

Thanksgiving SAFETY TIPS

Thanksgiving is a day of celebration. A time that's all about family, friends, and gratitude. But it can also be a day of difficulties. Thanksgiving is the single busiest day of the year for house fires. It also creates challenges with choking and illness from undercooked food or improperly prepared leftovers. To stay safe and healthy, follow these tips.

- Make sure smoke alarms are working before starting your holiday cooking.
- Keep potholders, food wrappers, and anything flammable at least three feet from heat sources in the kitchen.
- Avoid loose clothing and shirt sleeves when cooking.
- Turn off stoves, ovens, and kitchen appliances when finished using them.
- Set timers to keep track of extended cooking times.
- Turn pot and pan handles inward on the stove to avoid accidents.
- If deep frying a turkey, keep your fryer outside and away from buildings and other flammable materials. Do not overfill it with oil, and make sure the turkey is thoroughly thawed.
- If thawing a turkey in the refrigerator, allow 24 hours for every five pounds.
- If using cold water for thawing, allow 30 minutes per pound.
- If microwaving to thaw out a turkey, cook immediately.
- For safety, stuffing a turkey is not recommended. Cook stuffing separately instead.
- Throw out leftovers that have been sitting at room temperature for more than two hours.
- Use refrigerated leftovers within three to four days.
- If a person appears to be choking but can cough, speak, and has normal skin color, encourage them to cough to clear their airway.
- If the person cannot breathe, speak, or cough, call 911 and use the Heimlich Maneuver to help clear their airway.
- If a person is burned, cool off the burn with a cloth soaked in cold water. After the burn has been cooled, cover it loosely with a bandage or clean cloth. For major burns, call 911.

