



Health Scout

December 2009

FROM THE SUPERINTENDENT'S OFFICE

Holiday Health and Safety Tips

The holidays are a time to celebrate, give thanks, and reflect. They are also a time to pay special attention to your health. Give the gift of health and safety to yourself and family by following these holiday tips.

1. Wash your hands often. Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others.

2. Stay Warm. Stay dry, and dress warmly in several layers of loose-fitting tightly woven clothing.

3. Manage stress. The holidays don't need to take a toll on your health. Keep a check on over-commitment and over-spending. Balance work, home and play.

4. Travel safely. Don't drink and drive. Wear a seat belt every time you are in a motor vehicle. Always buckle your child in the car using a seat or belt appropriate for his/her size.

5. Get check-ups and vaccinations. Use the time off from school to get your children's wellness check-ups and vaccinations done.

6. Prevent injuries. Children are at high risk for injuries especially during the excitement of the holidays. Injuries from falls and fire often occur around the holidays. Now is the perfect time to install and/or check the batteries in your smoke detectors.

7. Handle and prepare food safely. Wash hands and surfaces often to avoid cross-contamination. Cook foods to the proper temperature and refrigerate promptly.

8. Eat healthy, be active. Choose healthy low-fat alternatives to the usual holiday fare. Outdoor winter activities can be fun and great exercise for the entire family.

Get Outside this Winter!



Here are few family fun activities to get everyone moving even when it is cold outside! Remember to bundle up and do not stay outside longer than your body can tolerate, this might be a shorter period of time for little ones!

- ✓ Build a snowman.
- ✓ Build a snow fort or snow castle.
- ✓ Have a snowball fight.
- ✓ Make snow angels.
- ✓ Go sledding- wear a helmet!
- ✓ Place chase or tag.
- ✓ Shovel snow- you could make a maze in the yard.
- ✓ Go on a winter nature scavenger hunt.
- ✓ Make tracks in the snow.
- ✓ Stomp words into the snow.
- ✓ Take a walk and visit neighbors- you could bring a treat to share.
- ✓ Hang up bird feeders.
- ✓ Go ice fishing.
- ✓ Go ice skating- only on approved ponds and lakes.

Everyone should try to spend time outside each day for good health in the winter time. Pay attention to the weather though if the wind chill is below 15° use caution. Appropriate outdoor clothing including boots, hats and mittens/gloves are essential for Nebraska winters!



