



# 3 “H”s for Holiday Safety

1

**HEED** healthy sleep habits. Get 7-9 hours of sleep a night to avoid daytime drowsiness which could lead to accidents.

2

**HAVE** safety in mind when choosing gifts and hosting get-togethers.

- Avoid giving toys and other items with small parts to children under age 3.
- Supervise children while playing and when they are near candles, fireplaces, holiday trees, lights, and electrical cords and plugs.

3

**HANDLE** holiday stress.

- Make a holiday schedule and a “to do” list. Prioritize the things you want to do. Don’t commit to doing too much.
- Include downtime in your plans. Spend time in nature. Meditate.

