

The Holiday Season is Here!

Be Ready By Being Prepared!

Cold weather and the holiday season have arrived! It's time to be merry and to ensure you and your loved ones are safe and healthy during the upcoming months.

Tips to Stay Healthy and Safe During the Holidays

Get enough sleep

Adults need at least 7 hours of sleep every night. Sticking close to a bedtime and rising routine will help. Monitor alcohol intake and consider non-alcoholic options this holiday season. Talk to your doctor if you have symptoms of a sleep disorder like snoring. Avoid drowsy driving.

Get active

Take active breaks. Even a few minutes of physical activity, several times a day, will boost your mood and improve health. Getting outside helps clear the head and relieves stress. When getting together with friends or family, consider adding a walk, hike, or other activity. Adults need at least 22 min/day of moderate activity a week.

<https://www.cdc.gov/healthy-weight-growth/about/healthier-holidays-in-1-2-3.html>

Eat healthy

There are lots of opportunities during the holidays and in the winter months to gravitate towards salty, sugary treats, and other comfort foods. In these situations, have a plan on how to handle temptations and how you will incorporate healthier options as much as possible. Staying active helps burn calories and helps with sleep.

<https://www.cdc.gov/healthy-weight-growth/about/healthier-holidays-in-1-2-3.html>

Rethink your drink

There are more options than ever to choose great mocktails or other non-alcoholic drinks at home and at family, friend and work events. It has become even more socially acceptable to make non-alcoholic drink choices.

Protect your mental health

The holidays can be stressful and the winter months can be difficult for many people. Take these self-care tips to protect your mental health so the holidays and winter months can be manageable and as joyful as possible. <https://www.ncoa.org/article/mental-health-and-the-holidays-9-tips-for-self-care/>

Quit smoking

Call 1-800-QUIT-NOW for free support. This holiday season, make sure your home and vehicles are smokefree to protect your family from secondhand smoke.

Prevent the flu

Get your flu shot, wash your hands! The CDC explains the similarities and differences (<https://www.cdc.gov/flu/about/flu-vs-covid19.html#:~:text=Compared%20to%20people%20infected%20with,and%20symptoms%20are%20the%20same>) between the two illnesses. Various respiratory illnesses have been in the news latterly. See what you need to know about the most common ones: <https://files.constantcontact.com/ae1fb2ca501/463b0be2-7ff0-4b24-b201-da0cba15ec35.pdf>.

Learn your family history

Take the opportunity of family gatherings to talk about your family health history and share the history with your family doctor or other providers. Share with your friends and family how you are making sure you stay healthy such as what screenings, vaccinations, and tests you have had and why they are important. This helps model important health behaviors to others that look up to you.

Preventing fires

Incidents of home fires and electrical accidents typically increase during the winter holiday season. Help avoid these unfortunate events by reading The Electrical Safety Foundation International's 12 Winter Safety Tips (<https://www.esfi.org/12-winter-holiday-safety-tips/>).

Staying warm

Winter brings frigid temperatures and snow. The National Weather Service has insightful safety resources that can help keep you and your family safe (<https://www.weather.gov/safety/winter>). Also, remember, high levels of activity in cold temperatures such as shoveling snow, puts many people at risk of a heart attack (<https://www.nsc.org/community-safety/safety-topics/seasonal-safety/winter-safety/snow-shoveling?>).

Winter weather safety

Snow, sleet, and ice can lead to hazardous road conditions. Prepare your vehicle for the winter season with tips from the National Safety Council (<https://www.nsc.org/community-safety/safety-topics/seasonal-safety/winter-safety/driving?>).

Let's do everything we can to ensure our holidays are happy, healthy, and bright!

These seasonal tips have been provided by the Maryland Association of County Health Officers (MACHO), the Baltimore County Health Department, Carroll County Health Department, & the Centers for Disease Control (CDC) / December 2024