



Below are the most commonly asked medical questions in a few seasonally-relevant topics. We hope you find this helpful. **Please note: to properly diagnose your medical condition, it is necessary that you consult with a physician. If you are in need of a primary care provider, please call (812) 332-4468. If you are experiencing a medical emergency, call 9-1-1.**

Holiday/Winter Safety Tips

The Centers for Disease Control and Prevention (CDC) has the following advice for staying safe and healthy during the winter and holiday seasons:

1. Wash your hands often, and for at least 20 seconds.
2. Create a balance of work, home, family, and play in order to minimize stress and not get overwhelmed with commitments.
3. Travel safely by always wearing a seat belt and never driving after drinking alcohol.
4. Get your flu vaccine this year.
5. Keep burning candles away from children, pets, curtains, and plants to prevent house fires.
6. Use a sturdy step-stool or ladder, rather than climbing on furniture, to hang decorations.
7. Stay active for at least two and a half hours a week to avoid weight gain.

To learn more, and to see a complete listing of information, please follow the link below:

<http://www.betterhealthusa.com/public/273.cfm>