

HAND HYGIENE

Staying Healthy over the Holidays

Handwashing is one way to reduce your risk of getting or spreading respiratory and stomach illnesses.

This holiday season, follow these hand hygiene tips at home:

1. Wash hands:
 - when they are visibly dirty, before, during and after cooking or baking,
 - after handling raw or uncooked meat,
 - after coughing, sneezing, or blowing your nose,
 - after touching animals,
 - after going to the washroom, and
 - after touching garbage.
2. Have alcohol-based hand rub (ABHR) available at holiday gatherings.
3. Encourage family and friends to wash hands before dishing up food and sitting down to eat.

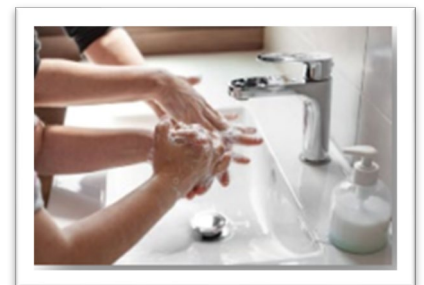
For curriculum resources see the Healthy Schools Toolkit Series on [Hand Hygiene](#).

For information to share with families see:

[HealthLinkBC- Handwashing: Help stop the spread of germs](#)

[BC Centre for Disease Control - Hand Washing](#)

[Government of Canada. \(2024\). Clean your hands to help reduce the spread of infectious diseases.](#)



HEALTHY BEHAVIORS

Sleep

The holiday season can provide opportunities for families to spend quality time together, but the festivities can sometimes disrupt sleep routines. The Foundry has helpful information about [How to Get a Better Sleep](#) on their website. Additional information for families can be found on the IH Public Website: [Promoting Health of Children & Youth in School](#) and in the Healthy Schools Toolkit Series on [Sleep](#).



Screen Safety and Wellness

A new resource for educators on [Screen Safety and Wellness](#) is now available in the Healthy Schools Toolkit Series on the [School Staff](#) section of the IH Public Website. It also includes a section with resources for students, parents, and families.

LEGAL SUBSTANCES

Only a few weeks left for students' to submit their artwork for a chance to win a \$150 gift card!

Students under 19 years of age enrolled in grades 6 to 12 across the [IH region](#) are invited to share their view on the impacts of tobacco, cannabis, vaping and alcohol through original artwork inspired by one of four different contest themes for a chance to win a gift card of \$150 value.

But you better hurry - the contest closes on **December 15, 2024**. Find out more about the contest and how to participate at interiorhealth.ca/beyondthebuzz.



What do youth want to know about nicotine and vaping?

Researchers from the E-Prevention And Vaping Project (EPAV) in B.C. talked to several youths and created a short quiz to answer the most common questions using science-based information. You and the youth in your network can learn more about what these questions were and how they might impact you by clicking here: [Vaping and the Effects of Nicotine Quiz - EPAV Project](#)



MENTAL HEALTH

Teaching and Learning

Talking with Children About Stress

Talking with your child about what it feels like when they're overwhelmed, and what makes them feel worried, can help them better understand their stress. When they recognize their own emotions, behaviours, and physical reaction to stress, they can work on ways to reduce it. For more information see: [Tips for Teaching Children About Stress | Kelty Mental Health](#)

