

# The UConn Buzz



CT Quit Line: 1-800-QUIT-NOW

CT Poison Control 24/hotline: 1-800-222-1222

24/7 Nurse Line 1-800-cigna24 (244-6224)

## SAFE FOR THE HOLIDAYS

The holidays are a great time of year to visit family and friends. Much like yourself, millions of people across the globe will take flights to visit loved ones and spread holiday cheer. Unfortunately, these activities can also increase the spread of germs that cause illness. Be sure to cover your mouth and wash your hands.

### Wash your hands often.



Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running

water, and rub them together for at least 20 seconds. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

- [Cover Your Cough](#)
- [Handwashing: Clean Hands Save Lives](#)

### Prevent injuries.

Injuries can happen anywhere, and some often occur around the holidays. Use step stools instead of climbing on furniture when hanging decorations. Consider buying new decorative lights. A shorts in the strand of lights can cause tree and house fires. Older lights might not follow today's stricter safety standards. Be sure to switch them off before you go to bed.



Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees, and curtains. Never leave fireplaces, stoves, or candles unattended. Keep decorations and cards away from heat sources such as candles and fireplaces. Don't use generators, grills, or other gasoline or charcoal-burning devices inside your home or garage. Install a

smoke detector and carbon monoxide detector in your home. Test them once a month, and replace batteries twice a year.

- [Carbon Monoxide \(CO\) Poisoning Prevention](#)
- [Fire Deaths & Injuries: Prevention Tips](#)

### Stay Warm.

Staying healthy this holiday also means dressing warm and staying dry, because cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers. Keep extra clothes, gloves and blankets in your car in case you get stuck and need to stay warm without running the car's engine.

- [Stay Safe and Healthy in Winter Weather](#)
- [Winter Weather](#)

### Manage Stress.

The holidays can be stressful and take a toll on your mental health. You can manage your stress by maintaining a healthy work-life balance and also keeping commitments and holiday spending in check. The holidays don't need to take a toll on your health and pocketbook. Get support from family and friends. Keep a relaxed and positive outlook. Make sure to get proper sleep.

- [Sleep Hygiene Tips](#)
- [Stress Management Tips](#)

### Eat healthy, and be active.

With balance and moderation, you can enjoy the holidays the healthy way. Choose fresh fruit as a festive and sweet substitute for candy. Limit fats, salt, and sugary foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day.



- [Healthy Weight](#)
- [Physical Activity for Everyone](#)
- [Managing Diabetes During the Holidays](#)

### Handle and prepare food safely.

As you prepare holiday meals, keep yourself and your family safe from food-related illness. Wash hands and surfaces often.



Avoid cross-contamination by keeping raw meat, poultry, seafood, and

eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.

- [Be Food Safe](#)
- [It's Turkey Time: Safely Prepare Your Holiday Meal](#)

### Watch the kids.

Children are at high risk for injuries. Keep a watchful eye on your kids when they're eating and playing. Keep potentially dangerous toys, food, drinks, household items, choking hazards and other objects out of kids' reach.



- [Home and Recreational Safety](#)
- [Parents Portal](#)
- [Trouble in Toyland](#)
- [Prevent Blindness tips for choosing safe toys](#)

## HAPPENINGS AROUND TOWN

**First Statewide Flu Vaccination Day** - Saturday, December 1st from 1:30pm till 3:30pm at E.O. Smith High School, 1235 Storrs Rd, Storrs. Flu shots are available to adults (18+) and children (age 4 to 18) as long as they have had a flu shot in the past. Please bring an ID and copy of medical insurance card. Shots are free to those without insurance. Please enter the High School through the main doors

**Tolland's Annual Holiday Tree Lighting** - Saturday, December 1st at 4pm on the Tolland Green. The event will feature visitors from the North Pole and entertainment by the Tolland High School Madrigal Singers, lead by choir director Noah Fields. The committee will also be collecting cash and non-perishable food donations for the Tolland Food Pantry.

**Willington Public Library Author Trail & Holiday Craft Fair** - Saturday, December 1st from 9:30am till 2:30pm at Willington Public Library, 7 Ruby Road, Willington. Speak with an author, find out what motivates them to write. The event will run concurrently with the library's annual holiday craft fair.

**How to Beat the Cold and Flu Season** - Wednesday, December 5th from 6:30 till 8pm at Mansfield Library Express, 23 Royce Circle, Storrs. Join Fran Storch, N.D., naturopathic physician, to find out natural ways to help yourself and your family.

**Second Statewide Flu Vaccination Day** - Saturday, December 1st from 1:30pm till 3:30pm at Coventry High School, 78 Ripley Hill Road, Coventry. Flu shots are available to adults (18+) and children (age 4 to 18) as long as they have had a flu shot in the past. Please bring an ID and copy of medical insurance card. Shots are free to those without insurance.



## Gorgonzola and Garlic Dip

### INGREDIENTS

- ◆ 8 oz Gorgonzola cheese crumbled
- ◆ 1/3 cup minced red onion
- ◆ 1/2 cup minced fresh parsley
- ◆ 2 tablespoons red wine vinegar
- ◆ 2 cloves garlic, minced
- ◆ 1 tablespoon lemon juice
- ◆ 1/3 cup olive oil



### DIRECTIONS

1. Mix together the Gorgonzola cheese, onion, parsley, and garlic in a bowl until well blended.
2. Whisk together the vinegar, lemon juice, and olive oil in a separate bowl until well blended.
3. Refrigerate at least 4 hours, or longer. Serve at room temperature with whole wheat crackers.

## Give The Gift of Wellness

This holiday season, why not try giving gifts that will last a lifetime? Help your friends and loved ones stay healthy, and show them how much you care about them.

A variety of kitchen gadgets can help prepare nutritious low-fat foods. Slow cookers, rice cookers and vegetable steamers can all aid in the preparation of healthy meals. You can also encourage loved ones to prepare tasty, healthy dishes by giving a healthy cookbook.

Encourage friends and family to bring healthy food from home with an insulated soup container, a lunchbox that doesn't look like it's left over from grade school or a reusable storage container with several small compartments for food.

For that friend or family member who's been talking about getting into shape, make up a coupon for a run, bike ride or workout together. A pass to a local, state or national park system can encourage walking, biking, hiking or even kayaking.

Give a gift card for a visit with a fitness trainer or classes at a local health club, pool or community center. Maybe revive interest in a neglected sport with a tune-up at a local bike shop, or a nice yoga or Pilates mat.

Exercise clothing can make a great holiday gift. So can accessories, like a pedometer, FitBit and other wearables. Many sport watches come with a GPS (global positioning system) and Heart Rate Monitors. This helps runners track distance, pace and intensity. Hikers might also appreciate a GPS device or

other accessories, like a walking stick.

For kids, sports equipment can be a great gift. Even something as simple as a flying disc, boomerang, football or soccer ball can provide hours of healthy and fun family activity.

Be Well is an employee wellness program provided through the Eastern Highlands Health District with funding from the CT Department of Public Health. The goal of the program is to make the healthy choice the easy choice.

