

Health & Safety for All

The Southeastern District Health Department and the Centers for Disease Control and Prevention wishes everyone a safe and healthy holiday.

To ensure your health and safety over the holidays and the rest of the year, please follow these 12 health tips:

1. Wash hands often. 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 water are not available, use an alcohol based product.
2. Bundle up to stay dry and warm. 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 or let others drink and drive.
5. Be smoke-free. Avoid smoking and second-hand smoke. If you smoke, quit today!
6. Fasten seat belts while driving or riding 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. They can help find problems before they start or find problems early, when the chances for treatment and cure are better. Ask your doctor or nurse what exams you need and when to get them.
8. Get your vaccinations, which help prevent diseases and save lives. Ask your doctor what vaccinations you should get based on your age, lifestyle, travel plans, medical history, and family health history.
9. Monitor your children. Keep potentially dangerous toys, food, drinks, household items, and other objects out of kids' reach. Make sure toys are used properly.
10. Practice fire safety. Most residential fires occur during the winter months, so be careful to never leave fireplaces, space heaters, stoves, or candles unattended. Have an emergency plan and practice it regularly. 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.
11. Prepare food safely. Remember these simple steps: wash your hands and surfaces often, avoid cross contamination, cook foods to proper temperatures, and refrigerate promptly.
12. Eat healthy and get moving. Eat plenty of fruits and vegetables. Limit your portion sizes and foods high in fat and sugar. Be active for at least 2 ½ hours a week and help kids and teens be active for at least 1 hour a day.

For additional information, please visit www.sdhdidaho.org or www.cdc.gov .