

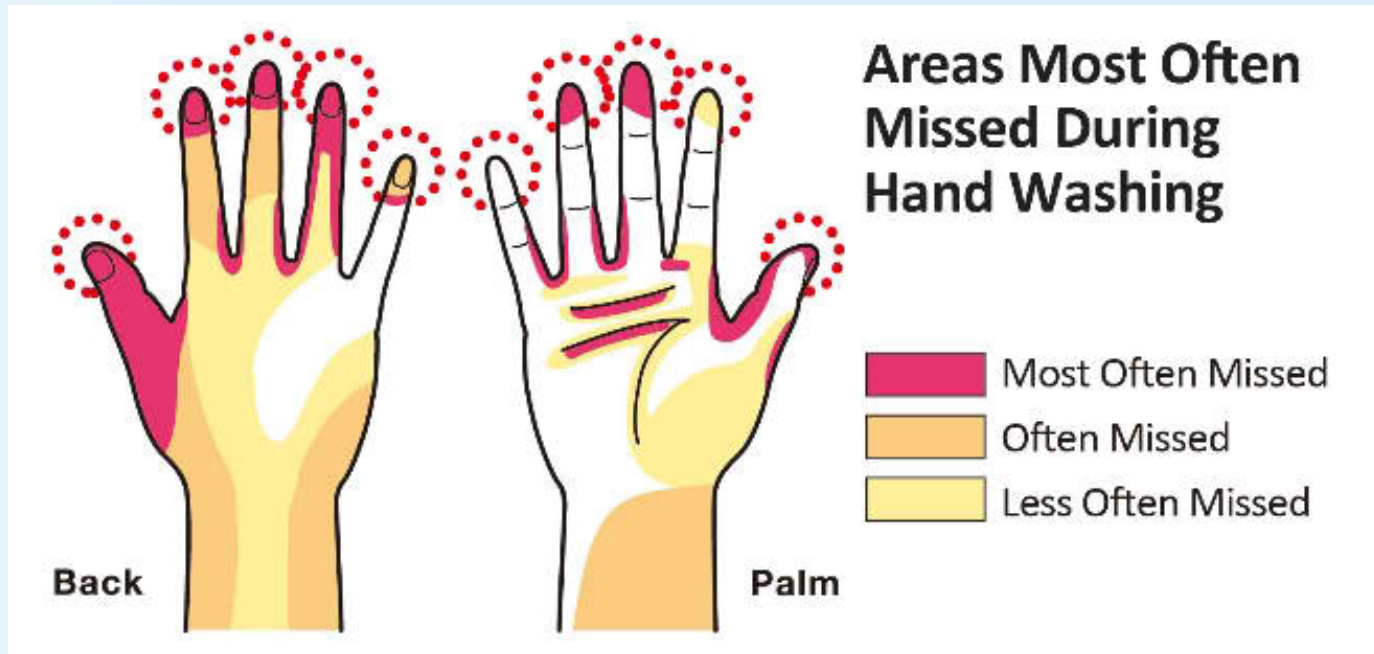


HEALTHY HOLIDAYS Paalala

from CITEM Clinic

Wash hands often

(palaging maghugas ng kamay)



Wash your hands with soap and clean running water for at least 20 seconds.

Don't drink and drive

(kaunti man o marami, iwasan mag-drive kung naka-inom ng alak)



Don't drink and drive, and don't let someone else drink and drive.

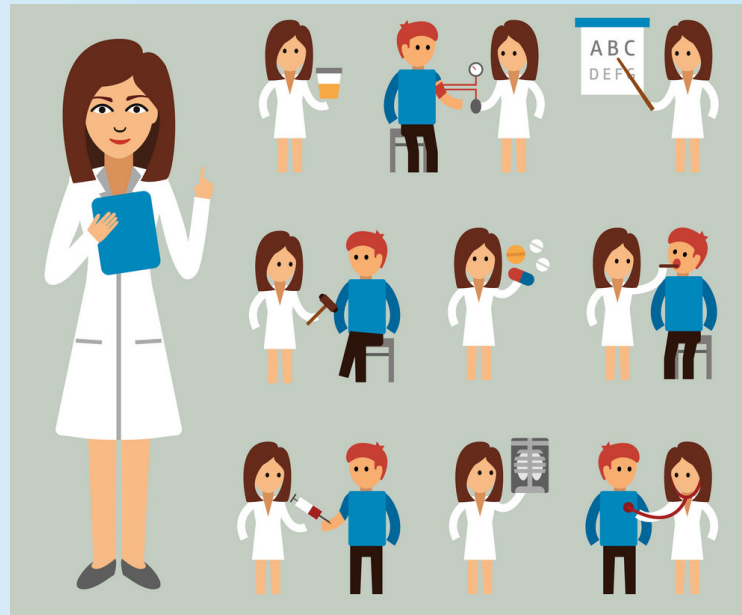
**Fasten seat belts while driving
or riding in a motor vehicle.**
(magseat-belt kapag sumasakay ng sasakyan)



