



# DECEMBER *Be Merry and Safe*

Winter holidays are a fun time in our communities but may pose additional risks. Following a few simple tips will help us all have a safe holiday season.

## **ACTION ITEMS for December.** See LINKS for How-To information.

1. Put a fire extinguisher in your kitchen.
2. Build a support network. Talk with your neighbors about their needs and yours.
3. Discuss disaster plans with household, family and caregivers. If you or a household member have special needs, plan for skilled helpers to assist with evacuations.
4. Share keys with trusted friends to rescue your pets.

### *Stay Kit GROCERY LIST (11 of 11)*

- 4 16-oz cans fruit
- 4 13-oz cans ready to eat meat
- 4 14.5-oz cans vegetables
- 4 20-oz cans ready to eat soup

*Preparedness Calendar is for a family of 4 & 1 pet. Adjust to your needs.*

- ✓ Choose decorations that are flame resistant or flame retardant.
- ✓ Replace any string of lights with worn cords. Check for indoor or outdoor use.
- ✓ Make sure that indoor holiday trees do not block exits and are at least three feet from any heat source such as fireplaces, radiators, space heaters, candles or vents.
- ✓ Ask smokers to smoke outside.
- ✓ Keep matches and lit candles away from children and pets.
- ✓ Use clips, not nails, to hang cords so the cords do not get damaged.
- ✓ Always sleep with your bedroom door closed. This simple act may buy you and your household time to escape a house fire.



In less than 30 seconds a small flame can turn into a major fire. "Today, with the prevalence of synthetic materials in the home, occupants have roughly 2 to 3 minutes to get out," said Consumer Safety Director John Drenenberg of Underwriters Laboratories (UL). Plan ahead – what are your escape routes out of your home? Practice using them.

## LINKS

1. [Ready.gov Home Fires](https://www.ready.gov/home-fires)
2. [NFPA](https://www.nfpa.org)
3. [Ready.gov Winter Kit](https://www.ready.gov/winter-kit)

## REMINDER

Sign up for **Spring** [CERT Basic Training](https://www.martinezcert.org)



For more information visit your Martinez Area Community Emergency Response Team, (CERT) [www.martinezcert.org](https://www.martinezcert.org)

This calendar is designed to break down large tasks into monthly steps to be less overwhelming. The calendar lists many items to be purchased early in the year, before the distractions of the holiday season. While perishables must be replenished, hardware purchases should be mostly one-time expenses. Time purchases to work best for you!