

This kit includes valuable tools to keep you and your family safe and healthy this season.

Preparing for Your Next Doctor Appointment

COVID-19 and Flu

Heart Disease

Respiratory Disease

Diabetes

Medication - Drug Interactions

Home Health and Safety Assessment Checklist

Indoor Air Quality and Fire Safety

Healthy Eating

Taking Care of Your Mental Health

Safe Travel

Holiday Safety Tips for Pets and Healthy Holiday Celebrations

The Arizona Center for Rural Health (AzCRH) core mission is to improve the health and wellness of Arizona's rural and underserved populations.

The information, including but not limited to, text, graphics, and images contained on this booklet are for informational purposes only. Always seek advice of a health care professional for treatment and recovery.

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STAY SAFE AND HEALTHY THIS SEASON

Holidays are a time to honor traditions and bring together family. While many generations - grandparents, parents, children - gather to celebrate the season, we can take steps to keep ourselves and loved ones healthy.



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online.com

Arizona Opioid Assistance
and Referral (OAR)

weather.gov

National Weather Service

feedingamerica.org

Find your Foodbank

Call 5-1-1 or az511.com

Road Safety and Alerts

Call 1-800-222-1222

The Poison Control Center

Call 9-8-8

Suicide and Crisis Lifeline

Call 2-1-1

Get help paying bills, finding food, and locating other resources near you
Essential Community Services

PREPARING FOR YOUR NEXT DOCTOR APPOINTMENT

Doctor's Name: _____ Date of Appointment: _____

Your health care provider will want to know about any medications you are taking.

Medication Name?	What is it for?	Your Doctor	Date Started	Your Dosage	Color and Shape	When and How Often
List of Known Allergies						

What has happened in your life since your last visit?

Describe your lifestyle and mental health.

Topic	Description/How Often	Your Notes
Sleep Quality		
Diet and/or Appetite Changes		
Alcohol, Tobacco, Medical or Recreational Drug Use		
Mood Changes/Mood Swings		
Forgetfulness Memory Problems		
Feeling of Isolation/Loneliness/ Feeling of Sadness/Crying		

PREPARING FOR YOUR NEXT DOCTOR APPOINTMENT

Describe your everyday living and activities.

Topic	Description	Your Notes
Living Situation/Alone		
Accidents/Falls/Injuries		
Daily and Social Activities		
Exercise		
Problems with Intimacy/ Sexual Activity		
Transportation/Driving/ Mobility		
Advanced Directives/ Living Will		

What brought you in today?

What concerns would you like to discuss with your health care provider during your visit?

Topic (Most Important to Least Important)	Problems Caused for How Long	Questions for Your Doctor About the Problem
1.		
2.		
3.		
4.		
5.		

Your notes on doctor's advice. Listen carefully and repeat back to your doctor.

1.	
2.	
3.	
4.	
5.	

Centers for Disease Control (CDC) Facts

- In February 2020 doctors estimated 500,000 deaths due to COVID-19. By November 16, 2022 that number was 1,073,115.
- 75.0% (804,394) COVID-19 deaths are in the 65 and over age group.
- 20.8% (223,099) COVID-19 deaths are in the 45-64 age group.
- 4.2% (44,788) COVID-19 deaths are under the age of 45.
- Effective vaccination rates for annual flu shots are 40-60%.
- Effective vaccination rates for COVID-19 are over 90%.
- Unvaccinated people are about:
 - 6 times more likely to test positive than vaccinated people,
 - 9 times more likely to be hospitalized, and
 - 14 times more likely to die from COVID-19 related complications.

Myth

The vaccine will alter my DNA.

Fact

The mRNA in the vaccine does not enter the cell's nucleus, where your DNA is kept. The mRNA will not change your DNA.

Myth

I have already had COVID-19; I do not need to get vaccinated.

Fact

It is possible to have COVID-19 again. The best way to protect yourself is to get vaccinated.

Myth

Getting a vaccine will give me COVID-19.

Fact

mRNA vaccines do not contain a live strain of the virus that causes COVID-19 and therefore, cannot give you COVID-19.

Myth

The side effects from the vaccine are worse than getting COVID-19.

