

TEXAS A&M AGRILIFE EXTENSION

Health Hints

Welcome to Health Hints...

an e-news source for Family & Consumer Sciences Agents. Each week we will bring you trusted health information to cut, paste, and post onto your Twitter and Facebook (FB) pages... without having to searching for content. Our goal is to help you keep your social networking sites viable, and keep clientele coming back to your site as their source for credible health-related information.

Agents, this information is designed to be used "as is" on your social media sites for communication with your clientele - no changes needed. Simply choose the post you want and place it on your Facebook or Twitter site.

Need help using these posts? Instructions for use are listed at the bottom of this issue.

Need more help with Health Hints? Feel free to contact me.

Janet Pollard, MPH, Editor
jpollard@ag.tamu.edu

Twitter

Want to prevent flu symptoms?

@MedlinePlus The flu vaccine is available!
#staywellthiswinter <http://www.flu.gov/>

Itching to break out Halloween face paint, but not to break out in a rash?

@FDACosmetics <http://go.usa.gov/3JMMm>
#Halloween

Candy Experiments - An Idea for using up some of that Halloween Candy

@KidsHealth <http://bit.ly/1LjWqt4> #Halloween
#Candy

Facebook



Experts Offer Fall Clean-Up Safety Advice

Source: MedlinePlus, U.S. National Library of Medicine

Fall clean-up often means it's time to get out your ladder and rake. But what may seem like an easy task can lead to serious injury if you don't take

proper precautions.

"Never underestimate the task at hand while cleaning. Even the most mundane or simple chores can cause strain, injury, or even a fall if not done correctly....

View Full Article

<http://1.usa.gov/1W16PeX>



Kids Talk About Halloween

Ready

Source: Nemours Foundation

Kids love Halloween, and why not? You get to dress up in a cool costume and go around the neighborhood filling your bag or plastic pumpkin with delicious candy. Then it's time to head home with that heavy haul of chocolate and other sweet treats.

But what happens next? Do you eat a lot that night? Or maybe your mom or dad says "Whoa!" and tells you to pick a certain number of pieces.

We asked about 1,200 boys and girls about their Halloween haul. Here's what they said...

View Full Article

<http://bit.ly/1j8QR0N>



15 Ways to Use Leftover Halloween Candy

Source: Nemours Foundation

Once you have a couple of Halloweens under your belt, you start to know the deal. Like which of your neighbors give out oversized chocolate bars and which ones greet you with toothbrushes.

But you also start to realize something else: That even though it's fun to own a mountain of candy, it's probably not the best idea to eat it all.

So this year, after sorting through your favorites, why not find something else to do with the rest? We've got 15 awesome ideas — from selfless to the silly. Give them a try and your teeth (and your dentist!) will thank you.

View Full Article

<http://bit.ly/1VTT5T9>

How to Use the Above Content...

To use the content:

- Choose the post you want
- Highlight the post (be sure to include the title and url/link)
- Right click your mouse and select *copy*
- Go to *your* page (Facebook or Twitter)
- Place your cursor in the "What have you been up to box" in FB or click the *Tweet* button and place your cursor in that box on Twitter.
- Right click your mouse and select *paste*
- If you like the way the content looks, click *Post* or *Tweet* as appropriate.

To use the graphics*:

If you would like to use the graphics (photos) we have attached to the posts here in Health Hints:

- Hover over the graphic with your cursor
- Right click your mouse and select *Save as Picture*
- Choose a location in which to save graphics on your computer (setting up a folder in which to place all Health Hints graphics may be helpful)
- Go to your FB page (you can also place these graphics in your Tweets, but they will take up some of the 140 characters allowed, so be sure you don't lose the content if you choose to do this)
- Click on the camera icon at the bottom of your post or the words *Photo/Video* at the top of your post, either will work
- Upload the graphic by choosing it from the

- location in which it was saved
- Click *Post* or *Tweet*.

* Note: Please only use the graphic with the content to which it is attached. This will prevent any copyright infringement issues. Thank you.

New to Twitter and Facebook?

No worries. It is natural to be nervous about using Facebook & Twitter the first time, and when you haven't had the opportunity to use the sites regularly.

Here are a few tutorial videos that may be helpful:

[Getting Smarter with Twitter \(a five minute tutorial\)](#)

[Twitter Tutorials: Navigating Through the Twittersphere](#)

[How to Use Facebook](#)

Need more help with Health Hints? Feel free to contact me.

Janet Pollard, MPH, Editor

jpollard@ag.tamu.edu