

# Plan For It: Holiday Safety Checklist

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What happens if decking the halls leads to a heck of a fall? This holiday season, plan for emergencies with this preventative 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.CHStJosephHealth.org](http://ER.CHStJosephHealth.org)  
for more emergency resources.