



Weekly Safety Tip

Safe Holidays are Happy Holidays

The holidays are here, and now is the time to celebrate with family and friends and to give thanks and gifts. Perhaps the most valuable gift that you could give this year would be that of health and safety for yourself and others. The CDC (Center for Disease Control) has provided 10 Holiday Health and Safety Tips shown below:

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1 Wash your hands often.
 Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs.
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2 Stay warm.
 Stay dry and dress warmly in several layers of loose-fitting, tightly woven clothing. Check on children, elderly, and pets.
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3 Manage stress.
 Keep a check on over-commitment and over-spending. Balance work, home, and play.
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4 Travel safely.
 Don't drink and drive and don't let someone else drink and drive. Be a courteous and defensive driver.
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5 Be smoke free.
 Avoid smoking and breathing in other people's smoke.
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6 Get check-ups and vaccinations.
 Exams and screening can help find problems early or before they start. Peak flu season is January and February, so there is still time to get vaccinated.
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7 Watch the kids.
 Children are at high risk for injuries. Keep a watchful eye on your kids.
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8 Prevent injuries.
 Injuries from falls often occur around the holidays. Use step stools instead of furniture when hanging decorations. Never leave fireplaces, stoves, or candles unattended. Don't use generators or grills inside your home or garage.
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9 Handle and prepare food safely.
 Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat away from ready-to-eat foods and eating surfaces. Remember to refrigerate leftovers promptly.
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10 Eat healthy and be active.
 With balance and moderation, you can enjoy the holidays the healthy way. Find fun ways to stay active.

Be Smart. Don't spoil the holidays because you didn't invite Safety to all your activities!

For additional information, check out the following websites.