

# Holiday Safety 2016

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**GoHealth**<sup>™</sup>  
**URGENT CARE**



# Themes for the Discussion



Decoration Safety



Celebration Safety



Outdoor Safety



Toy Safety



Fire Safety



Food Safety



Travel Safety



Emotional Safety

# Decoration Safety

- More than 12,000 people are treated in the nation's emergency rooms each year due to falls, cuts, electrical shocks and burns from faulty holiday decorations or accidents that occur while putting decorations in place
- Check decorative lights to make sure they are not broken and the wires are not bare or frayed. Turn off all decorative lights before going to bed or leaving the house
- Don't use indoor extension cords outdoors and use grounded extension cords
- Keep fire extinguishers handy
- Use proper "elevation " devices (ladder or stepstool- not a chair, bookcase, or standing on someone's shoulders....)
- Avoid using sharp decorations and ornaments.
- Keep Christmas trees away from fireplaces or other areas where high heat is present.
- When buying an artificial tree, be sure the label indicates it is "fire resistant."
- When buying a live tree, check for freshness (green, full of needles, sticky trunk). Fresh trees are less of a fire hazard and should be watered frequently





# Holiday Plants that Might Surprise You (or Your Pet)

## Poinsettia - Not So Much

You would have to eat about 500 leaves to be sick. It may cause nausea and vomiting but they taste pretty bad...same for your pets. The sap is irritating but not very harmful



# Holiday Plants that Might Surprise You (or Your Pet)

## Mistletoe

All parts are potentially toxic but berries are the worst; will cause nausea and vomiting and in severe cases may slow the heart rate and cause seizures ; no fatalities reported in review of hundreds of cases...also not good for pets



# Holiday Plants that Might Surprise You (or Your Pet)

## Holly

Probably the most dangerous of the holiday plant. The berries can cause vomiting and diarrhea and there have been rare fatalities in children who ate > 20 berries. Risk is the bright red berries falling onto the floor and being eaten by children or pets



# Celebration Safety

- Take your role as host seriously
- Ensure designated drivers are available
- Offer a place to stay
- Provide plenty of food so guests will not drink as much
- Don't push drinks
- Use caution for smokers and loose ashes
- If at a public setting, DO NOT LEAVE YOUR DRINKS UNATTENDED!
- Avoid celebrations that include illegal substances





# Outdoor Safety

- Clear snow and leaves from pathways and sprinkle salt on patches of ice
- Leave the snow shoveling to the professionals...
- Check children's shoes, socks and gloves periodically to make sure they are dry while playing outdoors in cold weather to avoid frostbite and hypothermia
- Find a safe place for children to sled. Make sure the area is free of fences, roadways, trees and other hazards. Choose a hill where children cannot reach fast, uncontrollable speeds



