

Welcome back to the Public Health Preparedness Press!



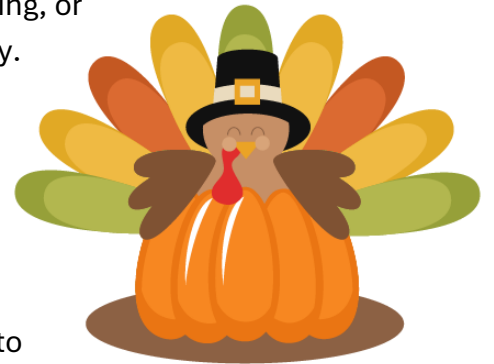
Each month, this newsletter will keep you informed about seasonal preparedness topics, public health awareness campaigns, and tools you can use both in your work and in your everyday life. Whether it's extreme weather, emergency planning, or national health observances, we're here to keep preparedness top of mind year-round.

Thanksgiving Cooking Safety

Thanksgiving is one of the top days for home cooking fires — and a small flame can turn into a major fire in less than 30 seconds. While you're preparing your holiday feast, take a few simple precautions to keep your kitchen safe.

Stay Fire-Safe While You Cook:

- **Never leave the kitchen unattended** when frying, grilling, or broiling food. Turn off the stove if you need to step away.
- **Keep flammable items** like towels, paper, and potholders away from the stovetop.
- **Wear short or tight-fitting sleeves** to prevent clothing from catching fire.
- **Keep a fire extinguisher** in the kitchen and know how to use it.
- **Make sure smoke alarms work**—test them before the holiday and replace batteries if needed.
- **Avoid using the oven or stove for heat.** It increases the risk of fire and carbon monoxide buildup.
- **If a fire starts**, get out immediately, close doors behind you to contain flames, and call 9-1-1.



Thanksgiving is the peak day for home cooking fires in the U.S. with **more than three times** the daily average.



Deep frying turkeys and unattended cooking are the leading causes of these fires.

A few extra minutes of safety planning can help ensure your Thanksgiving celebration stays warm, delicious, and fire-free.

Holiday Online Shopping Safety

The holiday season brings great deals — and increased online scams. Cybercriminals often take advantage of busy shoppers by targeting personal information and financial accounts. Stay cyber smart while you shop this season!

Tips to Stay Safe Online:



- **Shop on secure websites** — look for “https://” and a padlock symbol before entering payment information.
 - **Use strong passwords** with a mix of letters, numbers, and symbols. Enable multi-factor authentication whenever possible.
 - **Avoid public Wi-Fi** for shopping or banking. Use a secure home network or a VPN.
 - **Watch for phishing scams** — don’t click on links in emails or texts from unknown senders or “too good to be true” deals.
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- **Keep devices and software updated** to protect against security vulnerabilities.
 - **Use trusted payment methods** and check your bank and credit card statements regularly for suspicious activity.
 - **Limit what you share online** — avoid posting personal information or using social media logins for shopping sites.
 - **Back up important files** in an encrypted storage device or secure cloud service.

A few smart clicks can go a long way in keeping your holiday shopping safe and stress-free.

Get Winter Ready

Winter is right around the corner! Now is the time to prepare your home, vehicle, and family before the snow starts to fall. Winter storms can bring freezing rain, ice, strong winds, and dangerously cold temperatures — increasing the risk of car accidents, frostbite, hypothermia, and power outages.

Start getting ready now:



Check your heat sources — test smoke and carbon monoxide detectors and make sure you have extra batteries.



Seal up drafts by adding weather stripping or caulking to windows and doors.



Stock up on essentials like food, water, flashlights, batteries, and blankets in case you need to stay home for several days.



Prepare your vehicle with a winter emergency kit: jumper cables, sand, warm clothes, blankets, bottled water, and snacks.



Stay informed — sign up for local alerts and pay attention to weather warnings and advisories.

More winter safety tips are coming in next month's Preparedness Press — stay tuned to learn how to stay safe when severe weather hits!

What's Next?

In future issues of the Public Health Preparedness Press, we'll continue exploring topics that matter to our work and our community, like emergency communication, public health response roles, and seasonal hazards.

If you have ideas, questions, or want to highlight team efforts in preparedness, reach out! Let's make this a helpful, interactive resource for everyone.

Thanks for reading! 😊