Holiday Travel Preparedness & Winter Driving

When planning to travel, be aware of current and forecasted weather conditions:

- Avoid traveling when weather advisories have been issued
- Plan route and allow plenty of time to arrive at your destination
- If travel is a must, inform a close friend or family member where you are headed and the time you expect to arrive
- Prepare your automobile by checking the battery, tire tread/inflation, and windshield wipers, keep your windows clear, put no-freeze fluid in the washer reservoir, and check your antifreeze.
- Avoid driving while fatigued
- Never warm up vehicle in an enclosed area (e.g. garage)
- Do not use cruise control on a slippery or wet surface
- Be sure to wear your seatbelt

Prepare an emergency kit for your automobile including:

- Battery-powered radio and extra batteries
- Flashlight and extra batteries
- Blankets or sleeping bags
- Jumper cables
- Fire extinguisher
- First aid kit and manual
- Bottled water
- Non-perishable high-energy foods
- Compass or GPS and road maps
- Tire repair kit and pump
- Flares and/or reflective emergency triangles
- Extra dry clothing
Preparing for weather related emergencies

- Prepare your home by weatherproofing, clearing yard, and be ready to turn off the power (If you see flooding, downed power lines, or you have to leave your home, switch it off)
- Bring pets indoors during winter months
- Develop a plan
- Stock home and car with emergency supplies
- Food and Medicine: clean containers for water, at least 5 gallons of water per person (which should be enough to last 3 to 5 days), a 3 to 5 day supply of food that doesn’t go bad (like canned food), baby food or formula, and prescription medicines
- Safety Items: first aid kit and instructions, fire extinguisher, battery-powered radio, extra batteries, sleeping bags or extra blankets, iodine tablets or chlorine bleach
- Personal Care Products: hand sanitizer, wet cleaning cloths, soap, toothpaste, tampons and pads and diapers
- Find out where the nearest shelter is and different routes that can be taken
- Go over emergency plan with your family
- Never ignore an order to evacuate
- During a weather emergency, stay away from windows and watch for blowing debris
Spread Holiday cheer, not foodborne illness

Food is a major component of the holiday season and let’s make sure it is prepared safely to protect our family, friends and coworkers.

The most common foodborne illness associated with meat poultry and fish are caused by exposure to Salmonella, Campylobacter and E. coli. The most common way for people to be exposed to these agents are from consuming contaminated food or beverages or by being in contact with someone who has foodborne illness. The elderly, pregnant women, infants, young children and immunocompromised individuals have the highest risk for severe infections.

Practicing food safety can be condensed into four simple steps:

1. **Clean**
   - Wash hands with soap and warm water for 20 seconds before and after handling food. Wash all utensils, dishes and countertops with soap and hot water.

2. **Separate**
   - Use a cutting board for raw meat, poultry, and seafood and a separate one for fresh produce. Always prepare raw foods away from the preparation of ready-to-eat foods.

3. **Cook**
   - Be sure to cook meat and poultry to a safe minimum internal temperature (verify with a food thermometer):
     - Turkey, stuffing, casseroles, and leftovers to 165°F
     - Beef, veal and lamb roasts to 145°F
     - “Fully cooked” ham to 140°F
     - Fresh ham, pork, and egg dishes to 160°F

4. **Chill**
   - Chill food promptly and keep fridge at 40°F or below to prevent the growth of bacteria. Make sure to put leftovers into the fridge within two hours and never defrost at room temperature.

Questions?

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