



# Holiday Health Maintenance

## Health and Safety Holiday Tips

### What is the Problem?

The holidays and the New Year has long been a time for reflection on the personal changes we want to make as we look forward to a year of healthy possibilities.<sup>1</sup> Health-related goals are popular resolutions, but sometimes we may not know where to begin.<sup>2</sup> Below, you'll find ways to get and keep a healthy you, healthy family, healthy home, healthy community, and healthy workplace.<sup>3</sup>



### Who is at Risk?

The risk population is large for those celebrating the holiday season together, but those who are travelling, especially longer distances to visit with family and friends may be at higher risk for injury or illness.<sup>4</sup> Also at risk are those under the influence of alcohol and other drugs, and individuals in charge of fire/explosive related activities, such as cooking, fireworks, etc.

### Prevention

Here are a few holiday tips to follow this season to help keep you and your family safe:

- Wash hands often to keep yourself from spreading germs and getting sick. Wash hands with soap and clean running water for at least 20 seconds.<sup>5</sup>
- Manage stress. Don't over-commit yourself and get enough sleep.<sup>6</sup>
- Don't drink and drive or let others drink and drive. Whenever anyone drives drunk, they put everyone on the road in danger.<sup>7</sup>
- Be smoke-free. Avoid smoking and secondhand smoke. There is **NO** safe amount of tobacco or secondhand smoke. Even a little secondhand smoke can be dangerous.<sup>8</sup>
- Fasten seat belts while driving or riding a motor vehicle and always buckle your child.<sup>9</sup>
- Get your vaccinations, which help prevent diseases and save lives.<sup>10</sup>
- Practice fire safety. Most residential fires occur during the winter months. Have an emergency plan and practice it regularly.<sup>11</sup>
- Eat healthy, get moving. Limit your portion sizes and foods high in fat and sugar. Be active for at least 2½ hours/week and help kids and teens be active for 1 hour a day.<sup>12</sup>



### **Plan of the Week (POW):**

The key to a safe and healthy holiday is not forgetting the safety measures implemented all year-round. Trying to be smoke free, drink in moderation, and eat a healthy diet will decrease the likelihood of developing chronic diseases and unhealthy conditions. Take some time to enjoy family and remember resolutions to be a better you should be attainable and timely. Happy Holidays!

### **References**

- 1-12      The Centers for Disease Control and Prevention (CDC). CDC Newsroom: Story ideas 2012. Web address: <http://www.cdc.gov/media/storyideas/2012.html>. Last updated 12 December 2012. Accessed 21 October 2013.

### **NMCPHC Injury Prevention and Violence Free Living Webpage**

<http://www.med.navy.mil/sites/nmcphc/health-promotion/injury-violence-free-living/Pages/injury-violence-free-living.aspx>

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