

Don't turn Christmas into Excessmas!

Queensland parents have been urged to keep their inner child under wraps this Christmas to avoid ending 2020 on a low note in the emergency department.

AMA Queensland president Professor Chris Perry said EDs filled quickly on Christmas afternoon with adults who threw caution to the wind and decided to relive their youth on a new skateboard or trampoline.

“We see plenty of sheepish adults turning up with broken bones, cuts and bruises which really could have been prevented,” Prof Perry said.

Emergency room visits increase every Christmas with Queensland Health figures revealing a 4.5 per cent increase in presentations from November 2019 to December 2019.ⁱ

“We always see a spike in patients over the holiday season and it's often because of that dangerous combination of alcohol and immaturity,” Prof Perry said.

“Recent data from the National Drug Strategy Household Survey showed 1 in 4 Australians consumes alcohol at risky levels at least every monthⁱⁱ.

“Combine too much Christmas spirit with the end of a particularly stressful year and people are at very high risk of intoxication-related accidents, injury or death.”

Overloading the fridge can also ruin the Christmas cheer, according to Professor Perry.

“People tend to overfill their fridges or leave food sitting on the table for hours on end on Christmas Day, which can make for a very unpleasant evening,” he said.

“When food reaches the temperature danger zone, it can harbour bacteria, so don't leave it sitting in the heat for more than two hours.”

5 TIPS TO AVOID CHRISTMAS FOOD POISONING:ⁱⁱⁱ

1. Keep raw meats separate from cooked food and food to be eaten raw.
2. Cover food when storing in the fridge.
3. Store cold food at 5 degrees or below.
4. Keep hot food at 60 degrees or above until served.
5. When reheating, make sure it is “steaming hot” before serving.

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ⁱ https://www.data.qld.gov.au/dataset/emergency-departments/resource/851a97a7-cd09-49e7-aa94-179be9ee0cb5?truncate=30&inner_span=True

ⁱⁱ <https://bit.ly/3oWoMBa>

ⁱⁱⁱ <https://www.qld.gov.au/health/staying-healthy/food-pantry/poisoning/handling>