

Thanksgiving Holiday Safety & Driving Tips

Self-care means doing things for us that are going to help us have our needs met. Sometimes that means prioritizing sleep, remembering to eat breakfast, getting fresh air, setting up time for exercise, going to health appointments, and asking for help.

Quick Safety Checklist

- **Rested driver:** Get a full night's sleep before driving and swap drivers on long trips.
- **Seat belts:** Always buckle up – every passenger, every trip.
- **No impairment:** Do not drive after drinking or when drowsy or medicated.
- **Weather-aware:** Check forecasts and route conditions before you leave.
- **Phone down:** Use hands-free navigation and pull over to make calls or texts.

On the Road – Driving Tips (Short or Long-Distance)

- **Vehicle Check:** Inspect tires, brakes, lights, fluids, and wipers before leaving.
- **Emergency Kit:** Pack water, nonperishable snacks, blankets, flashlights with extra batteries, a first-aid kit, basic tools, jumper cables/jumper pack, and phone chargers.
- **Defensive Driving:** Keep a safe distance, anticipate other drivers' actions, and obey speed limits.
- **Plan Ahead:** Check your route, weather, and traffic conditions. Reduce speed in rain, fog, ice, or heavy winds, and use low beams in reduced visibility.
- **Share your Route:** Let someone know your planned route and expected arrival time.
- **Plan Breaks:** Stop every 2 hours or 100 miles to stretch and re-focus, fuel up, or have a bite to eat.
- **Avoid Peak Times:** The busiest travel days concentrate congestion; if possible, travel earlier in the week or midday to cut stress and collisions.

General Holiday Safety Tips

- **Cooking Safety:** Never leave food unattended; keep flammable items away from stovetops.
- **Fire Safety:** Check smoke detectors and keep a fire extinguisher handy.
- **Alcohol Awareness:** Designate a sober driver if alcohol is consumed.
- **Illness Safety:** Wash hands frequently, maintain hygiene, and stay home if sick.
- **Travel Planning:** Expect heavier traffic; share your route and arrival time, and allow extra time to reduce rushing and stress.



Thanksgiving is a time for family and celebration. **Preparation, awareness, and caution** can help make the holiday safe and enjoyable for everyone.