

LIVE WELL WORK WELL



Health and wellness tips for your work and life, presented by:



Your solution for a healthier workforce.

10 Halloween Safety Tips

The U.S. Centers for Disease Control and Prevention (CDC) has compiled a list of Halloween best practices to keep your family safe.

1. Always accompany young children when trick-or-treating.
2. Watch for motorists and cross alleys carefully.
3. Only visit houses that are well-lit when trick-or-treating.
4. Use reflective tape or other light-up devices to increase your child's nighttime visibility.
5. Do not let children eat strangers' homemade treats.
6. Avoid candles and open flames, especially when in costume.
7. Keep costume accessories soft and flexible (for example, swords or knives).
8. Examine your children's treats for choking hazards or tampering before they eat.
9. Remove any costume makeup before bed to avoid skin and eye irritation.
10. Make sure costumes and accessories do not impair visibility or inhibit movement.

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Protect Yourself from the Seasonal Flu

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza can affect people differently. Even healthy people can get very sick from the flu and then spread it to others.

Serious complications can arise from the flu, including bacterial pneumonia, ear infections, sinus infections, dehydration and the worsening of chronic medical conditions. These simple steps should be taken in order to avoid the flu:

Get a yearly flu vaccine. It is the most important step in protecting against the virus. Flu vaccines are needed on a yearly basis because the body's immune response to a vaccination declines over time and because flu viruses are constantly mutating.

Take preventive actions. Cover your mouth when you sneeze or cough. Try to avoid close contact with sick people and avoid touching your eyes, nose and mouth. Wash your hands often or use alcohol-based hand sanitizer.

Take antiviral drugs if your doctor recommends them. These are prescription drugs that fight the flu by keeping the virus from reproducing in your body.

Maintain a healthy immune system by eating healthy food, exercising, getting adequate sleep, controlling your stress level and avoiding smoking.



BAKED APPLES & SWEET POTATOES

5 sweet potatoes (cooked, nearly tender)
4 apples (cored, sliced)
½ cup brown sugar
½ tsp. salt
¼ cup margarine
1 tsp. nutmeg
¼ cup hot water
2 Tbsp. honey

PREPARATIONS

1. Heat the oven to 400 F. Grease a casserole dish with butter or margarine.
2. Slice the apples and sweet potatoes.
3. Layer the dish with sweet potatoes, apple slices, and some brown sugar, salt and margarine pieces (in that order). Repeat this layer pattern until the dish is filled.
4. Sprinkle top layer with the remaining brown sugar, margarine and nutmeg.
5. Mix hot water and honey, then pour the mix over the top layer. Bake for about 30 minutes.

Makes: 6 servings

Nutritional Information (per serving)

Total Calories	300
Total Fat	8 g
Protein	2 g
Carbohydrates	60 g
Dietary Fiber	6 g
Saturated Fat	2 g
Sodium	320 mg

Source: USDA



Have a Healthy Halloween

Nutrition can be easily overlooked during a holiday best known for its abundance of candy and sugary treats. That is a shame, since about 1 in 5 school-aged children are obese, according to the CDC. This Halloween, consider being the one house on the block that offers healthy trick-or-treat alternatives.

Here are some store-bought snacks that can double as trick-or-treat offerings:

- Dried fruit
- Sugar-free gum
- Pretzels
- Juice boxes
- Snack crackers
- Apples
- Fruit bars
- Cheese sticks

SPOOKY STATS

\$8.4 billion — Total U.S. Halloween spending in 2016



71% — Americans who hand out candy to trick-or-treaters

\$25 — How much an average person spends on candy



\$30 — How much an average person spends on costumes

Source: The Balance