



TEXAS TECH UNIVERSITY
HEALT

If a small fire does occur, many people will try to put it out themselves even when they don't have a fire extinguisher. In those cases, Griswold said to never attempt to put a fire out with substances such as flour or water, especially if the fire is in a frying pan. If the fire appears to be out of control, evacuate the home immediately and call 911. "The number one cause of residential fires in the United States is cooking, and that goes way up during the holidays," Griswold said. "We want everyone to be have fun, so take that [extra] time to make sure the environment is safe."

Make Safety Part of the Destination

When we make a holiday trip to see family and friends, Griswold said there are steps we can take to make the new environment more comfortable and less stressful.

- Be sure to pack prescription drugs and other medical-related items necessary for your day-to-day wellness. Finding those items quickly in a different town or state might be more difficult, especially during the holidays.
- Always have battery life in your phone for the duration of your trip. Don't forget to pack charger cords for phones, tablets and computers. When traveling by car with a group, make sure one phone remains as fully charged as possible so there is a reliable lifeline should you get stranded.
- Insist that all adults and older children are buckled up, no matter how long or short the trip, and make sure all small children are secured in car seats.
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