Plan For It: Holiday Safety Checklist

Rather than standing on furniture, always use a ladder to hang holiday decorations.

Monitor excess sugar and sodium intake, particularly if you have diabetes or a heart condition.

If you’re traveling for the holidays, get all medications filled before you leave home.

Replace candles with electric lights to reduce fire hazards.

Wash your hands and get any necessary vaccinations to prevent colds and the flu.

Designate a sober driver if you plan to drink, and be aware of hazardous road conditions.

Only give children age-appropriate toys to prevent them from choking on small parts.

Keep kids out of the kitchen when cooking to avoid accidents with sharp objects or heat sources.

Use a meat thermometer to avoid food poisoning.

Take moments throughout the day to de-stress, keep things jolly and prevent the holiday blues.

Visit ER.CHISTJosephHealth.org for more emergency resources.