffeine it contains. Look for this on the product label.

### WATCH YOUR CAFFEINE INTAKE

You can still drink too much caffeine from tea if you're not careful. Too much caffeine can make you feel nervous or shaky. It can also make it hard for you to sleep.

Most healthy adults can tolerate up to 400 milligrams of caffeine each day. People who are more sensitive to caffeine may need to consume much less than this amount.

Decaf teas are a good option if you love tea but want to cut back on caffeine. They still contain only small amounts of caffeine.

### ARE HERBAL TEAS REALLY "TEA"?

Herbal teas are not made from the tea plant *Camellia sinensis*. Instead, they are made from the roots, leaves, flowers and other parts of certain plants.

For instance, chamomile tea is made from chamomile flowers. Peppermint and spearmint teas are made from the plant's leaves.

Herbal teas don't contain any caffeine. They are usually safe in regular amounts. But ask a doctor before you consume herbal tea if you are taking medicine or have any health conditions. These teas can interfere with some medications or cause side effects in some people.



# Does tea make you healthier?

There are many claims about the health benefits of tea. Here are the facts we know:

- **Tea contains small amounts of minerals.** But it's not enough to meet your needs. Eat a balanced diet with fruits, vegetables, whole grains and lean protein.
- **Tea contains antioxidants. They may help lower the risk of some health problems.** Green tea and matcha tea may contain more polyphenols than other types of tea. Experts don't know for sure that tea will prevent or cure any diseases, though.
- **Processed teas and tea powders don't contain as many antioxidants as fresh tea.** Use tea leaves and tea bags for the most antioxidants.

Tea can be part of a healthy eating plan. Steep your own tea and skip the added sugar.



Sources: Academy of Nutrition and Dietetics, U.S. Food and Drug Administration

## Recipe: Avocado-Green Tea Popsicle



### INGREDIENTS

- 1 avocado (halved, pitted)
- 1 banana (peeled, roughly chopped)
- 1 cup fat-free milk
- 1/2 cup fat-free, plain Greek yogurt
- 1 tablespoon green tea matcha powder
- 1 tablespoon honey

### DIRECTIONS

1. Halve the avocado and remove the pit. Spoon the avocado's flesh into a food processor or blender. Add the chopped banana, milk, yogurt, matcha powder, and honey.
2. Purée until mixture is smooth.
3. Carefully pour mixture into 6 (4-ounce) popsicle molds. Insert popsicle sticks and freeze until firm, at least 8 hours.
4. Place the outside of the popsicle mold under warm running water to easily remove popsicle from the mold.

Nutrition per serving: Servings 6. Calories 106; Total Fat 5 g; Saturated Fat 1 g; Sodium 27 mg; Total Carbohydrate 13 g; Dietary Fiber 3 g; Protein 4 g.

# Should you join a MLM?

Multi-level marketing companies, or MLMs, are companies that sell their products or services through person-to-person sales.

People who join MLMs can make money by:

- Selling the product or service to friends, family and other customers.
- Earning more money if you get someone else to sign up as a representative or distributor for the company.

Many people try MLMs as a side business to make extra money. Unfortunately, many people who join MLMs make very little money. They may even lose money. Be wary of promises to “get rich fast” or make huge amounts of money from MLMs.



If you are thinking about it, ask yourself:

1. **Do I want to be a salesperson?** People in MLMs have to sell their product or service. They have to ask people they know to invest time or money in their product. They may also ask others to join and become a salesperson too. If this makes you feel uncomfortable, it's probably not for you.
2. **Do you have a sales plan?** Think about whether you know enough people who will buy this product from you. They will need to buy from you over and over again if you want to make long-term money.
3. **Think about the product and how easy it is to sell.** Can people get a similar product in a store by spending less money?
4. **How much money do you want to earn?** Is this amount possible with the number of people who may buy it?
5. **Do you have money and time to invest?** Usually, you spend money to get product samples or equipment. Do you also have time to spend selling to people at parties or meetings? Are there training events that require travel? What about website fees?

Finally, be careful about using a credit card to pay for your start-up expenses or other costs. This could backfire if you have to pay high interest rates and can't pay it off right away.

It's your money and your life. Don't let big promises or convincing marketing try to talk you into an MLM if you're not sure about it.

# Don't be a distracted walker

Walking is great exercise, and it doesn't require training or special equipment. But if you're using a phone or playing music, you could be putting yourself at risk. While it may seem strange to talk about distracted walking, it does happen – and people can get seriously hurt.

Don't  
text while  
walking.

You could trip on an object or crack in the sidewalk. Or, you could run into another person or worse, walk in front of a vehicle.

Walkers who play loud music may raise their risk of injury because they aren't aware of their surroundings.

If you wear headphones, keep the volume low.

A single earbud allows you to hear out of the other ear while walking. And, you won't have to worry about hurting your arm or your neck to hold your phone.

If you want to chat, use an earpiece in one ear only.



WELL-BEING  
TIP

# Is your relationship healthy?

Sometimes it's hard to know if you're in a healthy relationship. This can include a romantic partner, friend or family member.

