

North Carolina HOSA-Future Health Professionals

# HEY HOSA!

January 2026

*Flu Season is Here:*

*What it is and why it Matters*



*Competitive Event*

*Spotlight: Healthcare  
Administration*

## Champions of Change

*Registered Nurses: The backbone of healthcare*

# LETTER FROM TEAM 50

2025-2026 NC HOSA  
Executive Council

## EYES ON SLC!

### Hey HOSA!

We hope the new year is off to a strong start as members return refreshed and ready for the months ahead. After an exciting Regional Leadership Conference season, January marks a time to reflect on accomplishments while shifting focus toward what's next. With the State Leadership Conference approaching, now is the perfect time to continue refining events, reviewing guidelines, and strengthening skills in preparation for March.

As members balance a new semester of classes, activities, and responsibilities, remember that consistent preparation now can make a meaningful difference later. Be sure to check the calendar section of this newsletter for upcoming dates, deadlines, and important reminders as we move closer to SLC.



In this January edition of Hey HOSA, we are excited to feature a Career Highlight on Registered Nursing, offering insight into one of the most impactful and in-demand healthcare professions. You'll also find a spotlight on the Healthcare Administration competitive event, giving you a closer look at what it takes to succeed in this area. Additionally, we are highlighting flu season and the important role healthcare professionals play in prevention, education, and patient care during this time of year.

**– Team 50**

# YOUR WINTER RESET

**LEAD  
BOLDLY**

**January**

18<sup>th</sup>

**State Officer Application  
Information Session 1 & 2**

18<sup>th</sup>

**Registration Deadline**

**February**

6<sup>th</sup>

**State Officer Application Due  
Digital Uploads Due**

**SLC  
STRAIGHT  
AHEAD**

**50 YEARS STRONG**

**March**

25<sup>th</sup> – 27<sup>th</sup>

**State Leadership Conference**

# CAREER SPOTLIGHT: REGISTERED NURSE (RN)



**Registered Nurses are the backbone of healthcare, working directly with patients in hospitals, clinics, schools, and nursing homes. They do so much more than just give medication; RNs monitor patients' health, check vital signs, perform tests, and explain what's happening with their treatment. They're often the ones holding a patient's hand during a scary procedure or helping families understand a difficult diagnosis. Nurses need to think quickly, communicate clearly, and stay calm under pressure.** What's really cool is that you can specialize in whatever interests you most, whether that's working with kids in pediatrics, helping people in emergencies, supporting cancer patients, or focusing on mental health.

Becoming an RN takes dedication, but is totally worth it. You would need to earn either an Associate Degree in Nursing (two years) or a Bachelor of Science in Nursing (four years), and then pass the NCLEX-RN licensing exam. The job outlook is amazing: nurses are always in demand, the pay is good, and there are tons of opportunities to move up into leadership positions or become a Nurse Practitioner if you want to keep learning. What makes nursing special isn't just the job security. It's knowing that you're genuinely helping people during some of the hardest moments of their lives and making a real difference every single day.

The HOSA Nursing Assisting event is a great way to get a taste of what nursing is really like. You learn hands-on skills like taking vital signs, keeping patients safe, and preventing infections, all things that actual nurses do constantly in their jobs.



# **COMPETITIVE EVENT SPOTLIGHT: HEALTHCARE ADMINISTRATION**

## **Event Overview**

In Healthcare Administration, competitors demonstrate their understanding of healthcare delivery systems, leadership roles, policy, ethics, and facility operations. Members are presented with administrative-based scenarios requiring them to analyze information, make informed decisions, and communicate solutions that support effective healthcare management.

## **Event Components**

**Written Test:** Assesses knowledge of healthcare systems, terminology, leadership principles, quality and risk management, human resources, finance, and regulatory compliance. Competitors will have 50 questions to complete in 60 minutes.

## **Why It Matters**

Healthcare Administration is more than a competition... It's preparation for the future of healthcare leadership. Members develop foundational skills needed to run healthcare facilities, manage teams, and ensure patients receive safe, high-quality care. These experiences empower students to lead with professionalism, integrity, and purpose.

**To find the official guidelines for Healthcare Administration and other HOSA competitive events, visit [hosa.org](https://hosa.org).**

# FLU SEASON IS HERE, TIME TO PROTECT YOURSELF AND OTHERS

## The Importance of Flu Vaccination

Getting a flu shot is your most effective defense against influenza. Vaccination not only lowers your chances of getting sick but also helps protect family members, coworkers, and community members from exposure.

### What You Should Know:

- December through February represents the peak of flu activity, making early vaccination crucial.
- Your body needs approximately two weeks to build full immunity after receiving the vaccine.
- Flu vaccines are accessible at local pharmacies, health clinics, and medical offices, with many options available at minimal or no expense. Visit [vaccinefinder.org](https://vaccinefinder.org) to find a vaccination site near you.

### Additional Protective Measures:

While vaccination is essential, combining it with good hygiene practices strengthens your defense against the flu:

- Practice regular handwashing using soap and water for at least 20 seconds.
- Keep your hands away from your face to reduce the spread of viruses.
- If you're feeling unwell, stay home to avoid exposing others.
- Support your immune health through balanced nutrition, adequate hydration, and sufficient sleep.



## **SEE YOU SOON GREENSBORO**

**As we look ahead to the State Leadership Conference, preparation goes beyond competition. Now is the time to review event guidelines, sharpen your skills, and plan for meaningful connections through networking and Educational Symposiums. State Conference offers opportunities to learn, grow, and engage with leaders from across the state, and we cannot wait to see you make the most of every moment.**

**FOR 50 YEARS, NC HOSA HAS PREPARED STUDENTS TO LEAD, TO SERVE, AND TO HEAL. ROOTED IN PURPOSE AND DRIVEN BY CHANGE, OUR LEGACY LIVES ON THROUGH EVERY FUTURE HEALTH PROFESSIONAL.**

Find more at: [NCHOSA.org](https://www.nchosa.org)



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