

HEALTH IMPACT



Thanksgiving Safety Tips

For Thanksgiving 2025, let's focus on fire and food safety by staying in the kitchen while cooking, keeping children at least three feet from hot surfaces, and thoroughly cooking and refrigerating food. Also, you can practice travel safety by planning your route, ensuring your vehicle is prepared, and avoiding distractions. General safety includes keeping floors clear to prevent trips and falls and using timers for lights if you travel.

HEALTH IMPACT

Thanksgiving Safety Tips, continued

Kitchen and Fire Safety

- Stay in the kitchen when frying, grilling, or broiling food. If you must leave, turn off the stove.
- Use a timer to remind yourself that the stove or oven is on.
- Keep children and pets at least three feet away from the stove and hot food.
- Turn pot handles inward to prevent spills.
- Keep flammable items like oven mitts, towels, and curtains away from heat sources.
- Place matches, lighters, and knives out of children's reach.
- Use timers for holiday lights and never leave candles unattended.
- Keep the kitchen floor clear of clutter to prevent falls.

- Test smoke alarms before the holiday and consider purchasing a fire extinguisher.
- For deep-frying a turkey: Ensure the bird is fully thawed, use the fryer outdoors, and keep it away from any overhead cover.



HEALTH IMPACT

Thanksgiving Safety Tips, continued

Food Safety

- Cook the turkey to the correct temperature by using a food thermometer. The internal temperature should be at least 165°F.
- Do not wash the turkey, because this can spread bacteria. The only way to kill bacteria is through thorough cooking.
- Prevent cross-contamination by keeping raw meat separate from other foods. Use separate cutting boards and wash all items that touch raw meat.
- Refrigerate leftovers promptly within two hours of serving.
- Reheat leftovers to an appropriate temperature to kill any bacteria.

Travel Safety

- Plan your route in advance and check for potential construction or traffic.
- Perform a vehicle check and pack an emergency kit.
- Avoid driving under the influence and be mindful of potentially slick roads.
- If traveling, do not post on social media that you are away from home.
- Consider personal health and consider postponing travel if you are sick.

