



Stay safe & injury-free this holiday season



BE PREPARED - Avoid Falls:

- Wear proper footwear.
- Remove trip hazards around your home.
- Take your time, don't hurry when walking!
- Use handrails or a walking stick for assistance.









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BE PREPARED - Avoid Burns:

- When cooking, keep pot handles turned inward on the stovetop & away from the edge of the stove.
- Keep children at least three feet away from the stove.
- While holding a child, DON'T cook, drink, or carry hot items.
- DON'T leave fireplaces, space heaters, food cooking on stoves, and/or candles burning unattended.







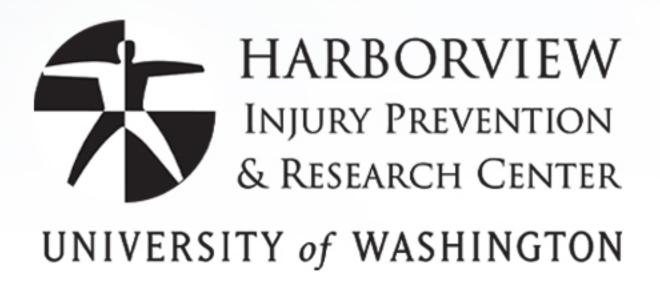


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BE PREPARED - Prevent Tree Fires:

- When picking a fresh (LIVE) holiday tree, its needles should be green and NOT fall off when touched.
- Water your tree daily. Replace any string of lights with worn or broken cords and/or loose bulb connections.
- Never use lit candles to decorate (live or artificial) trees.
- Turn OFF tree lights before leaving home or going to bed.









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BE PREPARED - Be Firewise:

- Keep holiday décor (fresh & artificial trees) at least three feet away from open flames & heat.
- Never use lights and/or electrical products to decorate metal or aluminum trees.









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BE PREPARED - Prevent CO Poisoning:

- Install carbon monoxide (CO) detectors *near every* sleeping area in your home.
- Never use a generator inside your home, basement, or garage if less than 20 feet from a window, door, or vent.
- Regularly service chimneys, furnaces & appliances.









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IN BE PREPARED - Look Around & Within:

- Holidays can be stressful! Take a break.
 Go for a walk or do something nice for someone.
- Check-in regularly with friends, family and loved ones. Ask open-ended questions, listen to someone's feelings. Seek help, if needed.









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BE PREPARED - Practice Self-Care:

Take care of your body.

- Spend time outside.
- Stay active & move your body.
- Get proper rest.





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BE PREPARED - Practice Self-Care:

Take care of your connections.

- Connect with people for support.
- Volunteer for a cause you care about.
- Get involved with a sports team, school activity, religious or spiritual organization.





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BE PREPARED - Practice Self-Care:

Focus on your connections.

- Connect with people for support.
- Volunteer for a cause you care about.
- Get involved with a sports team, school activity, religious or spiritual organization.









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BE PREPARED - Safety Precautions:

- Don't skim toy product descriptions. Always read safety information, especially when shopping for children.
- Keep away from children any potentially poisonous plants and decorations such as mistletoe & holly berries.
- Ensure your home's smoke & CO alarms work properly.









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- Keep matches, lighters & candles out of reach of children.
- Extinguish candles when leaving a room or going to sleep.
- If you or a member of your family <u>are sick</u> stay home, avoid gathering & take care.
- Wash hands often. Avoid touching your eyes, mouth & nose.









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BE PREPARED - Gift Toys Safely:

- Inspect toys regularly.
- Purchase safety gear for children to use when they ride on scooters or other toys.
- Be cautious of toys with button batteries & magnets.
- Be mindful of choking hazards. Keep small balls & toys with small parts away from children <u>younger than age three</u>.

