

## Ask the Doctor



### Stay healthy and safe

BY DAPHINE NAKABIRI

**C**hristmas is a season of joy, music, food, and family. For children, it is the most exciting time of the year. But while we prepare for the celebrations, we must remember one important rule: safety first! Staying healthy and safe ensures that the fun lasts all season long.

#### Safety at home

As families clean and decorate, you should help wisely. Avoid climbing shaky chairs or ladders when hanging decorations, leave this to adults. Be careful with candles, matches, and electrical wires. Fires can start quickly, so you should never play near them. Keep the compound tidy to prevent slips and falls.

#### Food and health

Christmas meals are delicious, but overeating can cause stomach upsets. You should eat balanced portions—plenty of fruits, vegetables, and water alongside the meat and sweets. Wash hands before eating and after playing to avoid germs. Remember, food safety is part of health safety.

#### Road safety

Many families travel during Christmas. You must be extra careful on the roads. Always walk on the side facing traffic, hold an elder's hand when crossing, and never play near busy streets. If traveling by car, sit properly and avoid distracting the driver.

#### Play safe

Christmas holidays mean more time to play. Whether it is football, skipping, or hide-and-seek, you should play in safe spaces away from sharp objects, open water, or traffic. Wear proper shoes to avoid injuries. And remember: play fair, respect friends, and avoid fights.

#### Hygiene and health awareness

Even as excitement builds, hygiene remains key. Wash hands often, keep nails short, and bathe daily. Crowded places such as markets and churches can spread flu or coughs, so cover your mouth when sneezing. If you feel sick, tell an adult immediately.

#### The spirit of Christmas

Safety is not just about avoiding accidents but also caring for one another. Share toys, help younger siblings, and show kindness. A safe Christmas is a happy Christmas, and children play a big role in making it so.

As we prepare for Christmas, let us remember: decorations, food, and fun are wonderful, but health and safety make the season truly joyful. By being careful at home, on the road, and while playing, you can enjoy the celebrations without worry. Christmas is about love, family, and hope so let's keep it safe and bright.

**Send your health questions to:**

[rainbow@ug.nationmedia.com](mailto:rainbow@ug.nationmedia.com)