Fact

The vaccines prevent you from getting sick from COVID-19. You may feel achy and have a fever after your shot, but these symptoms are temporary and let you know that your body is mounting an immune response to the virus.

COVID-19 / FLU

How does the COVID-19 or flu virus spread from person to person?



When an infected person coughs, sneezes, or talks, COVID-19 enters the air from the droplets from the person's nose or mouth.

How to tell the difference?

Symptom	COVID-19	Flu	Cold	Allergies
Fever	Common	Common	Rare	No
Cough	Common	Common	Common	Common
Loss of Smell/Taste	Common	Rare	Sometimes	Sometimes
Shortness of Breath	Sometimes	Rare	No	Sometimes
Headache	Common	Common	Rare	Rare
Muscle Ache/Pain	Sometimes	Common	Sometimes	No
Sore Throat	Common	Common	Common	Sometimes
Fatigue	Common	Common	Sometimes	Sometimes
Chills	Sometimes	Common	Sometimes	No

Protecting Yourself and Others

- ✓ Get vaccinated
- ✓ Stay at home if you are sick
- ✓ Cover your coughs and sneezes
- ✓ Clean your hands often
- ✓ Keep yourself hydrated properly
- ✓ Practice food safety
- ✓ Get fresh air often
- ✓ Keep your environment clean
- ✓ Take medication and get plenty of rest
- ✓ Use personal items (towels, toothbrushes, etc.) only for your own needs

Which masks are best for me?

When choosing a mask, it is very important to look for one that fits well.

Type of Mask	Filtration Efficiency
3-layer cotton mask	Adequate - 26.5%
Procedural mask	Adequate - 38.5%
Cotton bandana mask	Good - 49%
Surgical mask	Better - 71.5%
2-layer nylon mask w/ear loops and nose bridge	Better - 79%
N95 or KN95 mask	Best - 95%



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HEART DISEASE



Cardiovascular (Heart) Disease (CVD)

is a common term for several issues affecting the heart and the blood vessels, including heart attack, unusual heart rhythm, heart failure, and stroke.

American Heart Association (AHA) Facts

- Heart disease is the leading cause of death in the US.
- CVD is the leading global cause of death causing 18.6 million deaths in 2019 and 365,744 deaths in the US.
- The average age for a first heart attack is 65 for males and 72 for females.
- Strokes are the 5th leading cause of deaths and the leading cause of serious long-term disability in the US.
- Someone dies from a stroke every 3.5 minutes.

Risk Factors for Heart Disease and Stroke

- Smoking
- High blood pressure
- High blood cholesterol
- Diabetes
- Overweight or obesity
- Unhealthy diet
- Physical inactivity
- Excessive alcohol use



Other Risk Factors to Consider

- Stress
- Lack of sleep
- Advanced age
- Gender
- Family history



HEART DISEASE

Lower Your Risk for Developing Heart Disease and Stroke

→ **Know Your Risk**

Making small lifestyle changes can help reduce your risks. Talk to your doctor about steps you can take to improve your heart health.

→ **Eat a Healthy Diet**

Your diet should have lots of vegetables, fruits, whole grains, legumes, nuts, lean meats, and fish. Limit your salt, added sugars, trans fats, saturated fats, and processed meats.

→ **Move More**

Doing so is one of the best ways to stay healthy, prevent disease, and age well. If you're already active, you can increase your intensity for more benefits. If you're not active now, get started by simply sitting less and moving more. This can help prevent, manage, or improve other health conditions too.

→ **Watch Your Weight**

Lose weight if you are overweight. Eat less and move more.

→ **Don't Use Tobacco**

There is no such thing as a safe tobacco product. If you do use tobacco products, stop. If you don't smoke, vape, or use tobacco products, don't start now.

→ **Control Your Blood Pressure**

If you have high blood pressure, high cholesterol, or any other conditions that put you at greater risk, talk to your doctor.

→ **Take The Medications Prescribed For You**

Take all medications as directed by your doctor. Don't take aspirin as a preventive measure without talking with your doctor about it first.

→ **Be a Team Player**

Eating better, getting active, losing weight, and quitting tobacco can prevent CVD. Work with your health care team.



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RESPIRATORY DISEASE

Chronic Lower Respiratory Disease (CLRD)

is a common term for several issues affecting the lungs including chronic obstructive pulmonary disease (COPD), emphysema, chronic bronchitis, asthma, and occupational lung disease.

