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MCHD HEALTH BLOG

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Public Health
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MORGAN COUNTY HEALTH DEPT.



HOLIDAY TRIP TRAVEL TIPS

With the upcoming holidays it is important to be prepared when traveling. Whether you are taking a cross-country road trip or just a trip down the lane, here are some helpful tips to remember before you go:

- Prepare your car. Make sure your vehicle is up to date with its maintenance, check the tires, and keep an emergency kit in your vehicle. Wondering what type of items should be in your emergency kit? Equip your car with a kit that includes items such as first-aid kit, blankets, flashlight, extra batteries, water, snacks, cell phone charger, and emergency flares.
- Plan your travel. No matter how far you are traveling, it is important to plan your route, take into account the time needed for travel, and get a good night's rest before you depart. Driving while drowsy can be just as dangerous as driving intoxicated.
- Practice safe driving habits. This includes making sure all passengers are properly buckled, putting away your phone while driving, and staying aware of the other drivers around you. Make sure your young children are in the right car seat or booster seat based on your child's age and size and that the seat is installed correctly. Unsure if your child is in the correct seat for their size? Call our office at 740-962-4572 and ask to speak with one of our car seat technicians.
- Designate a sober driver. If your holiday plans include the consumption of alcohol, over-the-counter or prescription medications that can cause impairment, make sure that you designate someone that can get you and your passengers home safely.

For more holiday safety tips visit <https://www.nsc.org/community-safety/safety-topics/seasonal-safety/winter-safety/holiday>.