



HEALTH & WELLNESS NEWS

Enjoy a safe holiday season

Safe Traveling:

Traveling by car during the holidays has the highest fatality rate of any major form of transportation. Hundreds of people die every year in crashes on New Year's Day, Thanksgiving Day and Christmas Day. Alcohol is involved in about a third of these fatalities.



Safety travel tips for the holidays and every day:

- Drive sober or choose a designated driver.
- Avoid drowsy driving. Driving while drowsy is similar to driving under the influence of alcohol as drivers' reaction times, awareness of hazards and ability to sustain attention all worsen the drowsier the driver.
- Buckle up every person in the vehicle no matter how long or short the distance.
- Put the cell phone away: Many distractions occur while driving but cell phones are the main culprit. In 2018, 2,841 people died and an estimated 276,000 people were injured in distraction-affected crashes.

* National Safety Council, Injury Facts

Decorating for the holidays safely:



- Keep potentially poisonous plants – mistletoe, holly berries, Jerusalem cherry and amaryllis – away from children.

- If using a live tree, cut off about 2 inches of the trunk to expose fresh wood for better water absorption, water it regularly and remove it from your home when it is dry.

- Place your decorations and tree at 3 three feet away from fireplaces, radiators and other heat sources, making certain not to block doorways.

- Avoid placing breakable ornaments or ones with small, detachable parts on lower tree branches where small children can reach them.
- Replace light sets that have broken or cracked sockets, frayed or bare wires, or loose connections.
- Follow the package directions on the maximum number of light sets that can be plugged into one socket.
- Never nail, tack or stress wiring when hanging lights.
- Keep plugs off the ground away from puddles and snow.
- Turn off all lights and decorations when you go to bed or leave the house.

A word about candles. The National Fire Protection Association reports that one-third of home decoration fires are started by candles. Therefore, place candles where they cannot be knocked down or blown over and out of reach of children. Never leave lit candles unattended or when you are asleep. ■

Holiday gift safety

- When you gift sports equipment always give any protective gear needed. (i.e. give a helmet with the skateboard).
- Avoid giving toys with small parts (including magnets and “button” batteries that can cause serious injury or death if ingested) to young children as they tend to put things in their mouths, increasing the risk of choking. If the piece can fit inside a toilet paper roll, it is not appropriate for children under 3 years of age.
- Do not give toys with ropes and cords or heating elements.
- Check that crayons and markers are labeled “nontoxic.”
- Check toys for age, skill level and developmental appropriateness.
- Look for labels that assure you the toys have passed a safety inspection – “ATSM” means the toy has met the American Society for Testing and Materials standards.
- To find out about recalls, check the U.S. Consumer Safety Commission website. ■



Tips for controlling blood sugar during the holidays

During the holiday season it may be harder to control your blood sugar. Consider these tips:

Keep a regular eating schedule:

Eating as close to your normal meal times as possible keeps your blood sugar levels stable. If a family meal is being served later than you are used to, grab a snack at your regular meal time and eat a bit less during the group meal.

Watch your carbohydrates:

If you know you will want a slice of pumpkin pie or other sweet after the main course, consider cutting back on other carbs (like potatoes or bread) during your meal. Fill half of your plate with vegetables that provide vitamins, minerals and fiber that help manage your blood sugar.

Avoid excessive limitations:

You should enjoy the holidays and the seasonal foods they bring. Instead of overly limiting what you eat, be aware of your portion sizes and balance things out with larger servings of vegetables.

Eat slower:

By eating slower, you allow your brain to catch up to knowing you are full. Start with your protein and vegetables so that by the time you reach your starch, you are already starting to feel full.

Limit your alcohol consumption:

As is true for everyone, it is also best for individuals with diabetes to limit their alcohol consumption or avoid it altogether. It has the potential to greatly affect your blood sugar and potentially interact with the medications you take.

Check your blood sugar more frequently:

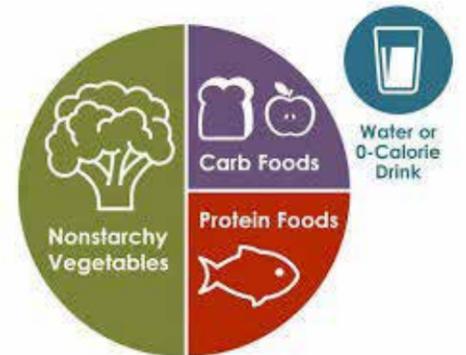
If you eat more and consume foods that are higher in carbohydrates during the holidays, it is important to check your blood sugar more often than usual. This will allow you to stay on top of concerning changes and make modifications as needed.

Stay active:

Big meals can leave you feeling sluggish, but physical activity is very important for helping you stabilize your blood sugar and offsetting the effects of larger meals.

Forgive yourself for slip-ups:

Everyone makes a mistake now and then. It's important not to judge yourself too harshly. Focus instead on getting back on track. ■



5 Ways to Protect Against Flu:

- 1 Get the annual flu vaccine.
- 2 Wash your hands often.
- 3 Do the elbow cough to prevent the spread of germs through touch.
- 4 Avoid touching your eyes, nose, or mouth.
- 5 Clean and disinfect surfaces or objects. (6)

Fast Fact:
The flu vaccine reduces children's flu-related pediatric intensive care unit admission by 74%. (5)



Visit our website, follow us on social media, and attend a free community workshop where pediatricians give evidence-based information without fear or judgment.

boostoregon.org



(4) Families Fighting Flu, Flu Vaccine FAQs. <https://www.familiesfightingflu.org/flu/vaccination/>
(5) Centers for Disease Control and Prevention. <https://www.cdc.gov/flu/prevent/vaccine-benefits.htm>
(6) Families Fighting Flu, Flu Prevention and Treatment. <https://www.familiesfightingflu.org/flu/prevention-and-treatment/>