Center for Disease Control (CDC) Facts

- CLRD is the 6th leading cause of death in the US.
- Every year on average there are 152,657 deaths due to CLRD.
- 4.1% of doctor's visits in the US are for some form of CLRD, such as COPD.
- 5% of adults have been diagnosed with CLRD.

Causes of Chronic Lower Respiratory Disease (CLRD)

- Smoking - 80% of cases are current or former smokers
- Exposure to air pollutants in the home and workplace
- Genetic factors
- Respiratory infections of the nose, sinuses, and throat

Symptoms of Chronic Lower Respiratory Disease (CLRD)

- Shortness of breath
- Wheezing
- Racing heartbeat
- Increased mucus production
- Chronic cough
- Fatigue



Sources: Centers for Disease Control and Prevention. National Center for Health Statistics (2022). Chronic Obstructive Pulmonary Disease (COPD) Includes: Chronic Bronchitis and Emphysema. Retrieved November 16, 2022 from <https://www.cdc.gov/nchs/fastats/copd.htm>
Centers for Disease Control and Prevention (2022). COPD: Symptoms, Diagnosis, and Treatment. Chronic Obstructive Pulmonary Disease (COPD). Retrieved November 16, 2022 from <https://www.cdc.gov/copd/features/copd-symptoms-diagnosis-treatment.html>

RESPIRATORY DISEASE

When to See the Doctor

- **Shortness of Breath** - People often notice they are short of breath or can only speak a few words before they must take another breath.
- **Wheezing** - People often notice that they can hear and feel wheezing when they breathe, especially during any type of physical activity.
- **Increased Mucus Accompanied by a Chronic Cough** - A cough that is not relieved with cough drops and will not go away with a noticeable increase of mucus.
- **Racing Heartbeat** - Many people often report that they feel like their heart-beat is racing after very little activity.
- **Fatigue** - People with CLRD feel fatigued throughout the day and after very little exercise.

Treatment of Chronic Lower Respiratory Disease (CLRD)

- **See Your Doctor** - There are simple tests your doctor can do to determine if you have CLRD and steps you can take to prevent the further progression of the disease that your doctor can talk to you about.
- **Stop Smoking** - Avoid second hand smoke and any other irritating air pollutants.
- **Exercise** - Exercise has been shown to be helpful in many different lung conditions. Physical activity in any form can slow down lung function decline. Discuss this with your doctor before starting an exercise program.
- **Take Your Medication** - Take all your medications as instructed by your doctor.



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DIABETES

Diabetes - Is a disease where blood sugar (glucose) levels are too high. Glucose comes from the food you eat and gives your cells the energy they need to work. Insulin is the hormone that helps sugar enter your cells and regulates sugar by helping it enter the cells.

Center for Disease Control (CDC) Facts

- 37.3 million US adults have diabetes, and 1 in 5 of them don't know they have it.
- Diabetes is the 7th leading cause of death in the US and the No. 1 cause of kidney failure, lower-limb amputations, and adult blindness.
- The number of adults diagnosed with diabetes has more than doubled over the past 20 years.

Types of Diabetes

- **Type 1 Diabetes** - Your body does not make insulin.
- **Type 2 Diabetes** - Your body does not use insulin well and cannot keep blood sugar at normal levels.
- **Gestational Diabetes** - Develops at any time during pregnancy in women who do not have it already.
- **Pre-Diabetes** - Blood sugar levels are higher than normal but not high enough to diagnose type 2 diabetes. Pre-diabetes raises your risk for type 2 diabetes, heart disease, and stroke.

Sources: Centers for Disease Control and Prevention. National Center for Health Statistics (2022). Diabetes. Retrieved November 16, 2022 from <https://www.cdc.gov/nchs/fastats/diabetes.htm>

Centers for Disease Control and Prevention (2022). National Center for Chronic Disease Prevention and Health Promotion (NCCD-PHP). 4 Tips to Prevent Chronic Diseases. Retrieved November 16, 2022 from https://www.cdc.gov/chronicdisease/about/top-four-tips/index.htm?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fchronicdisease%2Fabout%2Fprevent%2Ftop-four-tips.htm

DIABETES

Risk Factors Checklist

- You have pre-diabetes.
- You are overweight.
- You are 45 years or older.
- You have a parent, brother, or sister with type 2 diabetes.
- You are not physically active (move 30 minutes or more 3 times a week).
- You have had gestational diabetes.

