

# Healthy Holidays

## Safe Toys Guidelines

- ◆ Read all warnings and instructions
- ◆ Inspect toys for safe, sturdy constructions, repair or replace damaged or defective toys
- ◆ Avoid toys with sharp or rigid points, spikes, rods, and dangerous edges
- ◆ Store toys properly after play to avoid trips and falls
- ◆ Supervise children's craft projects; scissors and glue are among the most dangerous to eyesight
- ◆ Consider a child's ability rather than age when purchasing toys; age warnings on toys are not guarantees of safety
- ◆ BB guns are not toys and should not be given to children too young to handle them safely



## Best Defense - Health Screening

- Choose a trusted health care provider
- Outline a plan for health screening together
- Careful physical examinations
- A thorough medical history may detect an early-stage illness
- Your health is in your hands and no one has a greater stake in your health than you do.

## Prescription Drug Ads

Drug ads help inform consumers to make better decisions on whether or not to discuss certain issues with their physician. So make sure that you do not take these ads lightly and consult with a physician prior to taking any prescription medications.

## Holiday Stress

- ◆ Take three deep breaths – when you're angry, your body becomes tense. Breathing deeply will help lower your anger
- ◆ Change your environment – take a five-minute walk to get some fresh air.
- ◆ Forgive – this may be the most difficult to master because it involves making a conscious choice not to hold something against someone.

## Fever - When to Worry

It may be normal for a child to have a slight fever. When a person exercises body temperature can go up to 100 degrees.

When a baby is active and crying their temperature can go up to 100 degrees.

To bring down a temperature, remove extra blankets or clothing. For a baby, a sponge bath with lukewarm water can be helpful. Do not use cold water and rubbing alcohol; this can dry out the baby's skin.

If you suspect any unusual behavior in your child or newborn and before you give any medication, consult your pediatrician for the correct dosage.

## Winter Months Silent Threat

If you use a fuel-burning appliance during the winter months then one important step to make sure that you properly ventilate your house when using them. Carbon monoxide, often known as a silent killer, is colorless and odorless gas that poses a substantial risk to families using fuel-burning heating sources during the winter months.

## Caution

### Winter Driving

Most people travel more than usual this time of year and the weather can play a big role in your travel. Taking preventive vehicle maintenance and adjusting driving habits to changing conditions in the driving environment are the two most important steps. Remember to watch the weather, plan ahead, and take extra precautions when more people are traveling to visit family, friends and shopping during the winter holiday season.

- Check all fluids, especially the antifreeze
- Check your tires for good traction and alignment
- Check the brakes padding and are working properly
- Check the lights are in proper working condition, clean and improve your visibility by turning on headlights
- Check belts, hoses, and the battery is properly working
- Be sure to signal your intention to turn well in advance
- Observe all speed limits and reduce speed whenever road conditions or visibility is compromised by bad weather
- Avoid sudden starts, stops and hard turns, especially when road are slippery or wet.
- Do not brake hard. Use proper braking technique
- Anticipate potential danger on the road such as icy bridges, standing puddles of water or stalled vehicles
- Decrease speed and increase distance between the vehicle in front of you or change lanes to avoid trouble