## KNOW THE GOOD

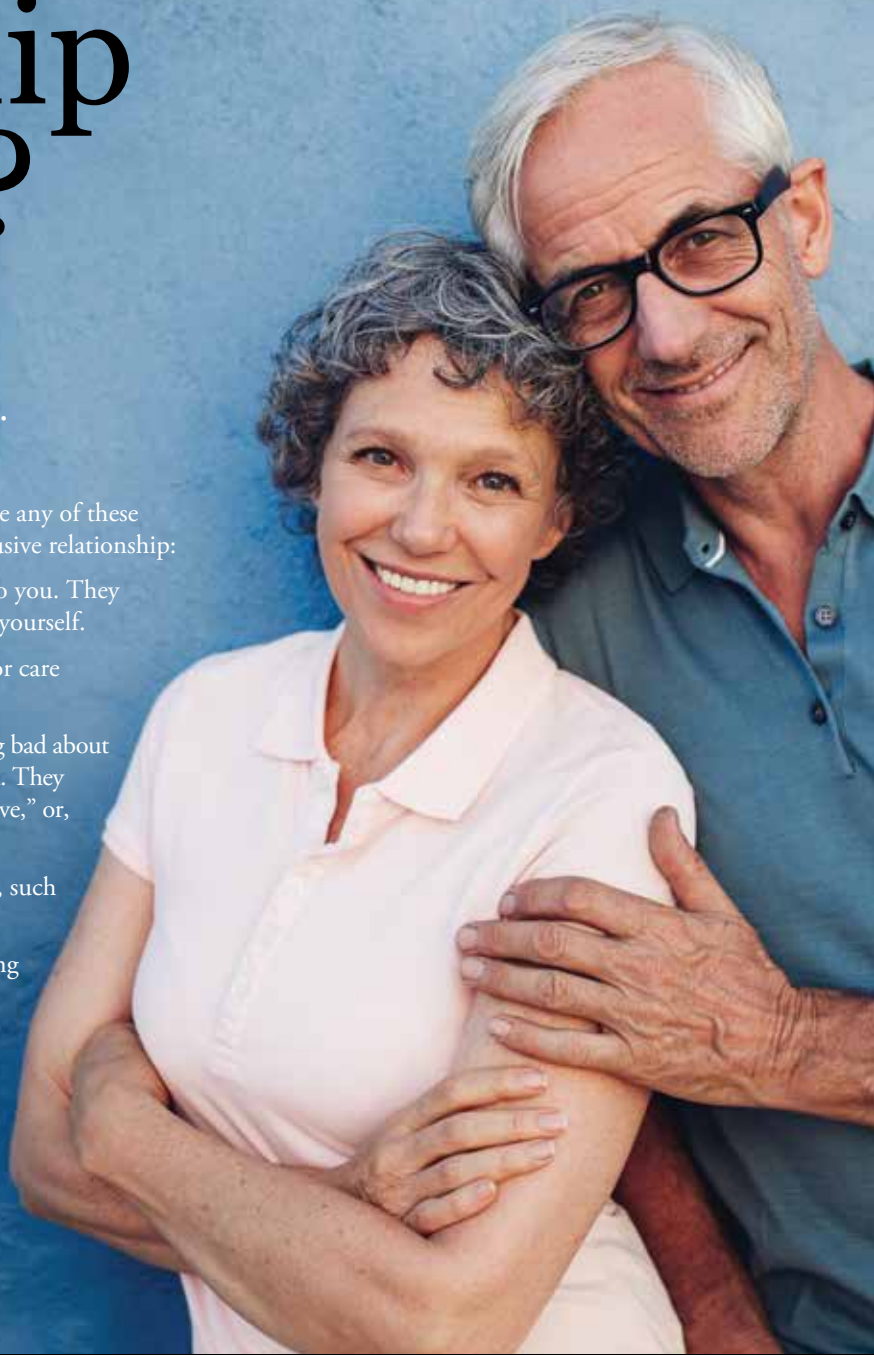
Some signs of a healthy relationship include:

- You feel good about yourself when you're around that person.
- You feel safe telling them how you feel about things.
- They listen to you, and you listen to them.
- You feel valued by them.
- You trust them, and don't think they would do something to betray you.
- You can disagree or argue, but you don't insult each other. Neither person uses personal attacks.

## UNSAFE SIGNS

Ask yourself whether you see any of these signs of an unhealthy or abusive relationship:

- They say hurtful things to you. They make you feel bad about yourself.
- They stop showing love or care when they are mad.
- They blame you for feeling bad about something they did or said. They may say you're "too sensitive," or, "you made me do it."
- They hurt you physically, such as pushing or hitting.
- They keep you from seeing family or friends.
- They threaten you or try to control you. They want you to fear them.



If you're not sure if you're in an abusive relationship at home, reach out for help. Call the National Domestic Violence Hotline at 1-800-799-7233 or go to [thehotline.org](https://www.thehotline.org).