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Welcome to this month's edition of Live Well, Work Well. In this issue we will be focusing on the importance of Seasonal Safety.

12 Ways To Have A Healthy Holiday Season

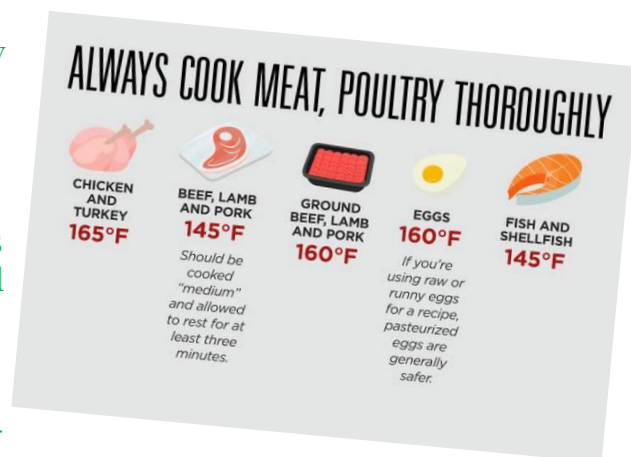
Brighten the holidays by making your health and safety a priority. Take steps to keep you and your loved ones safe and healthy and ready to enjoy the holidays.

- Wash hands often to help prevent the spread of germs
- Bundle up to stay dry and warm
- Manage stress
- Don't drink and drive or let others drink and drive
- Be smoke-free
- Fasten seat belts while driving or riding in a motor vehicle
- Get exams and screenings
- Get your vaccinations
- Monitor children
- Practice fire safety
- Prepare food safely
- Eat healthy, stay active

Holiday Food Safety

Most people who get sick from bacteria in ready-to-cook foods that aren't cooked properly will get better by themselves, although foodborne illness isn't a very pleasant way to spend the holidays. But anyone, of any age or health condition, could get very sick or die from these bacteria. This is especially true for people with weak immune systems; for example, the very young, the elderly, and people with diseases that weaken the immune system or who are on medicines that suppress the immune system (for example, some medicines used for rheumatoid arthritis).

It's a good safety tip to keep in mind all year, not just in the holiday season: Follow directions on your ready-to-cook food packages to help keep yourself and your loved ones healthy.



Source: <https://www.fda.gov/food/buy-store-serve-safe-food/holiday-food-safety>

Watch Out for Fire-Starters



Use of candles and fireplaces, combined with an increase in the amount of combustible, seasonal decorations in many homes during the holidays, means more risk for fire. The National Fire Protection Association reports that one-third of home decoration fires are started by candles and that two of every five decoration fires happen because the decorations are placed too close to a heat source.

- Place candles where they cannot be knocked down or blow over and out of reach of children.
- Keep matches and lighters up high and out of reach of children in a locked cabinet.
- Use flameless, rather than lighted, candles near flammable objects.
- Don't burn trees, wreaths or wrapping paper in the fireplace.
- Use a screen on the fireplace at all times when a fire is burning.
- Never leave candles or fireplaces burning unattended or when you are asleep.
- Check and clean the chimney and fireplace area at least once a year.

Source: <https://www.nsc.org/community-safety/safety-topics/seasonal-safety/winter-safety/holiday>

Enjoy A Safe Holiday Season



Holiday safety is an issue that burns brightest from late November to mid-January, when families gather, parties are scheduled and travel spikes. Take some basic precautions to ensure your family remains safe and injury-free throughout the season.

Traveling for the Holidays? Be Prepared

Many people choose to travel by car during the holidays, which has the highest fatality rate of any major form of transportation based on fatalities per passenger mile. In 2017, 329 people died on New Year's Day, 463 on Thanksgiving Day and 299 on Christmas Day, according to Injury Facts. Alcohol impairment was involved in about a third of the fatalities.

