



**TEXAS**  
Health and Human  
Services

**Texas Department of State  
Health Services**

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**Welcome to the [Injury Prevention](#) Newsletter!**

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During January and February, we want to highlight Winter Weather Driving Tips, National Radon Action Month, National Burn Awareness Week, and Nominating Champions of Texas Injury Prevention.

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### **Winter Weather Driving Tips**

Winter weather can cause dangerous driving conditions. According to the [Texas Department of Transportation \(TxDOT\)](#), North and West Texas experience the heaviest snowfalls, extreme white-outs, or icy road and bridge conditions.

However, no matter where you live or travel in Texas, it's important to be prepared for potentially hazardous road conditions.

[TxDOT](#) provides winter weather driving tips:

- Slow down. Speed limits are based on normal road and weather conditions, not winter road conditions.
- Maintain at least three times the normal following distance when driving on snow or ice.
- Watch carefully for snow removal equipment and stay at least 200 feet behind snow plows.
- Use extra caution on bridges, ramps, overpasses, and shaded areas as they tend to freeze first.
- If your vehicle starts to slide, ease off the gas pedal or brakes. Steer into the direction of the skid until you have regained traction. Then straighten your vehicle.

Before traveling, review [TxDOT's Winter Safety Guide](#). You can also visit [Drive Texas](#) to check current road conditions across the state. For general travel tips, visit the [Texas Department of Public Safety's Travel Tips webpage](#).

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## January is National Radon Action Month.

[Radon](#) is a naturally occurring, cancer-causing radioactive gas. You can't see, smell, or taste radon. However, if inhaled, it can [damage DNA and cause lung cancer](#). According to the [United States Environmental Protection Agency \(EPA\)](#), radon is the leading cause of lung cancer deaths among nonsmokers in America. Radon exposures cause about [21,000 Americans](#) to die each year.

Radon exposure is preventable. [Test for radon](#) in your home. If a high radon level is detected in your home, you can [take steps to fix the problem](#) and protect yourself and your family.

### Additional Resources:

- [Texas Tech University – Texas Radon Information](#)
  - [National Safety Council – Radon Gas Poisoning Prevention](#)
  - [Radon Leaders Saving Lives](#)
  - [Centers for Disease Control and Prevention – Radon Awareness Week](#)
  - [American Cancer Society – How to Test Your Home for Radon](#)
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## February 1-7, 2026, is National Burn Awareness Week.

During [National Burn Awareness Week](#), we want to highlight the importance of safety practices to prevent burns. The American Burn Association (ABA) provides everyday burn prevention tips, including:

- [At-home Cooking Burns](#)
  - Cook when you're awake, not drowsy from medicine or alcohol.
  - Stay in the kitchen when frying, grilling, or broiling,
  - Clean the stove, oven, and exhaust fan to stop grease buildup.
- [Non-fire Cooking Burns](#)
  - Keep hot foods and liquids away from the table and counter edges.
  - Create a "kid free zone" at least three feet around the stove and places where hot food or drink is prepared or carried.
  - Use oven mitts or potholders and turn pot handles inward so they're harder to bump.

- [Contact Burns](#)
  - Contact burns happen when the skin touches something hot, including the pavement, a hot pan, or an appliance.
  - Remember to always supervise children around hot objects. Children under five make up approximately one third of contact burns.
  - Pavement can reach 125°F even on a mild 77°F day – wear shoes on hot pavement or sand. Keep pets off hot surfaces, too.
  - Turn off heating pads and electric blankets before sleeping.

Find additional [burn prevention resources](#) and learn about [burn first aid](#) on the [American Burn Association website](#).

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### **Nominate [Champions of Texas Injury Prevention](#).**

Don't forget to check out the [Injury Prevention Unit's](#) newest feature – the [Champions of Texas Injury Prevention](#)! Here we highlight the work of Texas community members that make a difference in the fields of public health, public safety, and injury prevention. These are everyday Texans working to prevent injuries.

In the first edition, we highlighted three public health professionals who were nominated because of their passion for injury prevention, as well as their dedication to and support of their local communities. They put injury prevention into practice daily and help create a safer Texas. You can read their full responses and learn more about their work by visiting the [Champions of Texas Injury Prevention webpage](#).

### **We invite you to nominate [Texas Injury Prevention Champions](#) in your community.**

Submit a nomination through the [Champions of Texas Injury Prevention form](#) or email the Injury Prevention team at [injury.prevention@dshs.texas.gov](mailto:injury.prevention@dshs.texas.gov).

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## **General Injury Prevention Resources**

- Learn more about our programs: [Injury Prevention | Texas DSHS](#)
- Find state and national Injury Prevention resources: [Injury Prevention Resources | Texas DSHS](#)
- Locate more Injury Prevention-related news, events, and observances: [Injury Prevention Calendar | Texas DSHS](#)

Questions? Want to be featured in a future resource newsletter? Email us at [injury.prevention@dshs.texas.gov](mailto:injury.prevention@dshs.texas.gov).

Thank you!

## **The Injury Prevention Team**

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