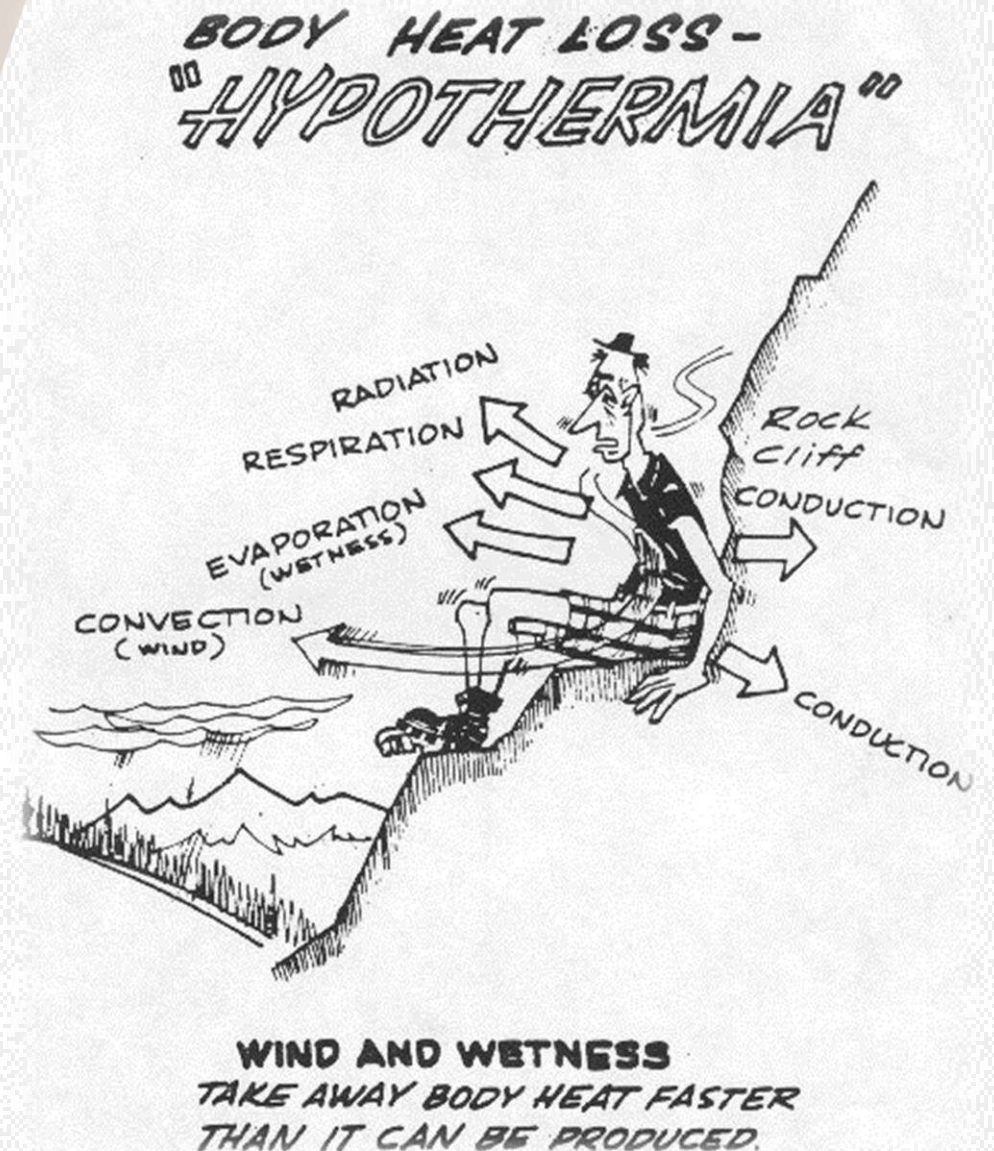


# Five Ways to Lose Heat

1. Evaporation
2. Convection
3. Radiation
4. Conduction
5. Respiration

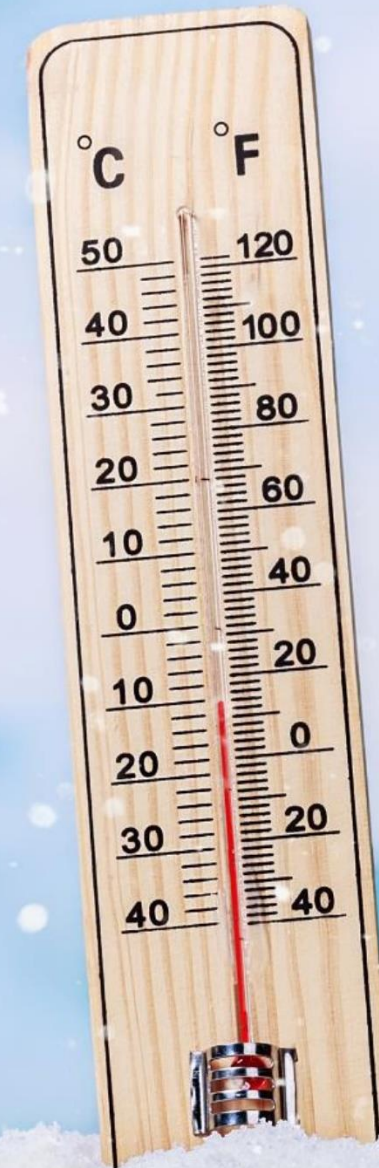


Most heat loss is from the head



# Frostnip and Frostbite

- **Frostnip:** Superficial (skin only) freezing-burning, tingling and painful but easily treated and reversible by getting out of the cold and warming up; rubbing is painful but usually not harmful
- **Frostbite:** Deeper tissues involved including layers of skin, fat, muscle, nerves, blood vessels; can be permanent and irreversible; may lead to loss of limb or tissue (amputation and gangrene)
- Typically hands, fingers, feet, toes, nose, ears, cheeks
- Skin feels firm, white and waxy; usually painless since nerves are also frozen and numb; often blisters will form and skin will turn blue or dark
- Ice crystals form inside cells – do not rub
- Remove wet clothing, rewarm as soon as possible but,
- Do not rewarm unless you can go all the way – thawing and refreezing is worse





# Nip vs. Bite



FROST NIP

Source: xxx



FROST BITE

# Toy Safety

- Toy injuries resulted in 185,000 ED visits in 2015
- Select toys to suit age, abilities, skills & the child's interest
- For infants & toddlers, avoid toys with small parts (choking)
- Don't buy electric toys with heating elements for children under 8
- Read the label and use the age guidelines for that toy; buy associated safety gear
- Toys have a correct location as well – no scooters in the living room?
- Look for sturdy construction and tightly secured small parts
- Discard plastic wrappings immediately (suffocation hazard)
- Call consumer product safety commission (CPSC) hotline 800-638-2772 to report dangerous toys
- Check the government recall list on the internet at [www.Cpsc.Gov](http://www.Cpsc.Gov)





