



Be Safe This Thanksgiving



In the kitchen

1. Stay home when cooking your turkey and check on it frequently.
2. Keep children away from the stove. The stove will be hot and kids should stay at least 3 feet away.
3. Keep floors clear so you don't trip over kids, toys, or bags.
4. Keep knives out of reach of children.
5. Make sure your smoke alarms are working. Test them by pushing the test button.
6. Keep an all-purpose fire extinguisher nearby.

Cooking

1. Make sure your turkey is completely thawed and be careful with marinades. Oil and water don't mix. Water could cause oil to spill over, which could result in a fire or even an explosion hazard.
2. Make sure your turkey is cooked completely through. Your turkey is done when the temperature of a meat thermometer is **180° F** in thigh and **165° F** in breast or stuffing.
3. Cook your stuffing just as thoroughly, if you are stuffing your turkey.
4. Never fry your turkey indoors. Always use turkey fryers outdoors, a safe distance from buildings and any other material that can burn.

Driving

1. Prepare your vehicle for long-distance travel. Simple maintenance can prevent many of the problems that strand motorists on the side of the road.
2. Plan ahead. Before you get on a highway, know your exit by name and number and watch the signs as you near the off-ramp. Drivers making unexpected lane changes to exit often cause accidents.
3. Keep your eyes on the road. Distracted driving is a major cause of traffic accidents. Only use your cell phone when stopped and never text while driving.
4. Be aware of the vehicle in front of you. Leave extra room between you and the vehicle in front, in case that vehicle brakes suddenly, or has car problems.
5. Slow down. With the extra highway congestion due to holiday travel, speeding becomes even more dangerous. Allow plenty of space cushion between you and the car ahead and reduce your speed. It is better to arrive late, than not at all.
6. Don't eat and drive. We all know not to drink and drive, but stuffing yourself with food and getting back in the car isn't great either, especially when turkey is involved. The Thanksgiving bird is known for packing high levels of Tryptophan, an amino acid that brings on sleepiness. Carb-heavy dishes produce sleep-promoting melatonin and can add to your drowsiness.
7. Be aware of The Three Deadly D's while driving. Drowsy, Distracted, and/or Drunk.

"Change Your Clock, Change Your Battery"

The International Fire Chiefs Association and the Energizer battery company have partnered together to remind us that when we change our clocks for Daylight Savings Time, to also change the batteries in our smoke alarms.

Don't Light Tonight

The weather is changing and during these cooler months, fine particulate pollution becomes a bigger concern locally. To protect clean air, the Yolo-Solano Air Quality Management District (AQMD) calls Don't Light Tonight advisories when air pollution concentrations are forecast to be high.



When a Don't Light Tonight advisory is in effect, residents should not burn wood in their fireplaces or wood stoves. Wood smoke is dangerous, especially to kids, the elderly, and pregnant women. Wood smoke contributes to asthma attacks and other health problems.

Certain weather conditions contribute to poor smoke dispersion and higher ground-level pollution concentrations. Our area typically sees poorer winter air quality during dry, cold spells with little wind and overnight temperature inversions. Inversions occur when ground-level temperatures are lower than upper atmospheric temperatures. This essentially traps stagnant air in our neighborhoods. Smoke and other pollution added to that stagnant air tends to stick around much longer.

In recent years, an advisory is in effect on roughly 25 percent of the days between November and February. Yolo-Solano AQMD alerts residents of Don't Light Tonight advisories through its EnviroFlash system, which sends an email or text message when an alert has been called. Sign up at <http://ysaqmd.enviroflash.org>. Residents can also find out whether an advisory is in effect by calling the automated Don't Light Tonight hotline at (530) 757-3787.

More information on the health impacts of wood smoke and fine particulate pollution is available at www.ysaqmd.org/wood.

Holiday Decorations and Ladders

As we approach the end of the year, the Holiday season begins, and that can mean holiday decorations. Whether you're using a step-stool to put up a Thanksgiving wreath, or a full-sized ladder to string up some Christmas lights, ladder safety should be one of your top priorities.

Here are a few ladder safety tips:



- Only have one person on a ladder at a time.
- Wear shoes with clean, nonskid soles, not leather.
- Face the ladder while climbing up or down.
- Carry tools up or down on a belt or with a rope or hoist, not in your hands.
- Work with one hand on the ladder, keeping your tools in a hanger or holder.
- Don't step on the top two stepladder steps or top four ladder rungs.
- Keep your body centered on the ladder so your belt buckle is between the side rails.
- Don't move a ladder while you're on it.
- Keep your own movements on the ladder slow and cautious.
- It's best to have two people carry a ladder. If however, you have to carry one yourself,

balance the center on your shoulder. Position it so the front end is above your head and the back end is near the ground.