

12 SAFETY TIPS OF CHRISTMAS

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I thought now would be the best time of the year to sum up several safety tips into one article. Here's to a Safe and Happy New Year!

On the 12th Day of Christmas my Home Health & Hospice Nurse said to me:

“Take up those throw rugs!”

“Check the expiration dates on your medicines!”

“Dispose of insulin syringes in a hard container!”

“Change those batteries in your smoke detector!”

“Buy motion-sensor lights for your home!”

“Wash hands often when preparing a meal!”

“Eat a well balanced diet!”

“Get plenty of rest!!!!!!!!!!!!”

“Give up those cigarettes!”

“Try to be more positive!”

“Drink less caffeine!”

and

“Follow your exercise program!”

Anyone who would like to make a suggestion on a safety and/or health related article they would like to read in 2003 may contact me via e-mail at jeremiah@hoosieruplands.org or by sending a letter to: Melissa Jeremiah, RN

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