Wear a seat belt every time you drive or ride in a motor vehicle.

Get annual health examinations and screenings.

(Gawin ang Annual Health Examinations at Screening. Magpa-check-up sa doctor)



Regular health exams and tests can help find problems before they start.

Monitor Children.

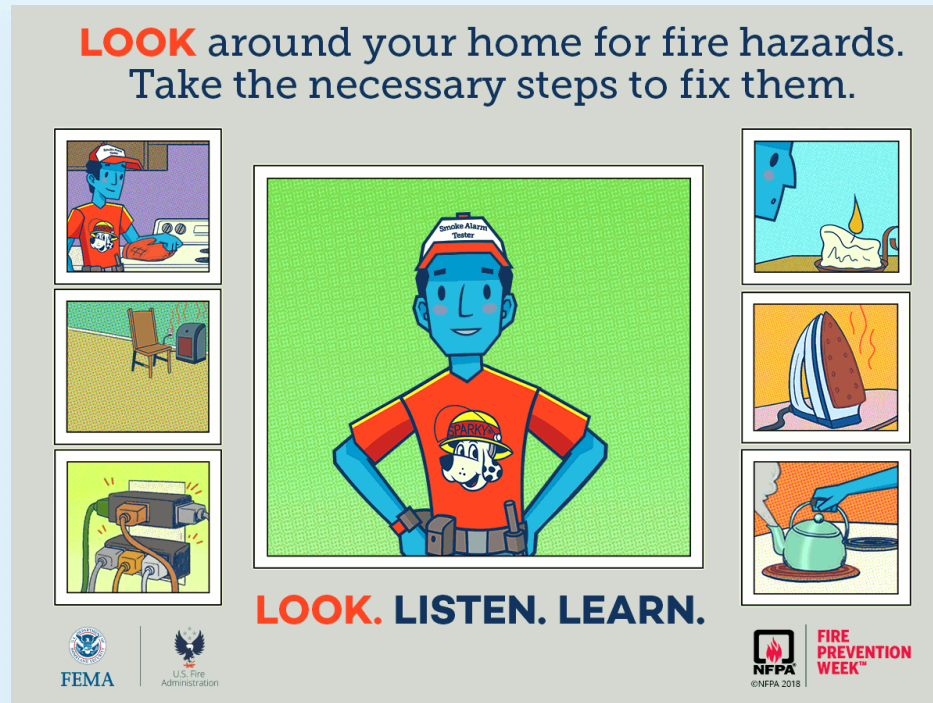
(Subaybayan ang ginagawa ng mga Bata)



Keep a watchful eye on your kids when they're eating and playing. Keep potentially dangerous toys, food, drinks, choking hazards (like coins and hard candy), household items, and other objects out of kids' reach.

Practice fire safety.

(iwasan magkaroon ng insidente ng sunog)



Keep candles away from children, pets, walkways, trees, and curtains. Never leave stoves, or candles unattended. Don't use generators, grills, or other gasoline- or charcoal-burning devices inside your home or garage. Install a smoke detector and carbon monoxide detector in your home.

Prepare food safely.

(siguraduhing ligtas ang pagkaing ihahanda)



Wash hands and surfaces often. Avoid cross contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.

Eat well and get moving.

(tama lang ang kainin. Gumalaw- galaw at umindak-indak)



Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day.

References:

<https://www.cdc.gov/family/holiday/12ways.htm>

<https://www.doctoroz.com/feature/healthy-holidays>

<https://www.mdvip.com/about-mdvip/blog/simple-tips-for-a-healthy-holiday-season>

