

Jackson County Department of Public Health

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2017-58
FOR IMMEDIATE RELEASE
November 17, 2017

JCDPH PROMOTES A HEALTHY HOLIDAY SEASON

The holiday season is upon us—this is a great opportunity to enjoy time with family and friends, to be grateful, and to reflect on what’s important. While celebrating over the next few weeks, the Jackson County Department of Public Health (JCDPH) urges the community to take time for your health. Here are some tips to support your efforts for health and safety this season:

- Wash your hands. Keeping your hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others.
- Stay warm. Colder temperatures can cause serious health problems, especially in infants and the elderly. Remember to stay dry and dress warmly in layers.
- Travel safely. If the holidays means traveling to visit loved ones, ensure that your trip is a safe one. Don’t drink and drive, always wear a seat belt, and make sure your child is buckled in the appropriate child safety seat.
- Get check-ups and vaccines. Have some extra time off around the holidays? This is a good time to get your annual exam, screenings, or other vaccinations. Schedule a visit with your healthcare provider today.
- Handle and prepare food safely. When preparing holiday meals, keep you and your family safe from food-related illness by washing your hands and surfaces often, avoiding cross-contamination, and cooking foods to the proper temperature.
- Eat healthy and be active. Enjoy the merriment of the holidays with balance and moderation by limiting fats, salt, and sugary foods while finding fun ways to stay active.

JCDPH wishes all in our community a happy and healthy holiday season! For more tips on how to stay healthy during the holidays, visit: <https://www.cdc.gov/family/holiday/index.htm>.

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