# Five Minutes (or Less) for Health

*Take five for your health! Below are some things you can do to help protect your health and safety in five minutes or less.*

## One Minute or Less for Health

**Wash hands.**
Wash hands to lower the risk of spreading germs and getting sick. It's best to wash hands with soap and clean running water for 20 seconds.

**Prevent poisonings.**
Follow instructions, and keep potentially harmful products out of the reach of children. Make sure all family members know when to call poison control (800-222-1222).

**Read food labels.**
See how much fat, sugar, and other ingredients are in the product. Note what the serving size is to make sure you don't eat more calories than you think you're getting.

**Protect your skin.**
Wear sunscreen, seek shade, and cover up to help lower your risk for sunburn and skin cancer. Wear insect repellent with DEET or Picaridin to protect against mosquito and tick bites, which can cause disease. Reapply as directed in the instructions.

**Place infants back-to-sleep.**
To help lower the risk of sudden infant death syndrome (SIDS), always place infants on their backs (face-up) when they are resting, sleeping, or left alone.

**Buckle up.**
Make sure everyone is properly restrained in safety seats or safety belts. Placing children in age- and size-appropriate restraint systems lowers the risk of serious and fatal injuries by more than half.

**Protect your hearing.**
Use hearing protectors, such as ear plugs and ear muffs, when you can't lower noise to a safe level.

## Five Minutes or Less for Health

**Eat healthy.**
Just take an extra minute to make better food choices. Eat more fruits and vegetables, less saturated fat, and healthy grab-and-go snacks.

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**Learn the signs for developmental problems.**
From birth to five years, your children should reach milestones in how they play, learn, speak, and act. A delay could be a sign of a developmental problem.

**Do a skin and body check.**
Check your skin and body regularly for changes in appearance or function. If you find or experience anything suspicious, see your health care provider.

**Make an appointment.**
Whether you need a check-up or vaccination, don't put it off any longer. Make the appointment now.

**Test smoke alarms.**
Every month, check your smoke alarms to ensure they work properly.

**Be active.**
Adults should get 30 minutes and children should get 60 minutes of moderate intensity physical activity most, preferably all, days of the week. If you can't do the total amount at once, do it in shorter, more frequent intervals throughout the day.

**Know the signs and symptoms for heart attack and stroke.**
If you or someone you know is having a heart attack or stroke, call 911 immediately. With timely treatment, a person's chance of surviving a heart attack is increased, and the risk of death and disability from stroke can be lowered.

**Ask questions.**
Don't risk injury or other problems because something is confusing. Get help. With more knowledge, you can make better decisions about your health and safety.

**Take a quiz.**
Find out if you and your family are at risk for certain diseases or conditions at www.cdc.gov/family/quiz. Discuss concerns with your health care provider and family. Taking steps early can help prevent certain health problems or complications.

**Keep foods safe.**
Refrigerate leftovers promptly. Bacteria can grow quickly at room temperature, so refrigerate leftover foods if they are not going to be eaten within four hours.

## More Than Five Minutes and Worth It

**Prevent falls.**
Check for hazards around the home to prevent falls. Each year, thousands of older Americans fall at home. Falls are often due to hazards that are easy to fix.

**Be prepared.**
Practice drills at home to make sure everyone knows what to do in case of an emergency. Have an escape plan, and practice it.

**Get involved.**
Talk to your kids about how to protect themselves from disease and injury and to avoid risky behaviors related to tobacco, sex, and more.

**www.cdc.gov/family/minutes**

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