



## Holiday Safety

Twinkly lights, candles, holiday trees and plants, ornaments and other decorations are an important part of holiday celebrations. Besides being festive and fun, the decorations your family brings out every year can help children feel connected to family traditions. To help make sure your decorations are safe, the

American Academy of Pediatrics offers some tips:

- When purchasing a live tree, check for freshness. The needles should be hard to pull off, and should not break when you bend them. When you tap the tree on the ground, only a few needles should fall off. Cut a few inches off the bottom of the trunk before putting it in the stand, and be sure to keep the stand filled with water.
- If you have an artificial tree,

make sure it's labeled "Fire Resistant."

- When setting up a tree at home, place it away from fireplaces, radiators or portable heaters. Place the tree out of the way of

traffic and do not block doorways.

• Use only non-combustible or flame-resistant materials to trim a tree.

- Check all lights

before hanging them on a tree or in your home, even if you have just purchased them. Make sure all the bulbs work and that there are no frayed wires, broken sockets or loose connections.

- Be cautious about trimmings that may contain lead. Choose tinsel or artificial icicles of plastic or nonleaded materials. Light strands may contain lead in the bulb sockets and wire coating, sometimes in high

amounts. Make sure your lights are out of reach of young children who might try to put lights in their mouths, and wash your hands after handling them.

- Before using lights outdoors, check labels to be sure they have been certified for outdoor use. To hold lights in place, string them through hooks or insulated staples, not nails or tacks. Never pull or tug lights to remove them. Plug all outdoor electric decorations into circuits with ground fault circuit interrupters to avoid potential shocks.
- When lighting candles, remove flammable materials from the area, and place the candles where they will not be knocked over. Never leave a burning candle unattended. Do not use lighted candles on a tree or near other evergreens.

For more holiday safety tips visit [www.healthychildren.org](http://www.healthychildren.org)



The  
Warren County  
Health District  
will be closed  
on the  
following dates:

December  
24, 25, & 31

January 1

We wish you  
and your  
family a happy,  
healthy  
holiday season!



## World AIDS Day

World AIDS day was on December 1 this year. Around the world, about 37 million people are living with HIV. In the United States, about 38,500 people get infected with HIV every year. World AIDS Day is a global initiative to raise awareness, fight prejudice, and improve education about HIV and AIDS.

In recognition of World AIDS Day on December 1, WCHD en-

courages everyone to get tested for HIV, the virus that causes AIDS. In the United States, about 1 in 7 people who have HIV don't know it.

*The only way to know for sure*

*whether or not you have HIV is to get tested.* You could have HIV and still feel healthy. Everyone ages 15 to 65 needs to get tested

at least once. Some people may need to get tested more often.

**WCHD offers free, confidential testing, for an appointment call 513-695-1263.**

You can find additional testing loca-

tions at <http://locator.aids.gov>

Learn more about HIV/AIDS and how to prevent this disease at [www.cdc.gov/hiv](http://www.cdc.gov/hiv)



## Adult Vaccinations

Your need for immunizations doesn't end when you become an adult. Regardless of age, we all need immunizations to protect against serious, and sometimes deadly, diseases. Protection from vaccines you received as a child can wear off over time, and you may be at risk for new and different diseases.

The specific vaccines you need as an adult are determined by factors such as your age, job, lifestyle, health conditions, locations of travel, and vaccines you've received in the past.



Throughout your adult life, vaccines are recommended to maintain protection against: Seasonal Flu, Pertussis, Tetanus, Diphtheria, Shingles, Pneumococcal disease, HPV, Meningococcal disease, Hepatitis A and B, Measles, and Mumps.

Immunization is one of the safest ways for you to protect your health. Vaccine side effects are usually mild and go away on their own. Severe side effects are very rare. Ask your doctor which vaccines are right for you.

Adults can get vaccines at doctors' offices, pharmacies, workplaces, community health clinics, and health departments, including WCCHD. Most health insurance plans cover recommended vaccines. Check with your insurance provider for details.

For more information or to schedule an appointment to get your immunizations at the WCCHD immunization clinic call 513-695-1468.

**Get vaccinated to protect yourself and your loved ones from serious diseases.**

## Healthier Holidays

Few Americans get enough physical activity, and many don't eat a healthful diet. The winter holidays can be a great time to think about your goals for the year ahead. Follow these tips to jump start your resolutions, and be your healthiest self this holiday season.

### Stay active.

Being active is your secret weapon this holiday season. It can help make up for eating more than usual and has many other health benefits. Walking is a great way to be active. Try these tips to incorporate more walking into your activities: Skip the search for a close-up parking spot. Park farther away and walk to your destination. Walk the length of the mall before going into any stores. The mall is also a good place to walk to avoid bad weather. Start your work day by taking the stairs. Remember to stretch your legs and take short physical activity breaks throughout the day.



### Eat healthy.

Eating healthy is about balance. You can enjoy your favorite foods even if they are high in calories, saturated fat, or added sugars. The key is eating them only once in a while or in small portions and balancing them out with healthier foods, take healthy snacks along, like fruit and low-fat protein. That way, you can avoid the temptation of convenience foods high in fat, sugar, and salt. If your favorite home recipes call for fried fish or chicken with breading, try healthier baked or grilled variations. Maybe try a recipe that uses dried beans in place of higher-fat meats. Resolve to make new habits. This year, while at parties and other gatherings, fill your plate with fruits and veggies first, and pick small portions of just your favorites of the other items. Your holiday activities don't have to involve eating. Try a new

game with family, or take the party outside.

### Plan activities that don't involve eating.

In addition to enjoying a meal with friends and family around the table, take the party outside! Try a seasonal activity with your family. Go ice skating or jump start your bucket list for the year. Make a "walk and talk" date with a friend or family member. Skip the Frappuccino and explore a part of your town or city that may be new to you. If the weather prevents you from heading outdoors, try mall-walking, or planning a family game night. Visit that museum, botanical garden, or exhibit you've been wanting to see.

Consider what new healthy traditions you can start this year. The possibilities are endless! For more information on being healthy for the holidays visit [www.cdc.gov](http://www.cdc.gov)