

# 10 quick tips for a healthier, safer life

13 September 2019, by Len Canter, Healthday Reporter



Some things that you can do to protect your health take just minutes, so no more excuses! Here are 10 suggestions from the U.S. Centers for Disease Control and Prevention.

Test your smoke and carbon monoxide detectors every month. Yes, this is an addition to changing the batteries once a year.

Wash your child's toys just as you do your hands. (Think of how much time they spend on the floor.)

Wipe up spills as soon as they happen to avoid bacteria growth.

Put together a mini health kit and tuck it into your daily tote. Include adhesive bandages, alcohol wipes, pain relief medication, hand sanitizer, a mini tube of sun protection and an instant ice pack.

Make that wellness appointment you've been putting off. Ask if you need a tetanus booster. It's a must every 10 years.

Put the poison control number—800-222-1222—on

all phones, and make sure all [family members](#) know when to call it.

Before leaving the house do a double check for safety. That means putting on sunscreen, sunglasses and a hat for a walk and other activities, or a helmet and other gear for bike riding, or looking at the treads of your shoes before a run.

Schedule a radon test for the air in your home. Have your water checked if you get it from a private well.

Change your [contact lenses](#) on the right schedule. Don't risk eye [health](#) by trying to extend their life past the prescribed usage, whether they're dailies, monthlies or anything in between.

Can't do a full floss after lunch? Use dental picks to get rid of food caught between your teeth and prevent bacteria buildup.

**More information:** Check out the CDC for more on these and other [fast health steps](#).

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