



# Command *Safety* Gram



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## Making It Home for the Holidays

Many of us probably have travel plans for the holiday season, going to distant destinations or welcoming travelers into your homes. Help keep these visits free of injury and illness with the following safety and health tips.

### *If You're the Guest*

- ◆ Carry your doctor's emergency contact numbers and medical information, such as your blood type and health history.
- ◆ If you're taking medicines, pack enough to last several days longer than you expect to be away.
- ◆ If traveling by train, identify emergency escape routes from railway cars.
- ◆ If driving, ensure your tires can handle wintery roads. Have your car winterized by your mechanic and be prepared for blocked roads. Take outdoor clothing, boots, flashlight, some food, and water.
- ◆ Whether staying in a hotel or your sister's new house, note the escape routes.
- ◆ Turn off portable space heaters when you leave your room or go to sleep. Keep heaters three feet (one meter) from anything that can burn.
- ◆ Remember that being intoxicated increases a person's vulnerability to assault or injuries.
- ◆ Avoid scalding; hot water heaters may be set higher than you're accustomed to.
- ◆ Stay healthy by avoiding people who are coughing and sneezing. Remember to wash your hands frequently.



### *If You're the Host*

- ◆ Light your walkway, porch, and stairs to prevent falls.
- ◆ Clear outdoor walkways of ice or snow.
- ◆ Keep hallways, stairs, and exits free of toys, furniture, and other clutter.
- ◆ Put nightlights in hallways.
- ◆ Keep a sober eye on overexcited children; your partner may be distracted by cooking and guests.
- ◆ If toddlers will be visiting, install safety gates at tops and bottoms of stairs.
- ◆ Identify two fire exits from every room, whether door or window. Post a floor plan of your home where everyone in the family can see it and designate a meeting place outdoors.
- ◆ Assign an emergency exit buddy to each person with special needs, such as frail relatives or children.
  - ◆ Install smoke alarms on every level, especially near sleeping areas. Test them. They should be listed by a testing laboratory and replaced if 10 years or older.
  - ◆ Check your throw rugs and bathroom rugs for non-slip backings.
  - ◆ Install grab bars in the bath and shower stalls.



***Everyone wants to have an unforgettable Holiday Season (in a good way!). By simply using some common sense, we can keep it that way. Enjoy the gifts of family and friends this Holiday Season safely!***