

Holiday Safety



Keep your tree hydrated! Check the tree stand water level every other day.



Beware of overloaded electrical outlets and extension cords which are major fire hazards.



Common holiday plants (poinsettias, holly berries, mistletoe or pine needles) can make your pets sick.



Don't leave burning candles unattended.



Burning wrapping paper in the fire place can cause flash fires.



Check smoke alarms to ensure they are working.



Stay in the kitchen when you are frying, boiling, grilling or broiling food to prevent a fire.



Keep a cell phone and portable charger with you at all times while traveling in case of emergency.



Keep extra cold weather gear, food, water, warm clothing, a flashlight, an ice scraper, blankets and medications in your vehicle in case of emergency.

Holiday Health and Safety Tips

The holidays are a time to celebrate, give thanks, and reflect. They are also a time to pay special attention to your health. Give the gift of health and safety to yourself and others by following these holiday tips.

1 Wash your hands often.

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water for at least 20 seconds. If soap and clean water are not available, use an alcohol-based product.



2 Stay warm.

Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers of loose-fitting, tightly woven clothing. Check on children, the elderly and pets.



3 Manage stress.

The holidays don't need to take a toll on your health. Keep a check on over-commitment and over-spending. Balance work, home, and play. Get support from family and friends. Keep a relaxed and positive outlook. Get enough sleep.



4 Travel safely.

Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive, and don't let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age. Get vaccinations if traveling out of the country.

