



NEWS

You Can Use



A QUARTERLY PUBLICATION OF CATAWBA COUNTY EMERGENCY SERVICES

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POISON PREVENTION

**SAFE
MEDICATION
DISPOSAL**



Poison is any substance that can harm someone if used in the wrong way or by the wrong person, such as medication, cleaners, etc.

Steps to prevent poisoning:

- limit access (store meds and cleaners away from children and those with mental health concerns.)
- Know side effects and reactions of your medications.
- Keep a list of your medicines.
- Take as directed. Turn on the light and put on your glasses!
- NO sharing medications!

SAFE MEDICATION DISPOSAL

Putting medication in the trash can lead to others' exposure. Flushing can have environmental consequences. The BEST way to safely dispose of most types of unused or expired medicines is at a permanent collection site or take back event. Most local pharmacies and police stations have permanent designated drop boxes for medication. For a detailed list, you can visit safe.pharmacy/drug-disposal and enter your zip code.

BURN AWARENESS

Older adults are at greater risk of burn injuries because of naturally occurring physical changes. Hearing and eyesight diminish with age, skin gets thinner, chronic conditions impair senses, reflexes slow.

To decrease likelihood of burn injury:

- Set water heater to 120 degrees.
- Use a thermometer to test water temp from tap.
- Use back burners and turn pot handles toward back of stove.
- Use oven mitts when handling hot food/drinks.
- Open microwave food slowly, away from the face.

HOT LIQUIDS BURN LIKE FIRE!



It Can Happen In A Flash With A Splash
Liquid And Steam Burn Like Fire
WWW.FLASHSPASH.ORG

CARBON MONOXIDE SAFETY

Space Heaters

- Keep combustibles at least three feet away.
- Use a wall outlet and never a power strip.
- DO NOT leave running unattended or for prolonged periods in a confined space to reduce hyperthermia hazards.

Generators

- Use portable generators outside only, at least 20 feet from home, and direct exhaust away from home and any other buildings.
- Never use a generator inside a home, basement, shed or garage, even with the door(s) open.

Smoke & CO Alarms

- Install smoke alarms on every level of the home and inside each bedroom.
- CO alarms should be placed on every level of the home and outside sleeping areas.
- Test the alarms every month to make sure they are working.

- Carbon Monoxide (CO) is the most common cause of poisoning death in the US.
- Adults over 65 are more prone to accidental CO poisoning due to pre-existing conditions such as heart disease, anemia, respiratory problems.
- CO alarms save lives, but fewer than 1/3 of American homes have them installed.
- Generators, space heaters, and gas ovens are all possible sources of CO exposure.
- Never run a vehicle inside a garage. Don't run a vehicle, generator, pressure washer, etc less than 20 feet from an open window or door. Never use a charcoal grill, lantern, camping stove indoors.
- Be familiar with exposure symptoms!



Headaches



Confusion



Breathlessness



Collapse



Nausea



Dizziness



Tiredness



Stomach pains



United States
Consumer Product Safety Commission

NSN-05-122022



DAYLIGHT SAVINGS - SPRING FORWARD

- Change your Clock, Change your Battery!
- Set clocks ahead before bed on Saturday, March 9.
- Test your smoke alarms and/or change their batteries!



**Working
SMOKE ALARMS
SAVE LIVES**

Change Your Clock, Change Your Battery

BE PREPARED

FOR A WINTER STORM

Winter Storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.

- STAY INSIDE, or limit time outside. Cold can kill! Dress in layers. Don't overexert yourself and increase your risk for a cardiac event.
- STAY HOME or take extra precautions if you travel. Have a vehicle emergency kit in your car.
- STAY INFORMED & SAFE! Communities can be without power for weeks or days. Be prepared before a storm hits. Listen to local TV & radio for forecasts. Sign up for community alerts. Keep emergency supplies on hand. Improper use of supplemental heating equipment or generators can result in CO poisoning.



FEMA

FEMA V-1014/June 2018

ANIMAL SERVICES could use your help!

Do you have extra time on your hands? Are you looking for a fulfilling volunteer opportunity? There are multiple areas you could be of help at Catawba County Animal Services! Dog Walking, Basic Cleaning, Organizing, and Cat Cuddling are just a few options!

For more information about volunteering, please visit CCAS at 201 Government Services Dr, Newton during open hours Tuesday-Saturday 11am-6pm (you will need a photo ID) or contact Catawba County Animal Services at 828-466-6812.

Stay off roads.



Stay indoors and dress warmly.



Prepare for power outages.



Use generators outside only.



Listen for emergency information and alerts.



Look for signs of hypothermia and frostbite.



Check on neighbors.



COMING SOON!

Upcoming Activities/Events in Our Area

100
STRONG
PROSPERITY



THE VETERAN'S BATTLEFIELD

A STORY OF NORTH CAROLINA'S VETERANS

Refreshments served.
Vet Organizations onsite to
assist with many needs

DOCUMENTARY SCREENING

Catawba Valley Community College - Workforce Solutions Complex
2550 US Highway 70 SE, Hickory, North Carolina

February 20, 2024 9:00am - 4:00pm

Film screenings held at 10:00am and 2:00pm. Sponsored by Catawba County Government

WALK A MILE
WITH ME

SUPPORT GROUP

Meets first Tuesday each month at 1pm via Zoom.

Visit <https://www.carolincaring.org/events> to join.

- Virtual support group for caregivers, spouses and widows/widowers of veterans.
- 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

SENIOR RESOURCE FAIR

April 15, 2024

10:00AM - 12:00 PM

Woodlawn Baptist
Church
440 7TH ST PL SOUTHWEST
CONOVER, NC

FREE EVENT

LOCAL HEALTH & SENIOR RELATED
RESOURCES

MEDICATION TAKE BACK

BRING IN UNUSED, UNWANTED, OR
EXPIRED MEDICATIONS FOR SAFE
DISPOSAL.

FOR MORE INFORMATION:
MELANIESIGMON@CATAWBACOUNTYNC.GOV



VETERANS COFFEE CONNECTION

EST. 2018

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