Signs and Symptoms - Excessive thirst, frequent urination, extreme fatigue, very dry skin disorders, sexual dysfunction, nerve damage, kidney disorders, and vision loss.

Prevention

- Know your risk factors.
- Watch for signs and symptoms.
- Check your feet, skin, and eyes to find problems early.
- Eat more vegetables and less sugars or carbohydrates.
- Make physical activity (30 minutes or more) part of your day.
- Lower your stress levels.
- Get enough rest and sleep.
- Practice relaxation exercises or meditation.
- Talk to your health care provider.



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MEDICATION - DRUG INTERACTIONS

Adverse Drug Reaction (ADR) or Medication Interactions - Occur when one drug interacts with another or when a drug interacts with what you eat or drink.



US Food and Drug Administration (FDA) Adverse Drug Reaction Facts

- More than 2.2 million or 6.6 % of hospitalized patients have a serious ADR each year.
- Deaths due to ADRs are one of the leading causes of death in the US with more than 106,000 deaths every year.

Risk Factors for ADRs

- Increases with the number of medications you use.
- Types of medications you take can increase the risk of an ADR.
- Your age and your diet can increase the risk of an ADR.
- The particular disease you may have can affect your risk.
- Older adults are at greater risk of drug interactions than younger adults because a larger portion of older adults take prescription drugs and over-the-counter products.

Source: Lazarou J, Pomeranz B, Corey P.N. (1998). Incidence of adverse drug reactions in hospitalized patients: A meta-analysis of prospective studies. JAMA, 15(279), 1200-1205. 10.1001/jama.279.15.1200

MEDICATION - DRUG INTERACTIONS

Types of Drug Interactions

Drug - Drug Interactions

- Interactions can occur with prescription drugs, over-the-counter drugs, and supplements.

Drug - Food Interactions

- Examples include dairy products that interfere with absorption; citrus fruit can interfere with some statins and blood pressure medications.

Drug - Condition Interactions

- Examples include ibuprofen, naproxen, and decongestant that can increase blood pressure.

Prevention of Drug Interactions

- Make a list of all medications, vitamins, herbals, and supplements, and keep it updated.
- Talk to your doctor about all medications and any supplements that you are taking.
- Always read the drug information and the label that the pharmacy gives you.
- Try to use only one pharmacy for all of your prescriptions. Doing so enables your pharmacist to have record of all the medications you take.



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INDOOR AIR QUALITY



The winter weather results in families and individuals spending more time indoors than usual.

Therefore, at this time of the year it is important to reduce or eliminate indoor air pollution because it can lead to serious health problems, such as lung and heart diseases. Be mindful of the following indoor air hazards, especially during the holidays and festivities.

Silent Indoor Pollutants

Airborne Particles/Chemicals

- Residential wood burning (e.g., fireplaces or woodstoves) releases carbon monoxide, formaldehyde, PM5, nitrogen oxides, sulfur dioxide, black carbon, and polycyclic aromatic hydrocarbons.
- The wood smoke can severely affect people with asthma, chronic obstructive pulmonary disease (COPD), or COVID-19.
- Dust, hair, or pet dander.



Household Odors, Gases, and Other Items

- Paints (e.g., lead)
- Carpet emissions
- Cleaning supplies
- Radon
- Asbestos



Microorganisms

- Bacteria
- Mold
- Fungus
- Viruses
- Pollen



Creating Healthy Indoor Air Quality

Consider practicing the measures below to protect yourself and your loved ones.

- Burn only clean, dry wood.
- Install a cleaner burning emission-certified woodstove and inspect all appliances regularly.
- Have good ventilation and/or use an air purifier (with a HEPA filter).
- Clean and treat mold; remove asbestos.
- Use carbon monoxide detectors.
- Test for radon.



HOME FIRE SAFETY



FIRE is FAST, HOT, DARK, and DEADLY

Fast – It takes only 30 seconds for a small flame to turn into a major fire.

Hot – Breathing hot air will burn your lungs and melt clothes to your skin.