# Fire and Smoke Safety

- Keep lighters and candles away from children and never leave burning candles unattended
- If you use an electric space heater, keep a safe perimeter around it. Make sure it is away from water or anything flammable like curtains, paper, blankets, or furniture
- Check for any faulty wiring that can cause electric shock or fire. Supervise children and pets around space heaters, and turn them OFF before leaving the room or going to sleep
- Have chimneys and fireplaces professionally inspected yearly to ensure they are safe to use and the chimney is unobstructed
- Replace smoke/CO detector batteries annually
- Never use space heaters or portable generators indoors without proper ventilation



# Carbon Monoxide

- Colorless, odorless, tasteless gas
- Responsible for 15,000 ED visits and nearly 500 deaths annually
- Install a carbon monoxide detector on each level of your home, especially near sleeping areas
- Never leave a motor running of a vehicle parked in an enclosed garage
- Do not use portable flameless chemical heaters indoors
- Never use a charcoal grill indoors
- Make sure all gas appliances are properly vented so that carbon monoxide does not build in homes, cabins or campers
- Turn on the exhaust fan over your gas stove when using it
- Never burn anything in a stove or fireplace that isn't vented
- Have your chimney checked and cleaned every year
- Make sure fireplace flues are open during use

## COMMON SYMPTOMS:

- |              |              |
|--------------|--------------|
| ▪ "Flu like" | ▪ Nausea     |
| ▪ Headache   | ▪ Vomiting   |
| ▪ Dizziness  | ▪ Chest Pain |
| ▪ Weakness   | ▪ Confusion  |



# Food Safety

## Four Core Practices

- **Clean:** Why? Bacteria can spread throughout the kitchen and get on hands, utensils and countertops
- **Separate:** Why? Cross-contamination is how bacteria spreads. Keep raw meat, poultry, seafood and eggs away from ready-to-eat foods
- **Cook:** Why? Improper heating & preparation of food means bacteria can survive
- **Chill:** Why? Bacteria grows fastest between 40 °F and 140 °F. Proper chilling is important to reducing risk of illness



# Clean

## Be Food Safe

- Clean, wash hands & surfaces often
- Wash hands with warm water and soap for at least 20 seconds before and after handling food
- Wash cutting boards, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food





# Separate

## Be Food Safe

- Separate, don't cross-contaminate
- Keep raw meat and poultry apart from foods that won't be cooked





# Cook

## Be Food Safe

- Cook to safe temperature
- Use a food thermometer – you can't tell food is cooked safely by how it looks





# Chill

## Be Food Safe

- Chill, refrigerate promptly
- Chill leftovers and takeout foods within 2 hours
- Keep the fridge at 40F or below



# Travel Safety

- More than one thousand people last year were killed in car crashes involving a car or motorcycle driver with an illegal blood alcohol content level of .08 or higher
- Never drink alcohol and drive; if you do plan to drink alcohol, assign a designated driver
- Wear seatbelts at all times
- Place all children under age 12 in the back seat and secure all children in appropriate safety restraints for their ages and sizes
- Be aware of your surroundings, including changes in weather or traffic patterns
- For long car trips:
  - First-aid supplies
  - Blankets, gloves, hats
  - Flashlight with spare batteries
  - Flares, road-side reflective devise
  - A shovel & ice-scraper
  - Sand, salt or cat litter for traction
  - Ensure tire changing equipment is serviceable and present
- Expect increased security at the airports (allow more time)
- Pack any medicines or dietary needs in your carry-on bag





# Emotional Safety

## Holiday Stress is Real

Two common types: external (environmental factors or events) and internal (lifestyle behaviors or choices)

## Symptoms of Stress

- Headache
- Backache
- Stomach problems
- Sleeping problems
- Emotional irritability
- Loss of confidence
- Difficulty concentrating



# Seasonal Affective Disorder (SAD) is Real

- Not enough sunlight plays a role in mood
- More common in women
- Occurs in winter months
- Feel sad, grumpy, moody, or anxious
- Lose interest in your usual activities
- Eat more and crave carbohydrates, such as bread and pasta
- Gain weight
- Sleep more but still feel tired
- Have trouble concentrating





# How to Manage Stress

- Make time for yourself
- Don't over commit
- Have a support system
- Define your goals
- Don't overspend, make a budget
- Set limits
- Realize you are not perfect
- Laugh often
- Get enough sleep
- Express your feelings
- Get help if you need it
- Time for reflection and thinking about lost loved ones wishing things were different
- Identify your stressors and change what you can
- Find safe ways to relieve stress
- Spend time with others
- Get some exercise
- Get more sunlight!







Thank You.