

Thanksgiving Kitchen Safety (*Interview Transcripts*)

Sunil Arora, M.D., Emergency Medicine, OSF HealthCare

“On Thanksgiving, you have the whole spread. You have something that’s hot and right out of the oven to something that was maybe made a day ago – premade and refrigerated. Those refrigerated items are the ones we get a little more concerned about. If they have eggs in them, mayonnaise, cream-based, those are the ones that will spoil quicker. So keeping them refrigerated, keeping them away from heat, maybe even away from the window where the sun can come in and heat it up unintentionally.” (:34)

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“Injuries we see with cooking and kitchen are blenders, or even those hand blenders. Sometimes the food gets stuck in the blender and the instinct is to get whatever is stuck out. They forget to unplug the blender or turn it off and then when it gets unstuck, they get injured.” (:27)

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“Ultimately there are accidents that happen and cuts to the hands are the biggest ones. Most of them can be treated at home – if the bleeding stops, if you’re able to put a band aid on, that’s great. But if the bleeding doesn’t stop, if the cut seems really big, gaping open, those are reasons to come in when you might need some sutures or stitches put in.” (:29)

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“If you feel like you can’t manage it at home then come in to the emergency department. We have taken precautions to mitigate the spread of any infections in the department – all of the staff members are masked, patients are masked, family members are masked. Avoiding the ER when you need it is not the recommended route.” (:25)