



## **Heart-Healthy Tips: Autumn Health and Safety Planning Guide**

Summer is behind us and autumn events, activities, and everyday living is underway. Below are a few ways you can help ensure your fall plans include health and safety, no matter what's on your agenda.

- ▶ Check or replace carbon monoxide batteries twice a year when you change the time on your clocks each spring and fall. Also, for smoke alarms that use regular alkaline batteries, replace the batteries at least annually, perhaps when you change the time on your clocks in the spring or fall. Remember to test your smoke alarms each month to ensure they are working properly.
- ▶ Follow food preparation and cooking guidelines to help you prepare safe holiday meals that everyone will enjoy.
- ▶ National Family History Day is observed on Thanksgiving Day. Talk with your family about health conditions that run in your family.
- ▶ Make sure your car and home are prepared for severe weather or other possible emergencies.
- ▶ Don't drink and drive. Alcohol use slows reaction time and impairs judgment and coordination, which are all skills needed to drive a car safely.
- ▶ Washing your hands is a simple thing, and it's the best way to help prevent infection and illness.
- ▶ Be active for at least 2½ hours a week. Encourage kids and teens to be active for at least 1 hour a day. Raking leaves, planting a fall garden, taking nature walks, and other outdoor activities are a good way to stay active. Dress appropriately.
- ▶ Drive safely. Use seat belts, and properly restrain all children ages 12 or younger in the back seat.
- ▶ Enjoy the autumn fruits and vegetables that are in season.

*Source: Centers for Disease Control and Prevention*

*Find more health and wellness tips and resources for first responders at [www.healthy-firefighter.org](http://www.healthy-firefighter.org).*