



# WARREN COUNTY HEALTH DISTRICT

Prevent-Promote-Protect



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## NEWS & INFORMATION

[www.warrenchd.com](http://www.warrenchd.com)

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Health Commissioner

### DECORATION 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)

**We would like to wish you and your family a very happy and safe holiday season from the Warren County Health District Staff**

### WORLD AIDS DAY

World AIDS Day was on December 1st 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, WCHD encourages 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 HIV and still feel healthy. Everyone ages 15 to 65 needs to get tested at least once. Some may need to

get tested more often. WCHD offers free, confidential testing, for an appointment call 513-695-1263. You can find additional testing locations at <http://locator.aids.gov>

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



## PREPARING FOR WINTER WEATHER

Ohio has already gotten a preview of winter weather this year. The Ohio Department of Aging and the Ohio Emergency Management Agency remind older Ohioans and their families that preparation is key and older adults may have special considerations as they get ready for another Ohio winter.

It is important to have a plan that will allow you to remain in place for at least three days should you be unable to leave your home due to weather conditions or other emergencies. Items to include : battery-operated radio, flashlight, & extra batteries; loud horn, whistle, or bell to signal for help; food you can open and prepare easily; a gallon of water per person, per day; extra blankets; and a first-aid

kit. Lastly, have a small bag packed with essential supplies in case you need to leave your home.

Older adults may want consider other steps to ensure you have what you need in an emergency, such as:

- Spare set of glasses & extra hearing aid batteries
- Backup supply of medications
- Assistive equipment, like canes, walkers, oxygen tanks, etc.
- Ask a family member or friend to contact you in case you are in an emergency.



In addition, take special care during wintry conditions to prevent falls:

- \* Wear boots & shoes that fit properly & have good traction
- \* Slow down & give your self extra time
- \* Watch for tripping hazards in your home
- \* Don't try to walk in more than an inch of snow
- \* Watch for slippery surfaces ahead of you
- \* When in doubt ask for help

More information visit [www.aging.ohio.gov/safeathome](http://www.aging.ohio.gov/safeathome)

## HOLIDAY HEALTH & SAFETY TIPS

The holidays are a great opportunity to enjoy time with family and friend, celebrate life, a time to be grateful, and reflect on what's important. It is also a time to appreciate the gift of health. Here are some holiday tips to support your health and to be safe this holiday season.

- **WASH YOUR HAND OFTEN:** Keeping your hands clean is one of the most important steps you can take to avoid getting sick and spreading.
- **STAY WARM:** Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers.
- **MANAGE STRESS:** Don't allow the holidays to take a toll on your health and wallet. Keep your spending in check. Balance work,



- home, and play. Make sure to get proper sleep.
- **TRAVEL SAFELY:** Whether you're traveling across town or around the world, ensure your trip is safe. Don't drink and drive and don't let someone else drink and drive. 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 appropriate for his/her height, weight, and age.
    - **BE SMOKE-FREE:** Avoid smoking and breathing other people's smoke.
  - **GET CHECK-UPS & VACCINATIONS:** Exams and screenings can help find potential problems early. Vaccinations help prevent diseases and save lives.

- **WATCH THE KIDS:** Children are at high risk for injuries. Keep a watchful eye on your kids when they are eating and playing.
- **PREVENT INJURIES:** Injuries can happen anywhere, and some often occur around the holiday.
- **HANDLE AND PREPARE FOOD SAFELY:** As you prepare holiday meals, keep yourself and your family safe from food-related illness. Wash hand and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood away from ready-to-eat foods.
- **EAT HEALTHY, AND BE ACTIVE:** With balance and moderation, you can enjoy the holidays the healthy way. Choose fresh fruit as a festive and sweet substitute for candy. Limit fats, salt, and sugary foods. Be active for at least 2 1/2 hours a week.