Dark – Bright flames turn into complete darkness.

Deadly – Smoke and toxic gases kill more people than flames do.

Prevent Home Fires

Smoke Alarms

- Replace the alarm every 10 years and its batteries every 2 years.
- Install smoke alarms on every level of your home, including basement.

Cooking

- Stay in the kitchen while you are frying, grilling, boiling, or broiling food.
- Use a timer to remind you that you are cooking.
- Wear short, close-fitting, or tightly rolled sleeves.
- Keep a lid for the pan nearby.
- Keep a fire extinguisher available.
- Keep outdoor grills and space heaters at least 3 feet away from anything flammable.



Electrical and Appliance Safety

- Replace all worn, old, or damaged appliance cords and do not run cords under rugs or furniture.

- Match a three-prong plug with a three-slot outlet only.



Fireplaces and Wood Stoves

- Have chimneys, fireplaces, and the central furnace serviced every year; check for damages or repairs every month.
- Use a fireplace screen heavy enough to catch flying sparks.
- Never smoke in bed and never leave candles unattended.

Portable Space Heaters

- Buy only heaters evaluated by a nationally recognized laboratory (UL).
- Check for a thermostat control mechanism that will switch off automatically if the heater falls over.
- Use only crystal clear K-1 kerosene in kerosene heaters. Never overfill it. Use the heater in a well-ventilated room away from curtains and other flammable items.

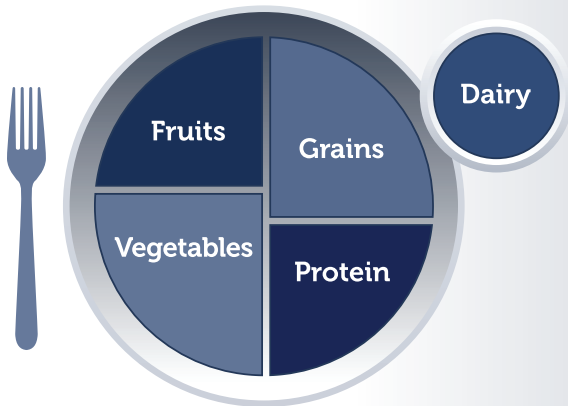
Sources: Langille M. Reducing wood smoke and protecting indoor air quality is more important than ever during the COVID-19 pandemic [blog]. Vancouver, BC: National Collaborating Centre for Environmental Health; 2021 Feb 23. Available from: <https://ncceh.ca/content/blog/reducing-wood-smoke-and-protecting-indoor-air-quality-more-important-ever-during-covid>. EPA United States Environmental Protection Agency (2022). Interactive Tour of the Indoor Air Quality Demo House. Retrieved November 21, 2022, from <https://www.epa.gov/indoor-air-quality-iaq/interactive-tour-indoor-air-quality-demo-house>

HEALTHY EATING

A balanced diet is important for good health and nutrition in all seasons.

- It protects you against heart disease, diabetes, obesity, and cancer.
- It helps you to maintain optimal weight.
- It boosts your mood and helps you cope with stress and anxiety.

Follow this recipe to eat healthy:



- Complement your meal with water or dairy (1-2 servings a day of dairy/milk).
- Cook with healthy fats and oils (see other side for examples).

The following tips vary depending on your health status, age, and gender. Always confirm with your doctor.

Vegetables and Fruits

- Half of your plate should have vegetables and/or fruits.
- Try fresh and raw.
- The greater the variety, the better. For example, choose colorful bell peppers, leafy greens, asparagus, or broccoli.

Whole Grains

- One quarter of your plate should have whole grains.
- Whole grains have fiber that can improve your digestion.
- Choose quinoa, brown rice, oatmeal, sweet potato, or wheat pasta.

Healthy Protein

- One quarter of your plate should have healthy protein.
- Healthy proteins build, repair, regulate, and supply oxygen to your body.
- Choose lean proteins. For example, choose fish, chicken, beans, peas, or nuts.

