December 2018

Southwest Health & Human Services MN Responds Newsletter



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.

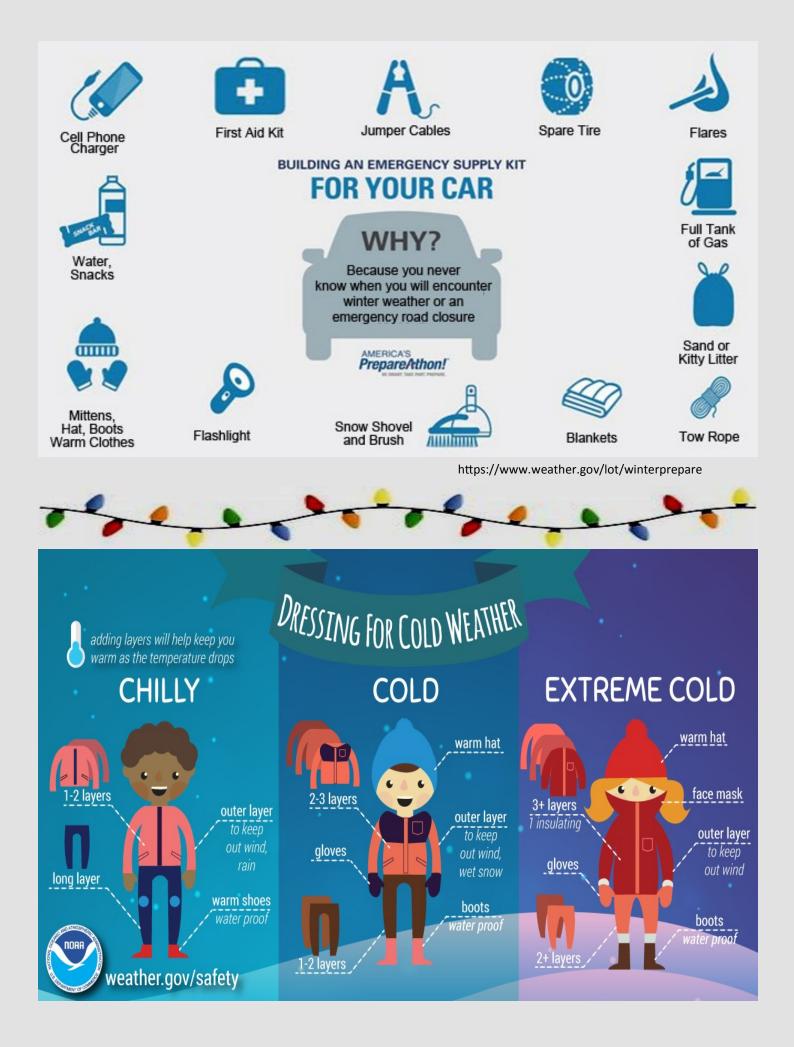
Day 10: Reheat leftovers to at least 165 degrees Fahrenheit.

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!







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

Lyon County: Deloris Richards, 507-532-2038 drichards@westtechwb.com

Murray County: Lindsey Schreier, 507-227-4908 or spdsecretaryls@gmail.com

Pipestone County: Dan Delany, 507-215-0306 or dan.delany59@gmail.com

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

Rock County: Suanna Ohme, 507-283-4914 or 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: <u>http://www.health.state.mn.us/foodsafety/basics.html</u>



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