



Weekly Safety Tip

5 Holiday Safety Tips for Pets

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In the bustle of the season it's easy to forget these festivities aren't always pet friendly. Purina explains which holiday treats, foods, decor and more pose a risk to pets. Purina also offers these expert holiday pet safety tips to ensure a fun-filled season for the whole family, including the four-legged family members.

Keep These Items Out of Reach for Better Holiday Pet Safety:

1. Hazardous Gifts

If you have a pet, you're on high alert when hazardous items come into your home. Be as conscientious when you are a guest by adding special tags to gifts that aren't pet friendly, so your host can place them out of reach of curious cats and dogs. Holiday dog treats or pet gifts should not include any ribbons, bows or anything that might cause harm to a pet if they get ahold of it.

... Here's a [printable gift tag template](#) so you can mark gifts and other items as hazardous to pets ...

2. Ribbons, Bows & Other Decor

Gift ribbons and similar decorations can cause serious harm if pets ingest them. Household decor with moving or hanging pieces or electrical components can also pose a threat. Cats especially love playing with ribbons and strings, so as soon as gifts are opened, take the ribbons, strings and wrapping paper away.

3. Holiday Plants

Holiday plants can also pique your dog or cat's interest. At Christmastime, you may have new plants in the house that are poisonous to pets. Many types of lilies are particularly toxic to cats, and azaleas, holly, mistletoe and poinsettias are also poisonous. Be cautious and aware of what's coming into your house, otherwise pets may sniff and eat them, and become ill.

4. Certain Ingredients

Holiday meals contain some favorite, seasonal ingredients, and although they're tasty to humans, many are harmful to pets. When creating your holiday pet safety checklist, be mindful of ingredients that could be harmful to your dogs and cats. You should already know to avoid chocolate, but you'll also want to watch for grapes and raisins in your cookies and cakes, along with chopped onions and garlic that may be used in an array of recipes but can be toxic for our pets." *Xylitol* (also known as birch sugar or birch sap) is another ingredient toxic to pets that is found in an array of foods from cake and cookie mixes to yogurt and peanut butter. It is also found in most types of chewing gum.

5. Purses & Coats

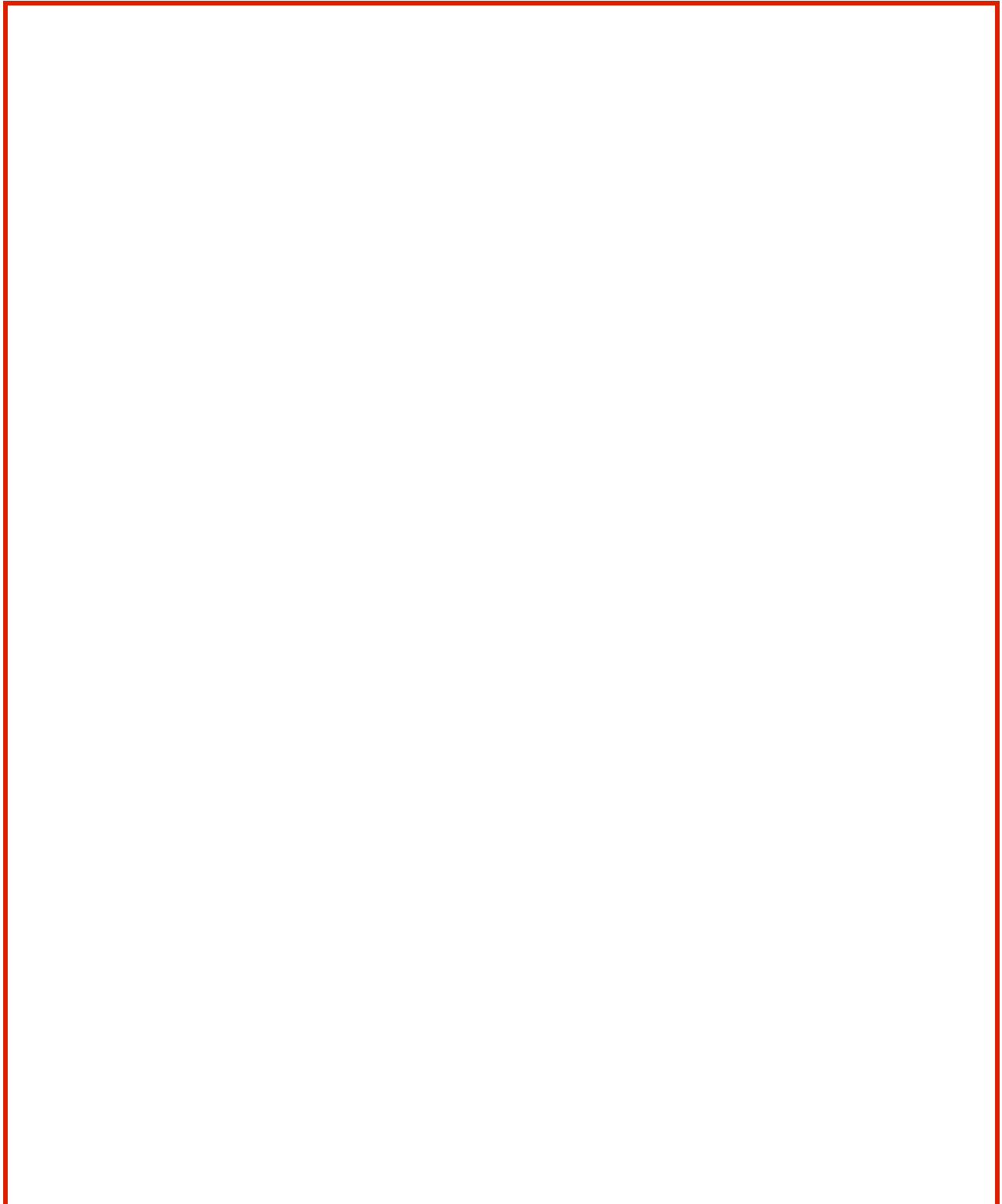
Your pet's curiosity and the scents of new guests may lead them to root through your guests' purses or winter coats. This can seem harmless and even comical at first, but your dog or cat could find medications, chewing gum and other harmful items. *Ibuprofen* can cause severe adverse effects to our pets and the decongestants we use in the winter months also pose a major threat. Place your guests' belongings in a coat closet or a closed-off room where your pets won't have access.