Sources: Harvard T.H. Chan School of Public Health (2022). Healthy Eating Plate. Retrieved October 25, 2022 from <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>

World Health Organization (2022). Healthy Diet. Retrieved October 25, 2022 from <https://who.int/initiatives/behealthy/healthy-diet#:~:text=A%20healthy%20diet%20is%20essential,are%20essential%20for%20healthy%20diet>

HEALTHY EATING

Drinking Water

- Water helps maintain a healthy blood level.
- Not drinking enough water makes your blood thick, which can cause heart diseases.
- Drink 2 cups per hour and carry a water bottle with you.

Healthy Fats and Oils

- Fats and oils are a great source of energy.
- Try steaming or boiling instead of frying.
- Choose olive oil, soybean oil, canola oil, or avocado.

Dairy

- Foods high in calcium and vitamin D fortify your bones and supports bone growth.
- Choose 1% or skim milk, Greek yogurt, and natural or low-fat cheese.

Salt Intake

- Consuming less than a teaspoon per day helps reduce blood pressure.
- Choose fortified or iodized salt and remove the salt shaker from your table.



More Healthy Eating Tips ...

- Read your nutrition labels and search for:
 - Low percentage of sugar
 - Low percentage of sodium
 - Low percentage of trans and saturated fat
- Make a daily eating schedule that includes 3 meals and 2 snacks (do not skip your meals).
- Plan your grocery list and family meals.
- Eat slowly.
- If invited to a party, bring a healthy dish along.
- If eating a sweet treat, cut back on other carbs (e.g., bread) during your meal.



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TAKING CARE OF YOUR MENTAL HEALTH

Be Mindful

Mindfulness is a type of practice that helps you to be fully present in the moment by increasing awareness of moods, thoughts, feelings, and sensations.

The practice of mindfulness can help you understand your needs and identify obstacles that interfere with your physical and emotional well-being.

Examples of how to practice mindfulness during stressful and anxious moments:

- Work on your breathing; breath in for 4 seconds, hold your breath for 7 seconds, and then breath out for 8 seconds.
- Go for a nature walk or somewhere new to enhance connection and keep your mind fresh and in the moment.
- Keep a journal.
- Take a warm bath.

Connect with Your Community

- Talk to your friends, neighbors, and/or loved ones about your feelings and concerns and express gratitude. Conversations matter and are powerful coping tools to relieve stress.
- Listen with compassion; everyone is walking a different life journey.



Sources: Centers for Disease Control and Prevention (2022). Sleep and Sleep Disorders. Retrieved October 23, 2022 from <https://www.cdc.gov/sleep/features/getting-enough-sleep.html>
Centers for Disease Control and Prevention (2022). Mental Health. Retrieved October 23, 2022 from <https://www.cdc.gov/mentalhealth/learn/index.htm>
Centers for Disease Control and Prevention (2022). Stress and Coping Resources Retrieved October 23, 2022 from <https://www.cdc.gov/mentalhealth/tools-resources/index.htm>

TAKING CARE OF YOUR MENTAL HEALTH

Mental health – Is an important component of our overall health. It includes our emotional, psychological, and social well-being.

Mental health – Affects how we think, feel, and act at home, work, school, and more. It also determines how we handle stress and relate to others.

- The loss of a family member or a friend, caregiving responsibilities, seasonal changes, holidays and festivities, dealing with the COVID-19 pandemic, and other events can heavily affect your mental health.
- Be kind and patient with yourself; you have been through a lot in this pandemic.
- Practice self-care during this winter season and beyond.

Healthy Ways to Cope with Stress

Stay Active - Physical activity helps your physical, mental, and social health by improving your breathing capacity and decreasing stress and anxiety level.

- Listen to your body and stretch daily.
- Plan 30-minute sessions 5 days a week.

Try Adding These:

- Gardening, walking, biking, or running.
- Parking at the end of the parking lot.
- Taking the stairs instead of the elevator.



Get Enough Sleep - Quality sleep improves your health, mood, and memory.

- Children and teens need more than 8 hours and adults 7 hours or more of sleep per night.



Try These Tips for Improved Sleep:

- Go to bed and get up at the same time every day.
- Cut out caffeine later in the day.
- Reduce bright light and screens 1 hour before bed.
- Exercise and get enough sun every day for at least 30 minutes.



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HOLIDAY SAFETY TIPS FOR PETS



Learn how to protect your pets during the winter season and holidays.

Keep your pets safe and warm.

Keep your pets indoors when the temperature drops below 40 °F.