Stay safe on the roads over the holidays and every day:

- Prepare your car for winter and keep an emergency preparedness kit with you
- Get a good night's sleep before departing and avoid drowsy driving
- Leave early, planning ahead for heavy traffic
- Make sure every person in the vehicle is properly buckled up no matter how long or short the distance traveled

- Put the cell phone away; many distractions occur while driving, but cell phones are the main culprit
- Practice defensive driving
- Designate a sober driver to ensure guests make it home safely after a holiday party; alcohol or over-the-counter, prescription and illegal drugs can cause impairment

It's Better to Give Safely

Gifts and toys should inspire joy, not cause injuries. More than a quarter of a million children were seriously injured in toy related incidents in 2017.

- Toys are age-rated for safety, not for children's intellect and physical ability, so be sure to choose toys in the correct age range
- Choose toys for children under 3 that do not have small parts which could be choking hazards
- For children under 10, avoid toys that must be plugged into an electrical outlet
- Be cautious about toys that have button batteries or magnets, which can be harmful or fatal if swallowed
- When giving scooters and other riding toys, give the gift of appropriate safety gear, too; helmets should be worn at all times and they should be sized to fit

Food Poisoning Is No Joke



Keep your holidays happy by handling food safely. The [foodsafety.gov](https://www.foodsafety.gov) website from the U.S. Department of Health and Human Services provides some valuable holiday food safety tips:

- Wash your hands frequently when handling food
- Keep raw meat away from fresh produce
- Use separate cutting boards, plate and utensils for uncooked and cooked meats to avoid cross-contamination
- Use a food thermometer to make sure meat is cooked to a safe temperature
- Refrigerate hot or cold leftover food within two hours of being served
- When storing turkey, cut the leftovers in small pieces so they will chill quickly

Source: <https://www.nsc.org/community-safety/safety-topics/seasonal-safety/winter-safety/holiday>

Decorate Safely

Decorating is one of the best ways to get in a holiday mood, but emergency rooms see thousands of injuries involving holiday decorating every season.

When decorating follow these tips from the U.S. Consumer Product Safety Commission:

- Keep potentially poisonous plants - mistletoe and holly berries away from children
- If using an artificial tree, check that it is labeled "fire resistant"
- If using a live tree, cut off about 2 inches of the trunk expose fresh wood for better water absorption, remember to water it and remove it from your home when it is dry
- Place your tree at least 3 feet away from fireplaces, radiators and other heat sources, making certain not to block doorways
- Turn off all lights and decorations when you go to bed or leave the house



Source: <https://www.nsc.org/community-safety/safety-topics/seasonal-safety/winter-safety/holiday>

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Members must have primary insurance coverage through the Blue Cross and Blue Shield of Texas (BCBSTX) plan offering the Livongo program. For Administrative Services Only (ASO) and Preferred Provider Organizations (PPO) only. Not available for Fully Insured (FI) or Health Maintenance Organizations (HMO).

Programs include trends and support on your secure Livongo account and mobile app but does not include a phone or tablet.

You must have an iPhone or Android smartphone and install the Livongo app to participate in the Livongo for Hypertension Program.

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Let's Get Moving!

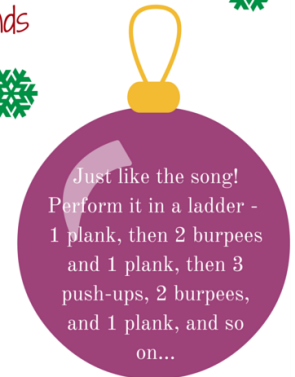
Move of the Month



12 DAYS OF CHRISTMAS WORKOUT ❄️

❄️ "On the first day of Christmas,
my trainer gave to me..." ❄️

- 1 plank for 20 seconds
- 2 burpees
- 3 push-ups
- 4 star jumps
- 5 squats
- 6 chair dips
- 7 boxing punches
- 8 mountain climbers
- 9 jumping jacks
- 10 alternating lunges
- 11 crunches
- 12 high knees



Last Month's Events:

Gift Card Raffle Winners:

November 17, 2020
"Stress Management"
Guillermo De La Garza Jr. - Fire

November 19, 2020
"Diabetes Awareness"
Patty Flores - Legal

Upcoming Events:

Wednesday, December 2, 2020
Virtual Pre-Retirement Seminar
Time: 8:30AM – 11:30AM