

Moderate to Severe Chronic Plaque Psoriasis

**HUMIRA**  
adalimumab

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**Important Safety Information<sup>1</sup>**

ability of your immune system to fight infections. You should not start taking HUMIRA if you have any kind of infection unless your doctor says it is okay.

- **Serious infections have happened in people taking HUMIRA. These serious infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some people have died from these infections. Your doctor should test you for TB before**

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## September 24 Is National Punctuation Day



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September 24, 2010 - Like this? [Subscribe](#) to get instant updates.

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These tiny marks can be difficult to see and get lost easily, but they carry a lot of weight in our attempts to communicate effectively. They are being celebrated on September 24. National Punctuation Day (NPD), started by newsletter guru Jeff Rubin, is, according to Chase's Calendar of Events, "A celebration of the lowly comma, correctly used quotation marks, and other proper uses of periods, semicolons, and the ever-mysterious ellipsis."

The [NPD web site](#) has a plethora of information on correct usage, photos of misused punctuation, and a store where you can purchase T-shirts, mugs, and posters. A list of resources includes stylebooks and guides, books about punctuation, and web sites.

Resources for elementary school teachers include Punctuation Playtime®, which is a live program that Jeff and wife bring to schools. It features games, activities, and storytelling to help teach children communication skills. Teachers can order a DVD training video that helps them implement Punctuation Playtime in their schools.

If you are really creative, you can also enter the NPD Haiku Contest. Entries must be received by September 30 to be considered for prizes.

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