



Holiday Health and Safety Tips

12 Ways to Health

- 1. Wash hands.** Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water for at least 20 seconds. If soap and clean water are not available, use an alcohol-based product.
- 2. Bundle up for warmth.** Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers of loose-fitting, tightly woven clothing.
- 3. Manage stress.** The holidays don't need to take a toll on your health. Keep a check on over-commitment and over-spending. Balance work, home, and play. Get support from family and friends. Practice time management. Keep a relaxed and positive outlook.
- 4. Don't drink and drive.** Alcohol-related motor vehicle crashes kill someone every 31 minutes and non-fatally injure someone every two minutes. Don't drink and drive, and don't let someone else drink and drive.
- 5. Be smoke-free.** Avoid smoking and breathing other people's smoke. If you smoke, quit today! Call 1-800-QUIT-NOW or talk to your health care provider for help.
- 6. Fasten belts while driving.** Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age.
- 7. Get exams and screenings.** Schedule a visit with your health care provider for a yearly exam. Ask what tests you should get based on your age, lifestyle, medical history, and family health history.
- 8. Get your vaccinations.** Vaccinations help prevent diseases and save lives. Ask your health care provider what vaccinations you should get based on your age, lifestyle, travel plans, and medical history.
- 9. Monitor the children.** Children are at high risk for injuries that can lead to death or disability. Keep a watchful eye on your kids when they're eating and playing. Keep potentially dangerous toys, food, drinks, choking hazards (like coins and hard candy), household items, and other objects out of kids' reach. Learn how to provide early treatment for children who are choking. Make sure toys are used properly.
- 10. Practice fire safety.** Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees, and curtains. Never leave fireplaces, stoves, or candles unattended. Don't use generators, grills, or other gasoline- or charcoal-burning devices inside your home or garage. Install a smoke detector and carbon monoxide detector in your home. Test them once a month, and replace batteries twice a year. Leave the fireworks to the professionals.
- 11. Prepare dinner safely.** As you prepare holiday meals, keep you and your family safe from food-related illness. Wash hands and surfaces often. Avoid cross contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.
- 12. Eat well, and get moving.** With balance and moderation, you can enjoy the holidays the healthy way. Choose fresh fruit as a festive and sweet substitute for candy. Select just one or two of your favorites from the host of tempting foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2 1/2 hours a week. Help kids and teens be active for at least 1 hour a day.



The holidays are a time to celebrate, give thanks, and reflect. They are also a time to pay special attention to your health. Give the gift of health and safety to yourself and others by following these holiday tips.



Umatilla County Public Health

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