

Holiday Health and Safety Tips From the CDC

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.

To hear these tips and more in a song, visit: *The 12 Ways to Health Holiday Song*



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. Wash your hands with soap and clean running water for at least 20 seconds. If soap and clean water are not available, use an alcohol-based product.

[Clean Hands Save Lives](#)



Stay warm.

Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers of loose-fitting, tightly woven clothing.

[Stay Safe and Healthy in Winter Weather](#)

[Winter Weather](#)



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. Get support from family and friends. Practice time management. Keep a relaxed and positive outlook. [Stress at Work](#)



Travel safely.

Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive, and don't let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age.

[Extreme Cold: A Prevention Guide to Promote Your Personal Health and Safety](#)

[Impaired Driving](#)

[Keep Kids Safe on the Road](#)

[Stay Safe and Healthy in Winter Weather](#)

[Traumatic Brain Injury](#)

[Travelers' Health](#)