

SAFETY FIRST

THANKFUL FOR HEALTH & SAFETY

Thanksgiving is a day to show gratitude. And our health is always something to be thankful for. Follow these tips to keep your holiday gatherings safe for everyone.

Prevent Fires

Thanksgiving is the peak day for home cooking fires. Stay in the house while cooking your turkey and check on it frequently. Stay in the kitchen when you are cooking on the stove top so you can keep an eye on the food.

Limit Alcohol

At a party or other gathering, it can be easy to drink more than you intend. Set a limit before you start. Consider avoiding alcohol entirely if you will be working the next day. Alcohol prevents a good night's rest.

Get Enough Rest

You want to enjoy as much of the holidays as possible, but make sure you get your normal amount of sleep if you are working the next day. You are three times more likely to be in a crash if you are fatigued.

Protect Yourself and Others

If you are sick or have symptoms, don't host or attend gatherings. The best way to minimize risk and keep your family and friends safe is to get vaccinated.



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