12 Holiday Health & Safety Tips

1. Prepare & Serve Food Safely
   - Wash hands before handling food.
   - Cook meats to appropriate temperatures:
     - Red meat & pork: 145°F
     - Ground red meat & pork: 160°F
     - Poultry: 165°F
   - Use clean utensils & dishware.
   - Wash hands after handling raw meats.
   - Refrigerate perishables at 40°F or below.
   - Don’t prepare any food that will not be cooked within 2 hours.

2. Cook with Care
   - Don’t leave pots and pans unattended.
   - Turn off the heat after removing food from the oven.
   - Smother the flame and then shut off the heat.

3. Keep Holiday Plants Away from Children & Pets
   - Some holiday plants are harmful if ingested.
   - Holly: 10-20% of all holiday plant poisonings involve holly.
   - Poinsettias: 5-20% of all holiday plant poisonings involve poinsettias.
   - Mistletoe: 5-20% of all holiday plant poisonings involve mistletoe.

4. Spread Cheer, Not Germs
   - If you have the flu, stay home.
   - Wash your hands often.
   - Avoid contact with sick people.
   - Get the flu vaccine.

5. Beat the Bug
   - Wear something that doesn’t fit tightly at the waist.
   - Keep the tree watered.
   - Pick a healthy tree with fresh green needles.
   - Keep the tree away from all heat sources.
   - Tree must be at least 3 feet away from flammable and combustible materials.
   - Don’t use water or fire extinguishers to fight a tree fire.
   - Use a fire extinguisher labeled Class A, B, & C and a extinguisher to fight a tree fire.

6. Beat the Burn
   - Keep the tree watered.
   - Pick a flame retardant tree (indoor/outdoor).
   - Don’t use water or fire extinguishers to fight a tree fire.
   - Use a fire extinguisher labeled Class A, B, & C to fight a tree fire.

7. Spread Cheer, Not Germs
   - If you have the flu, stay home.
   - Wash your hands often.
   - Avoid contact with sick people.
   - Get the flu vaccine.