

WHAT THE HEALTH!?

Winter & Holiday Fire Safety



Winter Fire Safety

- Home fires occur more in the winter than any other season.
- Only plug in one heat-producing appliance into an electrical outlet at a time.
- Install and test carbon monoxide and smoke alarms every month.



Holiday Fire Safety

- Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.
- Make sure your Christmas tree is at least 3 feet away from any heat source like fireplaces, radiators, candles, heat vents, or lights.
- Never use lit candles to decorate your tree.

Holiday Lights

- Some lights are only for indoor or outdoor use, so check the package before you use them.
- Replace any string of lights that are worn or have broken cords or loose bulbs.
- Read the manufacturer's instructions for maximum number of light strands you can connect.
- Turn off all light strings and decorations before leaving the home or going to bed.



Candle Safety

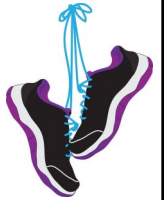
- Keep lit candles away from kids, pets, and decorations and other things that can burn.
- Keep matches and lighters up high and in locked cabinets.
- Blow out lit candles when you leave the room or go to bed.



Have a Happy & Healthy Holiday Season!

Beat the Winter Blues!

* Exercise—get yourself moving for 15-30 minutes each day.



* Eat a balanced diet with fruits, vegetables, and whole grains. Limit sugary foods and drinks.

* Stay on a set sleep schedule and use an alarm clock with a sunrise simulator.



* Make your environment brighter by using a light box.

* Drink warm beverages like tea, coffee, and hot chocolate.



* Put on your favorite playlist.

* Bundle up and spend some time outside.



December 2019