

Autumn Health and Safety Planning Guide

Help ensure your autumn plans include safe and healthy activities.

Summer is behind us, and it's time to plan for autumn events, activities, and everyday living. Below are a few ways you can help ensure your plans include health and safety, no matter what's on your agenda.

October

Now that school has started, get involved to help ensure safe schools and healthy kids.

The single best way to protect against the flu is to get vaccinated each year. October through December is the best time to get vaccinated. Getting vaccinated later in the flu season still provides protection, as flu season normally peaks in January or later. Also, remember, if you have the flu or a cold, antibiotics won't work.

Make Halloween festivities fun, safe, and healthy for trick-or-treaters and party guests.

November

Check or replace carbon monoxide batteries twice a year when you change the time on your clocks each spring and fall. Also, for smoke alarms that use regular alkaline batteries, replace the batteries at least annually, perhaps when you change the time on your clocks for daylight savings. Daylight Savings Time ends on Sunday, November 2.

Follow food preparation and cooking guidelines to help you prepare safe holiday meals that everyone will enjoy.

National Family History Day is observed on Thanksgiving Day. Talk with your family about health conditions that run in your family.

December

Make sure your car and home are prepared for severe weather or other possible emergencies.

Don't drink and drive. Alcohol use slows reaction time and impairs judgment and coordination, which are all skills needed to drive a car safely.

Every Day in Every Way

Hand washing is a simple thing, and it's the best way to help prevent infection and illness.

Get 30 minutes of moderate physical activity most days of the week. Raking leaves, planting a fall garden, taking nature walks, and other outdoor activities are a good way to stay active. Dress appropriately.

Drive safely. Use seat belts, and properly restrain all children ages 12 or younger in the back seat.

Enjoy the autumn fruits and vegetables that are in season.