

# Southwest Health & Human Services MN Responds Newsletter

## 12 Days of Holiday Safety

**Day 1:** Never use lighted candles near trees or wreaths. Keep candles at least 12 inches away from *anything* that burns.

**Day 2:** Keep poisonous plants out of the reach of children and pets.

**Day 3:** Keep trees away from fireplaces, radiators and other heat sources.

**Day 4:** Make sure your tree has a stable platform.

**Day 5:** Choose an artificial tree that is labeled fire resistant

**Day 6:** Plug only one heat producing item into an electrical outlet at a time.

**Day 7:** Check holiday lights for fraying, bare spots, gaps in the insulation or excessive kinking in the wire.

**Day 8:** Turn off all tree lights and decorations when not in use.

**Day 9:** When preparing a meal, wash hands, utensils, sink and anything else that touches raw meat.

**Day 10:** Reheat leftovers to at least 165 degrees Fahrenheit.

**Day 11:** If using a natural tree, make sure it is well watered.

**Day 12:** Sign up for local emergency weather alerts on your cell phone!





Cell Phone Charger



First Aid Kit



Jumper Cables



Spare Tire



Flares



Water, Snacks

## BUILDING AN EMERGENCY SUPPLY KIT FOR YOUR CAR



Full Tank of Gas



Mittens, Hat, Boots Warm Clothes



### WHY?

Because you never know when you will encounter winter weather or an emergency road closure

AMERICA'S *PrepareAthon!*  
BE SMART. TAKE PREP. PROCEED.



Sand or Kitty Litter



Flashlight



Snow Shovel and Brush



Blankets



Tow Rope

<https://www.weather.gov/lot/winterprepare>



## DRESSING FOR COLD WEATHER



adding layers will help keep you warm as the temperature drops

### CHILLY



### COLD



### EXTREME COLD



[weather.gov/safety](http://weather.gov/safety)

## Volunteer Opportunities:

Salvation Army is in need of volunteer bell ringers!

*If you would like to volunteer, please call or email:*

Lincoln County: Bev Wilson, 507-694-1665 or [rwandbw@frontiernet.net](mailto:rwandbw@frontiernet.net)

Lyon County: Deloris Richards, 507-532-2038 [drichards@westtechwb.com](mailto:drichards@westtechwb.com)

Murray County: Lindsey Schreier, 507-227-4908 or [spdsecretaryls@gmail.com](mailto:spdsecretaryls@gmail.com)

Pipestone County: Dan Delany, 507-215-0306 or [dan.delany59@gmail.com](mailto:dan.delany59@gmail.com)

Redwood County: Karen Christensen, 507-627-1016 or <http://www.signupgenius.com/go/60b0c4caca828abf49-come>

Rock County: Suanna Ohme, 507-283-4914 or [susuhome@hotmail.com](mailto:susuhome@hotmail.com)

Volunteers are the difference between an empty kettle and one that raises about \$30 per hour—enough to provide a family with two bags of groceries, or shelter for an individual for a night. Help today!



## Food Safety in the Winter:

What happens if a winter storm comes through our area and we lose power? How can we make sure to keep our food safe when we don't have power in our home? Keep you and your family safe by preventing foodborne illnesses, but if one of your family members does get a foodborne illness, report it to the foodborne illness hotline at 1-877-366-3455.

Visit this link to help with some food safety basics and how you can prevent foodborne illness in your home: <http://www.health.state.mn.us/foodsafety/basics.html>



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**Minnesota  
Responds**

