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FOR IMMEDIATE RELEASE

12 Holiday Tips for Good Health

The Branch-Hillsdale-St. Joseph Community Health Agency wants to wish you a happy, healthy holiday season by offering the following 12 **holiday tips** for good health:

1. Wash your hands often to prevent the spread of disease.
2. Stay warm and dry by bundling up in cold weather.
3. Prevent holiday anxiety and stress by learning to manage your time and learn to relax.
4. Remember: alcohol and driving don't mix.
5. Don't smoke and avoid second-hand smoke.
6. Buckle-up when driving and make sure your kids are properly bucked-in as well. Be sure to use a child safety seat, booster seat, or seat belt, as is appropriate for his/her height, weight, and age.
7. See your doctor and dentist for regular medical check-ups and recommended screenings.
8. Keep your vaccinations current to help prevent diseases and save lives.
9. Protect your kids by keeping potentially dangerous toys, food, drinks, household items, and other objects out of their reach.
10. Be fire smart and practice your emergency evacuation plan regularly. Most residential fires occur during the winter months, so be careful to never leave fireplaces, space heaters, stoves, or candles unattended.

11. Prevent food-borne illnesses by: washing hands and surfaces often, avoiding cross-contamination, cooking foods to proper temperatures, and promptly refrigerating left-overs.
12. Adopt a “plenty” healthy lifestyle. Get plenty of exercise, plenty of rest, and plenty of fresh fruits and vegetables. Be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day. Try to sleep at least 8 hours a night. Eat five or more servings of fruits and vegetables a day.

According to Steve Todd, Health Officer, “This is the time of year for reflection and resolutions. By applying these common sense tips now and through the New Year, you will positively impact your health and your family’s health.” The health department’s website contains many resources that can help you make these healthful changes. To learn more about the health department services and its resources, check out its website at www.bhsj.org.

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