



**METROCARE**  
Health Systems Incorporated



# CELEBRATE SAFELY: STAY HEALTHY AND INJURY-FREE THIS HOLIDAY SEASON

December 2025



The holidays are a time for joy, food, and family — but also a time to be extra careful.

In December, many accidents and illnesses happen due to overeating, lack of sleep, and unsafe celebrations like firecracker (paputok) injuries.

Let's enjoy the season while keeping ourselves and our loved ones safe and healthy.

## Holiday Health & Safety Tips

### Eat in Moderation

- Enjoy Christmas food, but avoid too much fatty (*mamantika*), salty (*maalat*), and sweet (*matamis*) dishes.
- Too much may lead to high blood pressure (*altapresyon*), high blood sugar, or stomach problems (*pananakit ng tiyan*).

### Drink Responsibly

- Avoid drinking on an empty stomach.
- If you drink, do not drive or operate machines.
- Stay hydrated — drink plenty of water.

### Get Enough Rest

- Holiday preparations can be tiring. Make sure to get 6–8 hours of sleep.
- Too much stress and lack of sleep can weaken your body.

### Stay Safe Around Fireworks

- Fireworks can cause burns (*pagkapaso*), wounds (*sugat*), or even blindness (*pagkabulag*).
- Let adults handle fireworks — but if possible, enjoy safer alternatives like light shows, horns (*torotot*), or glow sticks.
- Never let children play with firecrackers.

### Watch Out for Accidents

- Be careful in crowded places like markets or terminals.
- Keep an eye on children when outdoors or during parties.
- Avoid drunk driving or riding with someone who has been drinking.

### Keep Emergency Numbers Ready

- Know the number of your local barangay, fire station, or hospital.
- Prepare a simple first-aid kit at home.

## After the Holidays: Don't Delay Check-ups

If you feel unwell after the holidays — chest pain, dizziness (*pagkahilo*), or stomach issues — visit a clinic immediately. Don't wait for things to get worse.

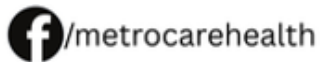
If you're covered by **Metrocare**, visit any of our partner clinics or hospitals for consultation and support. Our goal is to keep you healthy and safe all year round.

## Metrocare: Your Partner in Healthcare

At **Metrocare Health Systems, Incorporated**, we understand the unique challenges that Filipinos face in staying healthy. As a trusted HMO serving workers across industries — especially contractual, project-based, and blue-collar workers — our mission is to deliver **accessible**, **affordable**, and **quality healthcare** solutions.

With over 25 years of expertise, Metrocare is proud to protect and promote the health of Filipino workers through comprehensive healthcare programs designed for their needs. Our preventive health initiatives, accessible network of healthcare providers, and commitment to affordability reflect our core values: honesty, efficiency, and service with heart.

Secure Their Health. Protect Your Peace of Mind. **Choose Metrocare.**



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Disclaimer: This information is for general knowledge and informational purposes only, and does not constitute medical advice. It is essential to consult with a qualified healthcare professional for any health concerns or before making any decisions related to your health or treatment.