



## December Health Bulletin

### Twelve Health and Safety Tips for the Holidays



1. Wash hands often to keep yourself from spreading germs and getting sick.
2. Bundle up to stay dry and warm.
3. Manage stress. Don't over-commit yourself, and keep holiday spending in check.
4. Don't drink and drive, and don't let others drink and drive.
5. Be smoke-free. Avoid smoking and second-hand smoke.
6. Fasten seat belts while driving or riding in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age.
7. Get exams and screenings. Ask your doctor or nurse what exams you need and when to get them.
8. Get your vaccinations; they help prevent diseases and save lives.
9. Monitor children. Keep potentially dangerous toys, food, drinks, household items, and other objects out of kids' reach. Make sure toys are used properly.
10. Practice fire safety. Most residential fires occur during the winter months, so be careful not to leave fireplaces, space heaters, stoves, or candles unattended. Have an emergency plan ready, and practice it regularly.
11. Prepare food safely. Remember these simple steps: wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures, and refrigerate promptly.
12. Eat healthy foods, and get moving. Eat plenty of fruits and vegetables. Limit your portion sizes and your intake of foods that are high in fat and sugar. Be active for at least 2½ hours per week, and help kids and teens be active for at least 1 hour each day.

Pay special attention to your health and safety this holiday season. Give the gift of health and safety to yourself and others by following these holiday tips.





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### Road Traffic Injuries: The Reality

We all want to keep our children safe and secure and help them live to their full potential. Knowing how to prevent leading causes of child injury, such as road traffic injuries, is a step toward this goal.

Every hour, 150 children from birth to age 19 are treated in emergency departments for injuries sustained in motor vehicle crashes. More children ages 5 to 19 die from crash-related injuries than from any other type of injury.

Thankfully, parents can play a key role in protecting the children they love from road traffic injuries.

#### Prevention Tips

One of the best protective measures you can take is to use seat belts, child safety seats, and booster seats that are appropriate for your child's age and weight.

#### Know the stages

- Typically, babies should be placed in rear-facing car seats until they are at least 1 year old and weigh 20 pounds.
- When babies move into front-facing car seats, they should remain in these seats until they are at least 4 years old or weigh 40 pounds.
- Children should be seated in booster seats from about age 4 to age 8, or until they reach 4'9" tall.
- All children ages 12 and under should be seated in the back seat of vehicles.

**A tip for parents of teens:** If you're a parent of a teen who is learning to drive, sign an agreement with your child to limit risky driving situations, such as having multiple teen passengers and driving at night.

**Helmets can help:** Children should wear motorcycle or bike helmets any time they are on a motorcycle or bicycle.

### Would you like to win \$50?

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Answer all questions *correctly* and you will be entered into the drawing. **GOOD LUCK!**

Name two ways to protect children during the holidays.

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How can parents protect teen children when learning to drive?

\_\_\_\_\_

Where can you go to get a free flu shot?

\_\_\_\_\_

Name: \_\_\_\_\_ Phone number: \_\_\_\_\_

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