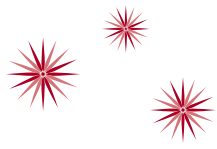




# Holiday Safety

- *Fire Safety*
- *Keeping Children Safe*
- *Drive Safely*
- *Food Safety*
- *Prepare Your Home for Winter Weather Emergency*
- *Wash Your Hands Often*



December 2016

## *Fire Safety*

Winter holidays are a time for families and friends to get together. But it also means a greater risk for fire. Do not leave fireplaces, heaters, food cooking on stoves, or candles unattended. If you use an artificial tree, choose one that is tested and labeled as fire resistant.

Stand your tree away from fireplaces, radiators, and other heat sources. If using a natural tree, make sure it is well watered to avoid dry branches from catching fire from the heat of light bulbs. Do not use more than 3 light sets on any one extension cord.

## *Keeping Children Safe*

Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach. Protect them from drowning, burns, falls, and other potential accidents.

Put your tree ornaments that are breakable or have metal hooks towards the top of the tree. This makes room at the bottom for the toys that are safer for younger kids.



## *Drive Safely*

Do not drink and drive and help others do the same. Use a designated driver if you have a drink. Do not use your cell phone while driving and prepare for heavy traffic if the weather is bad. Remember to buckle up!



*Christmas Joke:*

*What do you call a person  
who is afraid of Santa  
Claus?*

*Claustrophobic!*



*Food Safety*

Keep raw meat, poultry, and seafood away from other foods in your grocery cart when shopping and ask the cashier to place it in a separate bag. Buy cold foods last.

Use separate cutting boards for raw meat and ready-to-eat items like vegetables or bread.

Refrigerate food within two hours.

To ensure the juiciest possible meat roast for dinner, use a meat thermometer. USDA recommended internal temperature of 145° F.



*Prepare Your Home for Winter Weather Emergency*

In case of a power outage, you can use a fireplace or wood stove for emergency heating - make sure your chimney and flue are inspected every year. For safety reasons, smoke detectors and battery-operated carbon monoxide detectors should be installed. All fuel-burning equipment should be vented to the outside. Never leave burning candles unattended or sleep in a room with a lit candle.

Repair roof leaks and cut away tree branches that could fall on your home during a storm.

Bring your pets indoor if they live outside.

*Wash Your Hands Often*

The most important step in order to avoid getting sick is keeping your hands clean. Wash your hands with soap and water. Hand sanitizers are not as effective when your hands are visibly dirty. Cover your mouth with a tissue when you cough or sneeze.

Do not use your hands to cover your mouth if you do not have a tissue. Use your upper sleeve or elbow.



Insulate any water lines that run along exterior walls so your water supply will be less likely to freeze.

References:

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