

Living Well Tip of the Week



Twelve Health and Safety Tips for the Holidays (CDC)



Pay special attention to your health and be safe this holiday season.

- ❖ Wash hands often to keep yourself from spreading germs and getting sick. Wash your hands with soap and clean running water for at least 20 seconds.
- ❖ Bundle up to stay dry and warm. Wear appropriate outdoor clothing: layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- ❖ Manage stress. Don't over-commit yourself and prevent holiday anxiety and pressure. Get enough sleep.
- ❖ Don't drink and drive or let others drink and drive. Whenever anyone drives drunk, they put everyone on the road in danger.
- ❖ Prepare food safely. Remember these simple steps: wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures, and refrigerate promptly.
- ❖ Eat healthy, and get moving. Eat fruits and vegetables. Limit your portion sizes and foods high in fat and sugar. Be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.

Send a [holiday health-e-card](#) to show someone you care about their health! Go to <http://www2c.cdc.gov/ecards/index.asp?category=217> for more details.

Browse your Living Well Health Manager for specific advice on all these Tips: go to www.webmdhealth.com/ut and select “Living Healthy” on the top banner.

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