



live life well.



## Tips to Holiday Health and Safety



*The holidays are a time to celebrate, give thanks, and reflect. They are also a time to pay special attention to your health. Give the gift of health and safety to yourself and others by following these holiday tips.*



### **Wash your 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 clean water are not available, use an alcohol-based product.



### **Stay 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.



### **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.



### **Be smoke-free.**

Live a healthier life and lower your risk for disease by avoiding smoking and secondhand smoke. If you smoke, quit today! Call 1-800-QUIT-NOW or talk to your health care provider for help.