

## Safe Tip of the Week

### Safety Basics

# AFRH

Safety Office reminds you that whatever the case, it's important to consider safety around this time of the year.

#### **Fire Safety**

Many people celebrate with a Christmas meal and in most cases means cooking all kinds of food. When preparing food, it's best to cook your meat during waking hours instead of cooking overnight while you sleep; doing so is a preventative measure to ensure safety. If you like to celebrate the holidays by sitting around a fireplace in your home or outside, you want to be careful as well. Never leave a fireplace or fire burning without the supervision of an adult. If children will be around the fire, explain to them the dangers of trying to touch or throw things into the fire.



#### **Food Safety**

Be especially mindful of undercooked food, especially meat as it can cause severe illness like Campylobacter or food poisoning. According to MedicineNet.com



Campylobacter is most often spread by contact with raw or undercooked poultry. So each time a cook handles food make sure they wash their hands before and after handling it. Some people are allergic to things like peanuts or milk, so make sure before making a dish using peanut oil or a dessert using milk.

#### **Driving Safety**

Drive carefully, abiding any traffic signal or signs and watch out for pedestrians. If you live in a cold climate you should consider weather conditions like snow, sleet, rain or ice. Don't rush in bad weather conditions (or normal weather conditions for that matter) so that you protect yourself from the increased risk of getting into an accident because of weather and road conditions.

#### **Cold and Flu**

According to a New York Times article the flu, "is more stable and stays in the air longer when air is cold and dry." December can be a cold and dry season for

some states, causing people to get sick with a cold or the flu. Keep your mouth covered with a tissue when you have to cough or sneeze, and wash your hands thoroughly and consistently so you don't spread cold or flu.

