



## MEDIA RELEASE

**Information**     **Advisory**     **Warning**     **Update**

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### **St. Clair County Health Department's Tips for a Healthy Holiday Season**

The St. Clair County Health Department (SCCHD) is encouraging residents to have a healthy and safe holiday season. At a time when people gather more frequently, the chances of picking up an illness is more common. The county has seen an increase in cases of pertussis (whooping cough) and chickenpox. Flu season is also here. To help avoid spreading illness, keep in mind the following recommendations:

- Know your immunity. Talk to your healthcare provider to see if you have had diseases like pertussis and chickenpox in the past. Stay up-to-date on recommended vaccinations for you and your family.
- Be safe around crowds and family gatherings. Stay home when sick; or until fever free for 24 hours without the use of medication. Spread cheer not sickness.
- Maintain healthy habits. Eat and sleep well. Stay active. Spend time outdoors. Manage stress levels.
- Help prevent food-borne illnesses. When cooking, use clean hands and surfaces; separate/don't cross contaminate; cook at the proper temperatures; and refrigerate leftovers promptly.
- Practice good respiratory etiquette. Wash your hands regularly; cover your cough and sneezes; and throw your tissues in the trash after use.
- If decorating, stay mindful of preventing fires and use precaution with lights, trees, outlets and more.
- Keep children and pets safe from harm. Keep medications, choking hazards, or items that can lead to accidental poisonings locked up and out of the way.
- Take care of your mental health. Talk to family, friends or a counselor if the holidays are difficult. Help is available.

Liz King, Director and Health Officer of the Health Department expressed her gratitude to the community, *"On behalf of the St. Clair County Health Department, we deeply appreciate our community partners and residents. Your support of public health makes our work possible. Together, we can ensure everyone enjoys a healthy, safe, and happy holiday season."*

To learn more about the health department visit [www.scchealth.co](http://www.scchealth.co) or follow us on social media @scchdmi. ###