Have a Healthy and Safe Holiday Season

Take steps to keep you and your loved ones safe and health this holiday season.

Cooking:

- Prepare food safely – Avoid cross contamination and cook to proper internal temperatures
- Move things that can burn away from the stove – this includes dishtowels, paper, boxes
- Keep an eye on what you fry – most cooking fires start when frying food

Health:

- Wash hands often to help prevent the spread of germs – Wash hands with soap and clean running water for at least 20 seconds
- Get vaccinated – vaccinations prevent disease and safe lives
- Cover your cough – use a tissue
- Stay home when sick – avoid sharing your germs with others
- Manage stress – give yourself a break if you feel overwhelmed

Home:

- Keep candles away from flammable materials – this includes curtains and Christmas Trees
- Turn off holiday lights at night and when you leave the house
- Before guests arrive – check your smoke alarm and carbon monoxide detectors
- When using space heaters – BE SURE to follow manufacture specifications

Cyber:

- Do your online shopping at home, and make sure your home wireless network is protected
- Be cautious online, scammers may send fake emails that are too good to be true
- Shop online through trusted retailers to avoid getting scammed