

Health & Wellness

Tip of the Week

December is all about **Safe Holidays**. It is the perfect time to remind you about the importance of staying healthy and safe this holiday season.

Week 51
December 19, 2016

Holiday Safety Tips

As you get ready for holiday meals and time with friends and family, don't forget to give the gift of health and safety with these easy holiday tips:

- 🌲 Wash your hands often with soap and water for at least 20 seconds.
- 🌲 In cold weather, stay dry and dress warmly in a few layers of clothing.
- 🌲 Manage stress. Relax and have a positive outlook. And don't over spend or over-commit.
- 🌲 Travel safely by wearing your seat belt and by not drinking and driving.
- 🌲 Give yourself and your loved ones a great holiday gift: If you smoke, quit.
- 🌲 If you haven't gotten your flu shot, remember a vaccination is the best protection against flu.
- 🌲 Most fires in the home happen in winter. Make sure your smoke detector and carbon monoxide detector are working.
- 🌲 Stay active during the holidays and eat healthy. Limit holiday snacks and sweets to a couple of special treats each week.

Sources: Centers for Disease Control and Prevention



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