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Holiday Hints

Holidays are intended to be times of joy, celebration, thanksgiving and reflection. Families and friends gather to celebrate and reminisce, while children wait with anticipation the treats that will surely appear.

While the holidays are a time to celebrate, they can also be stressful. Party planning, gift-giving, event attending and normal pressures of everyday life can take a toll during the holiday season. While the holiday preparations are part of the fun, it is important to take time to be well, be safe and enjoy the time spent with family and friends.

This year, during the busy holiday season, take time to pay special attention to your health and the wellness of those around you. Giving the gift of health and safety is one that is good to pass on to others.

The Center for Disease Control offers some tips for this holiday season to keep you safe, healthy and focused on enjoying the celebrations to come:

Wash Your Hands Often—Keeping hands clean is one of the most effective tools you can use to avoid getting sick and spreading germs to others. Use soap and clean running water for at least 20 seconds. If you are out and about and washing your hands is not practical, rely upon an alcohol-based hand sanitizer product.

Stay Warm and Dry—Cold temperatures and damp conditions can cause serious problems, especially for infants and older adults. Stay dry, and dress warmly in several layers of loose-fitting, tightly woven clothing.

Manage Stress—While the holidays can be an emotional drain, they do not need to take a toll on your health. Keep an eye on over committing and over-spending. Try to find a balance between work,

home and play. Rely upon family and friends for support, understanding and encouragement. Practice good time management techniques, and try your best to keep a relaxed and positive outlook.

Travel Safely—For lots of folks, holiday celebrations mean time on the road. Remember to always use safety belts and child restraint seats appropriately every time you are in the car. Do not drink and drive or allow someone else to drink and drive. Plan travel routes well in advance, and follow speed limits.

These suggestions and more from the Center for Disease Control can be viewed in greater detail by visiting www.cdc.gov/family/holiday.

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