

Holiday Health and Safety

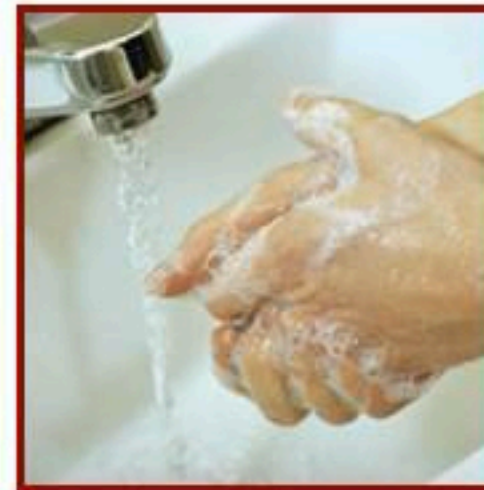
WASH YOUR HANDS: Use soap and water to avoid getting sick and spreading germs to others.

TRAVEL SAFELY: Don't drink and drive. Wear a seat belt every time. Always buckle your child in an age and weight appropriate seat.

PREVENT FIRE: Never leave fireplaces, stoves, or candles unattended. Keep candles away from trees, curtains, pets, and children.

PREPARE FOOD SAFELY: Keep raw meat away from eating surfaces. Cook to proper temperature. Refrigerate promptly.

cdc.gov/family/holiday



For more safety tips, visit the Health Library at:
livingwell.provantonline.com under the reference tab.

This website is available to all UT SELECT Medical Plan members: Employees, dependents, retirees, surviving spouses, and COBRA participants.