



ADULT

HEALTH BULLETIN



DECEMBER 2019

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

THRIVE THIS HOLIDAY SEASON



The holiday season is upon us. A wonderful time to appreciate the gift of health. Here are some holiday tips to support your efforts for health and safety this season.

Wash your hands

Colds and the flu are most prevalent in the winter. One of the easiest ways to prevent sickness or spreading germs is to keep your hands clean and urging others to do the same. Handwashing should take place before, during, and after handling food; after handling, petting, or giving a pet treats; before you eat; and after you sneeze, cough, or blow your nose. Wash your hands with soap and water for at least 20 seconds.

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Dress appropriately

As the temperature drops, the cold can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers. Wear appropriate clothing including layers of light, warm clothing, and outerwear like a windproof coat, mittens, a hat, a scarf, and waterproof boots.

Manage stress

Holidays do not have to be stressful. Be realistic, plan ahead, and take time for yourself. Handling stress can be done by getting adequate amounts of sleep, committing to fewer gatherings, or setting a budget for the holidays. Do not feel guilty about taking time to breathe during the holidays. You have to take care of yourself before you can take care of others.

Travel safely

Whether you are traveling across town for a holiday party or across state lines, make sure that your trip is safe. Do not drink and drive or let anyone else drink and drive. Always wear your seat belt when you drive or ride in a motor vehicle.

When planning holiday travel, be aware of current and forecast weather conditions. Avoid traveling when the weather service has issued advisories. If you must travel, inform a friend or relative of your proposed route and expected time of arrival.

If you are going on a trip, pack healthy snacks with you. That way you do not have to rely on fast food. Airports allow you to bring snacks with you on the plane. Sliced fruit and vegetables, string cheese, or raw nuts all travel well and are easy to pack. Also, do not forget to bring an empty water bottle with you through TSA and fill it up after you cross security.

Eat healthy and stay active

The holidays are a busy time for everyone. However, it is important to stay committed to your health by being active. Keeping your body



moving is a great way to encourage yourself to make healthier choices throughout the day.

Family gatherings usually involve rich food and sitting. Get everyone moving any way you can. Instead of sitting around talking about what you are thankful for, have everyone share while out on a walk together.

RESOURCES:

- <https://www.cdc.gov/Features/WinterWeather>
- <https://www.nchs-health.org/5-tips-surviving-holidays>
- <https://www.acefitness.org/education-and-resources/lifestyle/blog/2951/10-health-tips-for-surviving-the-holidays>
- <https://www.cdc.gov/family/holiday>

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