

Live Well Newsletter



December 2024

Winter Wellness Tips

The winter months are known for being the time of year when illnesses spread most effectively. It's essential to do what you can to prevent the spread of colds, influenza and COVID-19. Consider the following tips to stay healthy this winter:

- Make sure your vaccinations are up-to-date.
- Wash your hands frequently with soap and water or use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth.
- Always cough or sneeze into a tissue or your elbow.
- Stay hydrated.
- Make it a goal to sleep seven to nine hours each night.
- Try to incorporate a minimum of 150 minutes of exercise each week.
- Eat a healthy diet.
- Reduce alcohol consumption.

Avoid Winter Slips and Falls

Winter months present additional hazards you typically don't encounter in warmer weather. Specifically, you may be at an increased risk for significant slips or falls due to snowy and icy conditions. These falls can be painful and lead to serious injury, making it essential to prevent them if possible. Consider the following tips to prevent slip and fall incidents this winter:

- Wear shoes that have good traction when walking on snow and ice.
- Be extra cautious when entering and exiting vehicles.
- Walk only in designated areas that are safe for foot traffic.
- Avoid inclines that are typically difficult to walk up or down.
- Walk slowly and take small steps to help maintain your center of balance.
- Keep your hands out of your pockets to help maintain your balance and allow you to break your fall if you slip.
- Use handrails, walls or anything stationary to assist in steadying your feet.
- Tap your foot to test surfaces before stepping on potentially slippery areas.
- When entering a building, wipe your shoes on floor mats to prevent slipping.

Safety Tips for Online Shopping

Many people choose to do their holiday shopping online to avoid going to busy stores. However, while it can be convenient, online shoppers can be targets for cybercriminals. Use the following tips to shop online safely during the holiday season:

- Keep your devices secure by regularly updating software and using proper privacy settings.
- Create complex passwords and implement multifactor passwords for online accounts when possible.
- Avoid making online purchases while connected to public Wi-Fi networks.
- Only make purchases from trusted retailers. Always check a vendor's reviews and ensure their website and products are legitimate.
- Never respond to suspicious emails or click on links from unknown sources, even if they advertise a good deal.
- Use a credit card instead of a debit card for online purchases.

- Monitor your financial accounts regularly for suspicious spending.

For more personal risk management guidance, contact us today.

Tips for Safe Gift-giving

December is Safe Toys and Gifts Month. This annual campaign aims to raise awareness of the dangers of presenting children with unsuitable gifts. Use the following tips for giving child-safe presents this season:

- Look at the toy label for the recommended age. Do not give children younger than three presents with small parts or pieces that could break.
- Search for toys with ASTM on the label. This means they have been approved by the American Society for Testing Materials.
- When gifting sports and recreational equipment, include their accompanying safety gear (e.g., a helmet with a scooter).

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