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# MCHD HEALTH BLOG

*The greatest wealth of a community is the health of the people.*



**Public Health**  
Prevent. Promote. Protect.  
**MORGAN COUNTY HEALTH DEPT.**



## HOLIDAY SAFETY TIPS

The holiday season is a magical time, especially for children. Many people have holiday traditions that involve decorating, cooking, and spending time together. Unfortunately, many of these jolly activities can pose health and safety risks to people, especially children.

Do you know how to best protect your children from dangers posed by common holiday decorations, celebratory gatherings, and party food? To help you have a safe holiday, follow these tips from the American Academy of Pediatrics:

- If you plan on purchasing a live holiday tree, make sure to give it a “fresh cut” before putting it in its stand. This helps prevent it from drying out too early. Keep the stand watered. Very dry trees are a fire hazard. If you get an artificial tree, check that it’s labeled “Fire Resistant”.
- Check all lights before hanging them on a tree or in your home, even if you have just purchased them. Make sure all the bulbs work and that there are no frayed wires, broken sockets or loose connections.
- In homes with small children, avoid delicate decorations. If you have ornaments on a tree, place breakable or even small ornaments that a child can choke on high up on the tree. Avoid decorations that look like food or candy that may tempt a child to eat them.
- Ensure candles can’t be knocked over. Never leave a room with a candle unattended. Don’t use candles on or near your tree.
- Keep children away from loose button batteries and lithium coin batteries, which are often found in electronic toys, lights, flameless candles, light-up ornaments and even some books. Swallowing a battery may cause life-threatening injuries.
- When cooking, teach kids to place perishable foods in the fridge or on ice two hours after they’ve been prepared. Make sure that meats are fully cooked and fresh produce is thoroughly washed. Also, prevent burns by keeping hot liquids and food away from counter edges where young kids can reach. Don’t forget to practice good hygiene by washing your hands often!

Keep your family safe this holiday season! For more family safety tips this season and year-round, visit [www.healthychildren.org](http://www.healthychildren.org).