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Labor Day Food and Travel Safety

NORWALK, Ohio— Huron County Public Health (HCPH) is sharing some food and travel safety tips in advance of the upcoming Labor Day holiday weekend.

Food Safety Tips

The United States Department of Agriculture (USDA) shares [10 important Labor Day weekend food safety tips](#):

1. Pack perishable foods directly from the refrigerator or freezer into the cooler. Meat and poultry may be packed while they are still frozen.
2. Use an appliance thermometer in your cooler to monitor that your food stays chilled at 40 F or below.
3. Keep raw meat and poultry wrapped separately from cooked foods or foods meant to be eaten raw, such as fruits.
4. For long trips, take two coolers — one for the day's immediate food needs, such as lunch, drinks or snacks, and the other for perishable foods to be used later.
5. When you arrive at your campsite, only consume bottled water or other canned or bottled drinks. Water in streams and rivers is untreated and not safe for drinking.
6. Use hand sanitizer or disposable moist towelettes that contain at least 60 percent alcohol.
7. Consider buying shelf-stable food to ensure food safety.
8. When you arrive at the beach, partially bury your cooler in the sand, cover it with blankets and shade it with a beach umbrella.
9. Don't eat food that has been sitting out (especially in the sun) for more than 2 hours (1 hour when the temperature is above 90 F).
10. Always follow your [four food safety steps](#).



Nicole Marks, MPH
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4 STEPS TO FOOD SAFETY



Image Credit: [CDC | Food Safety Educational Materials and Videos](#)

Travel Safety Tips

The National Highway Traffic Safety Administration (NHTSA) is actively running their annual [Drive Sober or Get Pulled Over campaign](#), effective August 19th – September 7th. During this campaign, the NHTSA emphasizes the importance of reducing distracted driving and drunk driving.

According to the NHTSA, about 32 people in the United States die every day in drunk-driving crashes, that equates to one person every 44 minutes, these deaths are preventable by planning ahead. The NHTSA recommends the following tips to plan ahead:

- Always drive 100% sober. Even one alcoholic beverage could be one too many.
- Plan ahead: Before you have even one drink, designate a sober driver to get you home safely. If you wait until you've been drinking to make this decision, you might not make the best one.
- You have options to get home safely: designate a sober driver or call a taxi or rideshare. Getting home safely is always worth it.
- If it's your turn to be the designated driver, take your job seriously and don't drink.
- If you see a drunk driver on the road, contact local law enforcement.
- If you have a friend who is about to drink and drive, take the keys away and let a sober driver get your friend home safely.

HCPH wishes a happy and safe Labor Day weekend to all Huron County residents!

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