

**CEO Update
December 2019**

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 others, by following these holiday tips.

- * **WASH YOUR HANDS OFTEN.** Single most effective way to prevent the spread of infections.
- * **STAY WARM.** Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly.
- * **MANAGE STRESS.** The holidays don't need to take a toll on your health. Don't over-commitment nor over-spending. Balance work, home and play.
- * **GET CHECK-UPS AND VACCINATIONS.** Exams and screenings can help find problems early or before they start. Vaccinations help prevent diseases and save lives.
- * **WATCH THE KIDS.** Children are at high risk for injuries. Keep potentially dangerous toys, food, drinks, household items, choking hazards out of kids' reach.
- * **PREVENT INJURIES.** Injuries from falls and fireworks often occur around the holiday. Use step stools instead of furniture when hanging decorations.
- * **HANDLE AND PREPARE FOOD SAFELY.** Wash hands and surfaces often. Avoid cross-contamination, cook foods to the proper temperature, don't leave perishable foods out for more than two hours.
- * **EAT HEALTHY, AND BE ACTIVE.** Choose more vegetables and fruits.
- * **GET MOVING.** Any movement counts—take a walk, go out dancing, enjoy a yoga class.
- * **GET PLENTY OF SLEEP.** Preventative medicine! A good night's sleep can be one of the best defense against getting sick.

2019 has been a year with its challenges and successes. We look forward to 2020 and the opportunities that come with it.

Sincere best wishes for a safe and joyous holiday season to you and your loved ones and a Happy New Year!