

## HEALTH FOR THE HOLIDAY SEASON

*Here are some health tips  
for the Christmas Season:*



1. Plan Christmas activities for yourself and your family to prevent tension and stress.
2. Take care of yourself and your family against changes in temperature. Children and adults may become susceptible to cough, colds and fever. If your cough, colds and fever is more than five days, consult your nearest health station.
3. Prepare a well-balanced Noche Buena and Media Noche meals. Make sure that vegetable and fruits are on the table together with your traditional ham and queso de bola.
4. Be kind to your heart. Eat a moderate amount of nutritious foods to sustain your daily activities.
5. Drink plenty of liquids. Drink plenty of water and fruit juices to facilitate excretion.
6. Have enough sleep. Give yourself enough sleep so that the mind and body can rest.
7. Avoid crowded areas because bacteria that cause diseases multiply and spread easily. Airy and well-ventilated areas are essential to healthy living.
8. Use environment-friendly Christmas decors that cost less and are not fire hazards. Save decors for next year and store them in a safe place.
9. Buy toys with no pointed or sharp edges; nor too small toys that can cause choking.
10. Do not use fireworks and firecrackers during the Holidays. Make some noise even without fireworks and firecrackers.

Stay alive and whole for the coming year.