



# WARREN COUNTY HEALTH DISTRICT

## Prevent-Promote-Protect



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## NEWS & INFORMATION

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

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### HEALTHY FOR THE HOLIDAYS

The holidays are a great opportunity to enjoy time with family and friends, 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 HANDS OFTEN:** Keeping your hands clean is one of the most important steps you can take to avoid getting sick and spreading germs.
- **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 hands 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.

### 12 DAYS OF HEALTH

Brighten your holidays by making your health a priority. Follow these few steps to keep you and your family safe and healthy this holiday season.

- Wash your hands often
- Bundle up and stay warm
- Manage your stress
- Don't drink and drive and don't let others

Be smoke-free  
Fasten seat belts while driving

Get exams and screenings  
Get your vaccinations

Monitor the children  
Practice fire safety



Prepare food safely  
Eat healthy and stay active

For more information, please visit

[www.cdc.gov/healthequity/features/holidayseason/](http://www.cdc.gov/healthequity/features/holidayseason/)

**The WCHD staff would like to wish you and your family a very happy and safe holiday season!**

**The offices of WCHD will be closed on Friday, Dec. 24th & Friday, Dec. 31st for the holidays**



## WINTER SAFETY 101

Winter storms and cold temperatures can be dangerous. Checking in on our elderly neighbors, preparing our homes and cars, and by being prepared for a power outage we can be ready for anything winter brings our way. By planning ahead, you can be ready to stay safe and healthy this winter.

Winter does not come as a surprise to any of us, we just may not be ready for its arrival. By following a few steps we can all be ready when the temperatures fall.

**PREPARE OUR HOMES:** winterize your home, check your heating systems, and make sure your smoke and carbon monoxide detectors are working.

**PREPARE YOUR VEHICLE:** service the radiator and antifreeze

levels, check your tires tread, keep the gas tank full to avoid ice in tank and lines, use a wintertime formula in your windshield washer, and make sure to have an emergency kit in your car.

**PREPARE FOR EMERGENCIES:** stock food that needs no cooking and store water in clean containers, make sure your cell phone is fully charged, be aware of current forecast weather conditions, keep and up-to-date emergency kit in your home.

**TAKE PRECAUTIONS OUTSIDE:** wear appropriate clothing, wear tightly woven clothing and layers, waterproof



boots, sprinkle cat litter or sand on icy patches and have safety precautions in place when working outside.

**PREPARE FOR TRAVELING:** be prepared of current forecast weather conditions, inform a friend or relative of your route and expected time of arrival, and follow safety rules if you become stranded in your vehicle (make vehicle visible to rescuers, tie a bright colored cloth to antenna, stay awake and moving, keep body warm, and run the motor for about 10 minutes per hour with one window slightly open to let in fresh air).

For more information, visit [www.cdc.gov/nceh/features/winterweather/](http://www.cdc.gov/nceh/features/winterweather/)

## HOLIDAY SAFETY AT HOME

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 nonlead 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.

# Holiday Safety

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