

Twelve Holiday Health and Safety Tips

[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

You may have heard about the twelve days of Christmas, but what about the twelve ways to health? Give the gift of health and safety to yourself and others by following these holiday tips. You can also listen to these tips in a festive song at www.cdc.gov/family/holiday.

Number 1. Wash hands often to keep from spreading germs and getting sick. If soap and clean water aren't available, use an alcohol-based product.

Number 2. Bundle up and stay dry to keep warm. Dress in several layers of loose-fitting, tightly woven clothing.

Number 3. Manage stress. Keep a check on over-commitment and over-spending.

Number 4. Don't drink and drive, and don't let anyone else drink and drive. Alcohol-related motor vehicle crashes kill someone every 31 minutes and injure someone every 2 minutes.

Number 5. Be smoke-free. Avoid smoking and second-hand smoke. If you smoke, quit today! Call 1-800-QUIT-NOW or ask your health care provider for help.

Number 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 the child's height, weight, and age.

Number 7. Get exams and screenings. Ask your health care provider what exams and tests you need to help find diseases and conditions early or before they start.

Number 8. Get your vaccinations. Vaccinations help prevent diseases and save lives. Ask your health care provider what vaccinations you should get, based on your age, lifestyle, travel plans, and medical history.

Number 9. Monitor the children. Keep dangerous toys, food, and household items out of their reach, including choking hazards like coins and hard candy. Make sure toys are used properly.

Number 10. Practice fire safety. Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees, and curtains. Never leave fireplaces, stoves, or candles unattended. Install a smoke detector in your home, and test it monthly.

Number 11. Prepare food safely. Remember these four simple steps: wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures, and refrigerate promptly.

Number 12. Eat healthy, and get moving. Choose fresh fruit instead of candy, or select just one or two of your favorites from the host of tempting foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Adults should get at least 30 minutes and children should get at least 60 minutes of moderate physical activity most or all days of the week.

Follow these tips to help keep you and your family safe and healthy during the holidays and all year long!

For more information on this topic, visit www.cdc.gov/family/holiday.

[Announcer] To access the most accurate and relevant health information that affects you, your family and your community, please visit www.cdc.gov.