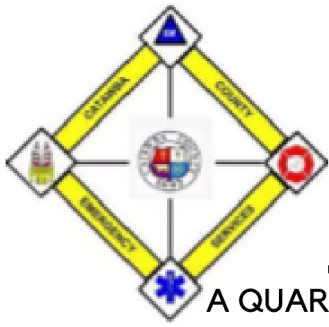




NEWS

You Can Use



A QUARTERLY PUBLICATION OF CATAWBA COUNTY EMERGENCY SERVICES

VOLUME 1 | OCT-NOV-DEC 2023



**DO YOU KNOW
WHEN TO CALL 9-1-1?**



EMERGENCY?

DO Call 911 when:

- Law Enforcement is needed
- There is a Fire
- Medical Emergencies
(including but not limited to):
 - Chest pain/tightness
 - Stroke symptoms
 - Breathing difficulty
 - Severe bleeding
 - Serious car crash/ other trauma
 - Large burns
 - Unconscious person
- Tree on structure or in roadway
- Power outage where there is a person dependent on medical equipment requiring power.

Do **NOT** call 911 for:

- Power/Cable outages
- Trees down in a yard
- Directions/Phone Numbers
- Stray Animals

HELP US HELP YOU!

**IN AN EMERGENCY,
LOCATING YOU
QUICKLY CAN MAKE
ALL THE DIFFERENCE!**



- Is your house number clearly marked & easily visible from the road?
- If your house sits off the road, is your driveway clearly marked with your house number?
- Reflective address signs can be purchased through these local fire departments:
 - Bandys, Catawba, Claremont, Cooksville, Mtn View, Newton, Oxford, Propst, St Stephens, Sherrills Ford

FIRE PREVENTION

COOKING IS THE LEADING CAUSE OF HOME FIRES AND HOME FIRE INJURIES

Cooking safety starts with YOU.

Pay attention to fire prevention.™



FIRE PREVENTION WEEK™



Cooking Safety Tips

- There are more than 3 times as many cooking fires on Thanksgiving than any other day.
- Stay in the kitchen when cooking on the stovetop.
- Stay in the home when using oven.
- Keep floor clear to avoid tripping.
- Keep anything that can catch fire (oven mitts, packaging, towels, etc) away from stovetop.

IF YOU HAVE A FIRE:

- Just get out!
- Call 9-1-1

Cold Weather Tips

When temperatures drop, older adults have a higher risk of injury and weather related medical emergencies. To stay safe, follow these tips:

- Don't stay outside for very long
- Keep indoor temperature above 65 degrees.
- Dress in layers! Several thin layers is warmer than one thick one!
- Wear hats, gloves, coat, scarf!
- Know Hypothermia Warning Signs



Warning Signs of Hypothermia



Confusion



Shivering



Difficulty Speaking



Sleepiness



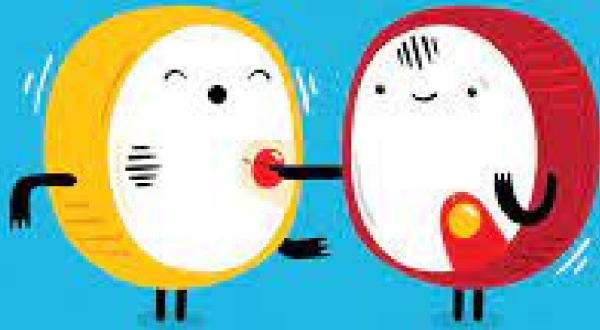
Stiff Muscles

weather.gov/cold



COLD WEATHER PREPAREDNESS

SOMETIMES IT'S GOOD TO PUSH BUTTONS



**TEST YOUR SMOKE
ALARMS MONTHLY**



Smoke Alarm Awareness

- Install alarms in every sleeping room, on every level of the home.
- Interconnected smoke alarms are best, so when one sounds, they all sound.
- Test all alarms at least once a month. Press the button to be sure it works!
- Replace all alarms when they are 10 years old.
- Change the batteries at least once a year (Change when you change your clock for Daylight Savings!)
- Call your local fire dept if you need assistance.



**WALK A MILE
WITH ME**

SUPPORT GROUP

Meets first Tuesday each month at 1pm via Zoom.
Visit <https://www.carolincaring.org/events> to join.

Walk a Mile With Me is a virtual support group for caregivers, spouses and widows/widowers of veterans that fosters healing and growth. Safe place to talk about your journey before and after losing a beloved veteran. Space is limited, registration is required.

Facilitated by :

Andrea Hass, Grief Counselor and Cindy Stamey,
Director of Community and Veteran Relations



VETERANS OF ALL AGES & BRANCHES WELCOME

8:30-9:30 AM

Second Wednesday of Each Month
OUTBACK STEAKHOUSE-Hickory

Free Coffee * Krispy Kreme * Conversation

Great place for veterans to meet,
share stories, and socialize

VETERANS CORNER

Upcoming Activities/Events in Our Area

2023

Foothills Veterans

WINTER STAND DOWN

November 9, 2023

9 AM to 1 PM

Doors open at 8 AM

J.E. Broyhill Civic Center

1909 Hickory Blvd., Lenoir, NC



PROVIDING:

- VA Medical Services
- Food
- Clothing
- Employment Services
- Counseling
- Haircuts
- Health Assessments
- Shoes
- Community Resources
- Education
- Fellowship

VETERANS *Day*

Saturday, November 11th
First Presbyterian Church, Hickory

Join Carolina Caring, Catawba County Veterans Service Office and the Hickory Elks Lodge as they honor veterans for their great service to our nation.

DOORS OPEN AT 10:30

PROGRAM AT 11

- Special address from Brigadier General (Ret.) Kenneth Beard
- Hickory Elks will present the Distinguished Veterans Award and a special presentation to the City Of Hickory.



The Vietnam Traveling Memorial Wall

**November 9, 5:00 p.m. -through-
November 12, 2:00 p.m.**

The Wall will be open **24 hours a day**
while at the Veterans Healing Farm.



Located at: The Veterans Healing Farm
38 Yale Road, Hendersonville, NC 28739

VETERANS BREAKFAST

Bethlehem Branch Library

November 8th 9 AM

45 Rink Dam Rd Hickory

RSVP 828-495-8753