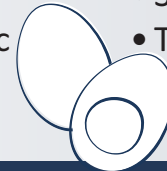
Windchills, ice, snow, and rock salts irritate your pets' paw pads, noses, and ears and increase the risk for frostbite and hypothermia. Bundle them up and wipe them down!

Protect your pets from fireworks, thunderstorms, and other loud noises. They have more sensitive ears than humans.

- Create a quiet, safe indoor space for them to hide. If needed, cover cages with a blanket.
- Close all doors, windows, and curtains.
- Use thunder shirts and calming wraps to decrease anxiety in pets.
- Make sure your pets wear an ID tag with your contact information.

Keep the following foods away from your pets.

- Bones
- Candy
- Chives
- Citrus fruit and pits
- Coffee
- Eggs
- Fish
- Garlic
- Grapes and raisins
- Leaves and stems
- Meat
- Nuts
- Onions
- Salt
- Trash



Sources: The Humane Society of the United States (2022). Holiday safety tips for pets. Retrieved November 14, 2022 from <https://www.humanesociety.org/resources/holiday-safety-tips-pets>

ASPCA American Society for the Prevention of Cruelty to Animals (2022). Fireworks and Your Pet: Tips for Staying Safe. Retrieved November 14, 2022 from <https://www.aspca.org/news/fireworks-and-your-pet-tips-staying-safe>

HEALTHY HOLIDAY CELEBRATIONS

The holidays and festivities are a great time to gather and make memories with friends and family. However, this holiday season can also be the most dangerous time of the year.

Watch for the following potential holiday hazards that can lead to accidents and even fatalities.

Alcohol and Medicines

Holiday toasts can turn into tragic events when drinking alcohol beyond the limits. Plan ahead! Make sure you and your guests lock medications up where children cannot reach them.

Batteries

Identify and store loose or spare “button” batteries in a safe place out of the reach of children. These batteries can be found in toys and decorations.

Household and Personal Care Products

Be extra cautious and keep cleaning, laundering, and personal care products out of the reach of children.

Holiday Plants and Decorations

Some holiday ornaments are made of lead paint that can be toxic.

Holiday plants can be poisonous for children (e.g., mistletoe berries, holly berries, the fruit of the Jerusalem cherry, boxwood, or yew plants).



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SAFE TRAVEL



Many generations – grandparents, parents, and children – gather to celebrate the season; we can take steps to keep ourselves and loved ones healthy by taking extra steps when we travel.

Before Travel Tips

→ Stay up to date with your vaccines:

Check your routine vaccine status with your local health department and health care provider. Infectious diseases, like measles, COVID-19, seasonal flu, respiratory syncytial virus infection (RSV), and monkeypox can spread quickly in groups of unvaccinated people.

- For more travel information according to your destination visit <https://www.cdc.gov/travel>

→ **Prepare a travel health kit:** Get the prescriptions and over-the-counter medicines you will need during your trip. Include the following items, depending on your destination:

- Insect repellent
- Sunscreen (SPF 15 or higher)
- Alcohol-based hand sanitizer
- Mask
- At-home COVID-19 test kit
- Warm or light-weight clothing

→ **Check the weather and your car:** If you are driving to your destination, make sure your car is in good condition and plan for any storms.



SAFE TRAVEL

During Travel Tips



→ Choose safe transportation:

- Always wear a seat belt; check age/weight requirements for children and car seats.
- Get enough rest before driving.
- Refrain from driving impaired or distracted.
- Take frequent breaks while driving and follow speed limits.
- Report all dangerous driving behavior to 911.
- Dial 511 or visit AZ511.com for more information on road alerts.

→ Choose places with ventilation for social gatherings:

- Avoid crowds and wear a mask in public places. Keep physical distance whenever possible.

After Travel Tips

→ Get tested for COVID-19.

→ If possible, stay at home for a couple of days after your return especially if you feel sick.

- Call your health care provider if you have symptoms.
- Do **not** prepare food for others.
- Do **not** host or attend social gatherings.
- Try **not** to visit your loved ones until you are feeling better.



THE UNIVERSITY OF ARIZONA
MEL & ENID ZUCKERMAN COLLEGE OF PUBLIC HEALTH

Center for Rural Health

