

Stay Safe and Healthy This Winter!

[Announcer] This podcast is brought to you by the Centers for Disease Control and Prevention. CDC - safer, healthier people.

[Caydan] Hi kids! Welcome to CDC Kidtastics Radio! I'm Caydan Kidtastic. Today, we're gonna talk about how to stay safe during the winter holiday season.

[Karmen] I love the holidays, Caydan!

[Chris] Me too!

[Kaya] Me too and it's really important to try and stay safe and healthy around special holidays so we can have the most fun.

[Kids] Yeah!!

[Caydan] One thing you can do is wash your hands often. Washing your hands helps keep you from getting sick *and* spreading germs to others. Wash your hands with soap and clean running water for at least 20 seconds, or about the time it takes to sing the "A-B-C Song." If you don't have any soap or clean water, use an alcohol-based hand gel.

[Karmen] You need to stay warm, too. Cold temperatures can cause *serious* health problems. Stay dry and dress in layers when you go outside to play, like a short sleeve t-shirt, a long sleeve t-shirt, a sweatshirt, and then a coat!

[Chris] Make sure you're buckled in a safety seat or seat belt if you're riding in a car. Remind *everyone* to wear their seat belt. And, if you're under 13, you need to ride in the *back* seat to stay safe.

[Kaya] You might help your mom or dad decorate your home for the holidays, but be sure to put safety first. Don't try to put up any decorations without an adult around, and make sure everyone uses a step stool, instead of furniture, when they hang decorations.

[Caydan] You'll probably be around more people with family coming to visit and holiday parties, and you might be around people who smoke. Breathing in the smoke from someone's cigarette isn't good for you, so ask them not to smoke or to smoke outdoors.

[Karmen] If it's nice enough outside I like to ride my bike with friends.

[Chris] Yeah, but always wear a helmet! You can get a serious head injury if you crash your bike and don't have a helmet on. You could even die!

[Kaya] During the holidays, be on the lookout for foods that aren't good for us. Try and eat healthy foods, like fresh fruit, every day. Also be physically active for at least an hour a day.

[Caydan] We don't want to be sick for *any* holiday!

[Kids] Right!!

[Caydan] Thanks for listening to CDC Kidtastics Radio. We'll talk to you again soon. Until then... be a safer, healthier kid!!

[Kids] Yeah!!

[Announcer] For more health information, go to www.cdc.gov or call 1-800-CDC-INFO, 24/7.