

## U and Universal

Please enjoy a safe holiday season!

Here are some tips:

When traveling, be prepared

- Use a designated driver to ensure everyone gets home safely from parties
- Don't drive and use a cell phone
- Be prepared for heavy traffic and possibly bad weather

Emergency rooms see a lot of people because of injuries involving decorating

- Decorate the tree with kids in mind, move ornaments that are breakable toward the top
- Don't stand on chairs or furniture, use the appropriate ladder to reach high places
- Remember that plants, including some poinsettias, can be poisonous. Keep these out of the reach of pets and children

Watch out for fire-starters

- Never leave burning candles unattended
- Check and clean your chimney at least once a year
- Don't burn candles near trees, wrapping paper, or curtains

Don't give the gift of food poisoning

- Use a thermometer to assure proper food temperature
- Refrigerate food within two hours
- Leftovers are usually safe in the fridge for 4 days (but use your judgement)
- Wash your hands frequently

Other holiday safety tips can be found at: [www.nsc.org/home-safety](http://www.nsc.org/home-safety)

### Did you know?

Though it has been months, many people in North Carolina are still recovering from Hurricanes Florence and Michael. Donations are still needed in our state. You can donate by going to [www.redcross.org](http://www.redcross.org) or look for other groups that are taking donations. Be sure to research who you are donating to so that your donations are used appropriately.