By following these holiday safety tips for pets, you can avoid many seasonal risks to your pet and enjoy a fun-filled, safe holiday. It's always wise to prepare for the worst-case scenario, though, so keep your veterinarian's number in your phone and ask about their emergency procedures during the holidays. Purina also recommend adding the number for the [Animal Poison Control Center](#) (APCC) to your phone: (888) 426-4435. They're available 24/7, including holidays, though they may charge a fee for any services provided.

Weekly Safety. Share



Why Natural Light Is Important for
Mental and Physical Health





Why Natural Light Is Important for Mental and Physical Health

Maximizing your exposure to natural light is key to supporting your physical and mental health. Learn about the benefits of natural light and how you can leverage them from inside your home.

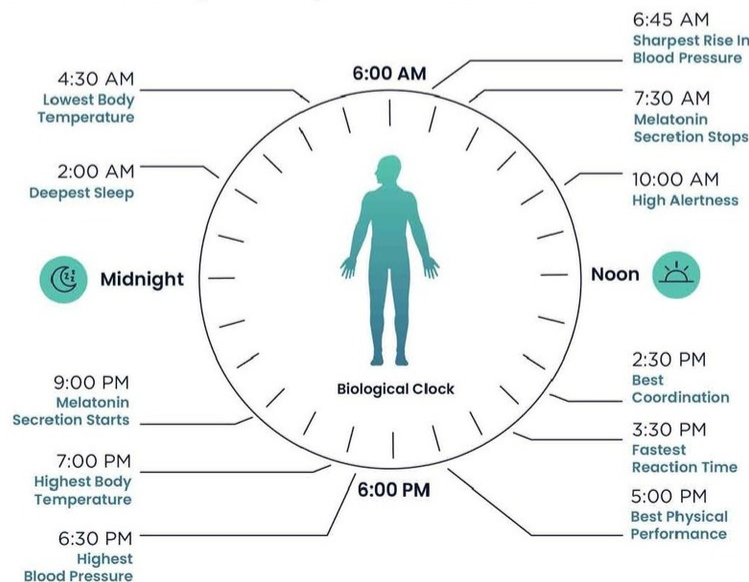
With daylight savings time (DST) recently ending and our clocks shifting back an hour, many of us are still adjusting. In fact, according to a poll conducted by The Economist and YouGov, **44% of Americans** said that they were not looking forward to switching from DST.

As the days shorten with the onset of winter in the northern hemisphere, many of us have begun to miss enjoying the sunlight as we relax after work. While studies show that our bodies – specifically our circadian rhythms – adjust more easily to the transition to fall, the jump to fewer daylight hours can still impact our health and well-being.

This “Well-Being Moment” explores how our decreasing exposure to natural light can impact our physical and mental health and well-being. It also discusses whether artificial lighting indoors can make up for reduced natural lighting, while also providing tips on how to incorporate more natural light into your indoor environments.

Impact of Natural Light on Our Health

Lighting can impact our health in many ways – from our sleep-wake cycle, to our alertness, to our mood and cognition, to our metabolism. That’s because our bodies are naturally programmed to function on a cycle that matches the solar day. This cycle, known as the **circadian rhythm**, governs many aspects of our physiology, metabolism and behavior, and is primarily synchronized by light. Daily, regularly-timed exposure to light helps us maintain a healthy and robust circadian rhythm. This process is called **entrainment**.





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