



# What the Health!?

December 2023

## Holiday Fire Prevention

**INSPECT DECORATIONS AND LIGHTS FOR FRAYED OR PINCHED WIRES.**

**CONSIDER REPLACING OPEN FLAME CANDLES WITH ELECTRIC.**

**PLACE MENORAHS OR KINARAS ON NON-FLAMMABLE SURFACES.**

**KEEP DECORATIONS OR FLAMMABLE ITEMS AWAY FROM OPEN FLAMES OR HEATING SOURCES.**

**EXTENSION CORDS SHOULD NEVER BE STRUNG TOGETHER OR RUN UNDER RUGS OR FURNITURE.**

**NEVER LEAVE EQUIPMENT USED FOR BAKING OR COOKING UNATTENDED AND TURN OFF ALL BURNERS BEFORE LEAVING THE ROOM!**

**WATER YOUR TREE DAILY!**

## GOING OUT FOR THE HOLIDAYS? **ALWAYS HAVE A SOBER DRIVER!**

When attending a gathering where alcohol or other substances will be served, plan beforehand to get home safely.

- Designate a sober driver or arrange for a taxi or ride share (to and from your destination).
- Talk in advance with friends & family about planning to prevent impaired driving.

Don't let others get behind the wheel if they're under the influence.

- Take their keys and arrange a sober ride home or have them stay the night.

If you host a party where alcohol or other substances will be served:

- Ask your guests to make a plan to get home safely.
- Offer alcohol-free beverages.
- Make sure all guests leave with a sober driver.

Always wear a seat belt and make sure that everyone in the vehicle wears a seat belt.

If you see an impaired driver on the road, pull over and contact law enforcement!

**The designated driver should remain SOBER. Do not consume any alcohol or other drugs.**



### Stay Safe

### on the Road

### This Winter

#### **Check Your Tires**

Make sure your tires have good traction. Consider having snow tires on during the winter.

#### **Brush Off Snow**

Remove snow from your windows, roof, and off the hood of the car before driving.

#### **Increase Distance**

Leaving more distance between you and the vehicle in front of you will give you more time to slow down if you lose control.

#### **Slow Down**

Reduce your speed when roads are icy or snowy.

#### **Turn Off Cruise Control**

Have full control of acceleration when roads are icy or snowy.

#### **Fuel Up Your Tank**

The extra weight will help prevent sliding.

#### **Emergency Kit**

Keep a roadside emergency kit in your car.

*Do not drive if roads are hazardous unless it is absolutely necessary!*

