



HOLIDAY HEALTH & SAFETY TIPS

**FROM YOUR FRIENDS AT THE ST.
CLAIR COUNTY HEALTH DEPARTMENT**



CHRISTMAS TREES

FRESH TREES ARE LESS LIKELY TO CATCH FIRE, SO LOOK FOR A TREE WITH VIBRANT GREEN NEEDLES THAT ARE HARD TO PLUCK AND DON'T BREAK EASILY. NEEDLES SHOULD BE HARD TO PULL OFF BRANCHES. LOOK FOR A TRUNK WITH STICKY SAP.



CUT OFF TWO INCHES OF THE TRUNK AND PUT THE TREE IN A STURDY, WATER-HOLDING STAND. WATER YOUR TREE EVERYDAY.



CHRISTMAS TREES

Don't let a fire spoil your holidays. Be safe and be smart about fire.



BE SURE TO PLACE YOUR TREE AWAY FROM RADIATORS, FIREPLACES, VENTS AND OTHER HEAT SOURCES. NEVER PLACE CANDLES ON A TREE.



IF USING AN ARTIFICIAL TREE, SELECT ONE THAT IS TESTED AND LABELED FIRE RESISTANT. ARTIFICIAL TREES WITH BUILT IN ELECTRICAL SYSTEMS SHOULD HAVE THE UNDERWRITERS LABORATORY (UL) LABEL.

CHRISTMAS LIGHTS



NEVER USE MORE THAN THREE LIGHT SETS ON ONE EXTENSION CORD. PLACE EXTENSION CORDS AGAINST THE WALL TO PREVENT TRIPPING. DON'T RUN CORDS UNDER RUGS.

THROW AWAY LIGHTS THAT HAVE BROKEN OR CRACKED SOCKETS, FRAYED OR BARE WIRES OR LOOSE CONNECTIONS.



FLIP THE SWITCH



TURN ALL LIGHTS ON TREES AND DECORATIONS OFF WHEN YOU GO TO BED OR LEAVE THE HOUSE.

CHRISTMAS LIGHTS



TRY LED CHRISTMAS LIGHTS. LED LIGHTS DO NOT GET AS HOT AND THE PLASTIC CASING IS LESS LIKELY TO BREAK. LED LIGHTS USE 80% LESS ENERGY THAN TRADITIONAL LIGHTS.

USE INSULATED HOLDERS THAT ARE DESIGNED TO HANG LIGHT DISPLAYS. NEVER USE TACK, STAPLES OR NAILS TO HANG LIGHTS



KEEP PETS SAFE TOO



KITTENS LOVE SPARKLY TINSEL. IT IS EASY TO BAT AND CARRY IN THEIR MOUTHS. SWALLOWING TINSEL CAN LEAD TO AN OBSTRUCTIVE DIGESTIVE TRACK, VOMITING, DEHYDRATION AND POSSIBLE SURGERY.



CHOCOLATE AND COCOA CONTAIN A CHEMICAL THAT IS TOXIC TO DOGS AND CATS. KEEP CHOCOLATE OUT OF "PAW" REACH.



USE ARTIFICIAL PLANTS FOR DECORATIONS. HOLLY AND MISTLETOE CAN BE TOXIC TO YOUR PET.

MORE ABOUT PETS



FORGO BREAKABLE ORNAMENTS. GLASS SHARDS CAN INJURE PET PAWS, MOUTHS, AND CAN BE VERY DANGEROUS IF SWALLOWED.

WHEN USING A FRESH TREE, MAKE SURE TO KEEP PETS AWAY FROM THE WATER. ADDITIVES USED TO HELP KEEP THE TREE FRESH CAN MAKE YOUR PET SICK. KEEP THE TREE WATER FRESH. STAGNANT WATER IS A BREEDING GROUND FOR HARMFUL BACTERIA.



HAVE A GREEN CHRISTMAS

REDUCE, REUSE RECYCLE!



AMERICANS THROW AWAY ABOUT 25% MORE TRASH DURING THE HOLIDAY SEASON. BUT THROUGH RECYCLING, WE CAN REDUCE THE ENVIRONMENTAL IMPACT OF THE HOLIDAYS ON OUR PLANET.

FOR EXAMPLE, IF EVERY AMERICAN FAMILY WRAPPED THREE PRESENTS IN REUSED MATERIALS, IT WOULD SAVE ENOUGH PAPER TO COVER 45,000 FOOTBALL FIELDS.*

HERE ARE A FEW SUGGESTIONS. SOME MAY SPARK YOUR CREATIVITY – AND BE FUN!

GREEN

CHRISTMAS IDEAS



REUSE NEWSPAPER, FABRIC OR MAGAZINES TO WRAP GIFTS. FOR SHIPPING, REPLACE PEANUT FOAM WITH NEWSPAPER OR MAGAZINE PAGES.

USE REAL DISHWARE INSTEAD OF PAPER OR PLASTIC.



CONSIDER BUYING A LIVE TREE THAT IS POTTED. IT CAN BE USED FOR SEVERAL YEARS OR PLANTED OUTDOORS.

OR

RECYCLE REAL CHRISTMAS TREES AT A LOCAL RECYCLING FACILITY.



CHRISTMAS CARDS



MAKE BOOKMARKS

FINDING FUN USES FOR CHRISTMAS CARDS CAN BE A FUN FAMILY PROJECT. JUST SET ASIDE SOME FAMILY TIME AND REMEMBER THERE ARE NO LIMITS. HERE ARE A FEW IDEAS TO HELP YOU GET STARTED.



OR JIGSAW PUZZLES



OR GIFT CARDS



**WISHING YOU HAPPY
HOLIDAYS AND A
WONDERFUL NEW YEAR**

**FROM ALL OF SANTA'S HELPERS AT THE ST.
CLAIR COUNTY HEALTH DEPARTMENT!**