Holiday Safety Tips

Campbell County
Sheriff Robbie K. Goins wants everyone to enjoy this season’s Thanksgiving and Christmas holidays. You can help us ensure a safe and happy holiday season by always adhering to a safety conscious mind set. The holidays can bring about crime and mishaps in a couple of areas within our lives. These crimes and mishaps occur mostly at home while shopping and/or while driving.

Here are a few tips for our homes:
1. When leaving home for an extended time, have a trusted neighbor or family member watch your house and pick up your newspapers and mail.
2. Never post on any social media that you are leaving town or any pertinent information that one of your friends, friends can intercept making you a victim.
3. You should place all holiday lights on timers. This is to include both inside and outside lights.
4. You should never burn Christmas wrappings in the fireplace.
5. You should be diligent in locking windows and doors even if going out for a brief period.
6. Give the sense that the home is never left alone. You should turn on a television or other device that plays audio.
7. Do not allow your Christmas presents to be visible from the exterior of your home.

Here are a few simple tips for holiday shopping:
1. Shop during daylight hours whenever possible. If you must shop at night, go with a friend or family member. Two persons walking in the dark are more difficult for criminals.
2. Carry only a credit card or cash in your front pocket. Never carry a wallet or a purse, criminals target them.
4. Avoid carrying large amounts of packages at a time. It makes you venerable and does not allow you to exit quickly from a potentially dangerous encounter.
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6. Dress casually and comfortably.

HAPPY HOLIDAYS!
A new study released recently by the University of Michigan, found that 10.4 percent of the teens and young adults treated in the Emergency Room for any reason, admitted to misusing a prescription painkiller or sedative at least one in the last year. That included taking the drugs to get high, taking more of the drug than was prescribed to them, or taking drugs prescribed to someone else. What’s more, most of this use was apparently illicit: The vast majority of those who admitted this use had no prescriptions for these drugs on their medical records.

The study also raises the possibility that emergency room visits, for any reason, could become important occasions for detecting and addressing prescription drug problems among young people. It’s the first time this issue has been studied in an emergency department setting - even though Emergency Room doctors often prescribe opioid painkillers and sedatives for emergency use. They also care for many patients who have accidentally or intentionally overdosed on these drugs. In fact, the Centers for Disease Control and Prevention has estimated that 100 deaths per day, and around 700,000 emergency department visits per year, result from prescription drug overdoses.

School-based studies have found rates of misuse among young people to be around 8 percent. But such studies miss those who have dropped out of school or did not continue their education past high school. The Emergency Department could be an effective setting for screening teens and young adults for prescription drug misuse, and for intervening early before problems arise. It is important for Emergency physicians to be aware of the risk that patients could be seeking drugs for misuse or diversion to others when they come to the Emergency Room.

Those who misused prescription drugs were significantly more likely to have also abused alcohol and non-prescription drugs such as cough medicine, or to have used marijuana, in the past year. They were also more likely to have ridden with a drunk driver. More research to develop and test screening tools and intervention tactics is needed.

DID YOU KNOW???

MERRY CHRISTMAS!!

Since laws established 21 as the minimum drinking age, the likelihood that a 15 – to 20-year-old driver will be involved in a fatal crash has dropped by more than half.

Most teens who drink get alcohol from “social sources” at parties, from older friends, from their parents’ cabinets. Teen drinking is linked to injury and risky behavior. We can reduce teen drinking by stopping teens’ easy access to alcohol. Help us achieve this goal, especially during this holiday season…

Remember:

Don’t serve alcohol to teens.

It’s unsafe.
It’s illegal.
It’s irresponsible.
How To Raise Grateful, Caring Children

It’s that time of year again, when we give thanks for gifts and time spent with family. We express our gratitude and many of us reach out to others in need in the spirit of giving. How can we encourage our children to be more grateful, caring and considerate all year long?

Children demonstrate consideration for others when they:
- Listen
- Share and let others have a turn
- Ask what others like to do
- Wait when others are busy
- Think about others’ feelings
- Help others
- Are friendly and welcoming
- Help out at home

Parents can encourage consideration by doing the following:
- Modeling being considerate yourself. Children are sponges and they are very much aware of your behavior
- Avoid criticizing others. Set an example and let them know that accepting others for who they are is important.
- Point out others’ good points. Focus on the positive.
- Provide opportunities to show caring. Saying “thank you” frequently will send a clear message.
- Praise your child for being kind. Recognize/reinforce positive behavior and see more of it.

THE CAMPBELL COUNTY, TN ANTI-DRUG COALITION WISHES YOU AND YOUR FAMILY A BLESSED AND SAFE HOLIDAY SEASON! PLEASE REMEMBER TO USE MODERATION IN YOUR HOLIDAY CELEBRATIONS AND KEEP YOUR FAMILY SAFE. THE JOY OF CHRISTMAS IS MEANT TO BE SHARED WITH LOVED ONES AND WE MUST REMEMBER THE REAL REASON FOR THE SEASON - THE BIRTH OF JESUS CHRIST!
As the holidays approach, we often experience stress and anxiety, due to the demands of work and home. Here are 10 tips for both parents and children, for coping with stress without negative consequences, from the Anxiety & Depression Association of America:

1. **Take a time-out.** Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from the problems helps clear your head.

2. **Eat well-balanced meals.** Do not skip any meals. Do keep healthful, energy-boosting snacks on hand.

3. **Limit alcohol and caffeine,** which can aggravate sleep and rest.

4. **Get enough sleep.** When stressed, your body needs additional sleep and rest.

5. **Exercise daily** to help you feel good and maintain your health.

6. **Take deep breaths.** Inhale and exhale slowly.

7. **Count to 10 slowly.** Repeat, and count to 20 if necessary

8. **Do your best.** Instead of aiming for perfection, which isn’t possible. Be proud of however close you get.

9. **Accept that you cannot control everything.** Put your stress in perspective: Is it really as bad as you think?

10. **Welcome humor.** A good laugh goes a long way.

11. **Maintain a positive attitude.** Make an effort to replace negative thoughts with positive ones.

12. **Get involved.** Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.

13. **Learn what triggers your anxiety.** Is it work, family, school, or something else you can identify? Write in a journal when you’re feeling stressed, or anxious, and look for a pattern.

14. **Talk to someone.** Tell friends and family that you are feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.