



Broward County Government Newsletter

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Community Care Plan, 'the health plan with a heart'

Keep your family Safe and Healthy this Holiday Season with these 12 Tips from the Center for Disease Control and Prevention (CDC):

1. **Wash your hands often.** This helps prevent germs from spreading. Wash with soap and water for at least 20 seconds.
2. **Bundle up.** If you are going to a cold place, wear appropriate outdoor clothing. These include light, warm layers, gloves, hats, scarves, and waterproof boots. This helps you stay warm and dry.
3. **Manage stress.** If you are stressed, give yourself a break. Some ways to manage stress are to find a support system and get plenty of sleep.
4. **Don't drink and drive or let others drink and drive.** Drinking and driving puts the whole road in danger.
5. **Stay clear of smoking.** Do not smoke or be around people that smoke.
6. **Fasten seat belts** every time you are in a motor vehicle. Buckle children in the car using a child safety seat, booster seat, or seat belt per their height, weight, and age.
7. **Get exams and screenings.** Talk to your doctor to make sure you are up to date on all yearly exams and screenings.
8. **Get vaccines.** Everyone 6 months and older should get a flu shot yearly.
9. **Watch children.** Keep potentially dangerous objects out of a child's reach. These include toys, food, drinks, and household items.
10. **Fire safety.** Most house fires happen in the winter. Some items you should not leave unattended are: fireplaces, space heaters, food cooking on stoves, or candles. Have and practice your emergency plan regularly.
11. **Safely prepare food.** Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.
12. **Eat healthy and be active.** Eat fruits and vegetables. Limit portions of food high in fat, salt, and sugar. Adults should active for at least 2½ hours per week. Kids and teens should be active for at least 1 hour per day.



Source: www.cdc.gov/features/healthytips/

Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please contact our customer service number at 1-866-224-5701, TTY/TDD 1-855-655-5303, Monday through Friday from 8:00 a.m. to 7:00 p.m. ET. Esta información está disponible gratis en otras lenguas. Por favor, contacte a nuestro departamento de servicio al cliente al 1-866-224-5701, TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00 a.m. a 7:00 p.m. Si ou vie resevwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-224-5701, TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.