



NEWS

You Can Use



A QUARTERLY PUBLICATION OF CATAWBA COUNTY EMERGENCY SERVICES

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SPRING SAFETY TIPS



Springtime brings warmer temps, flowers, and sometimes showers! Remember these tips to stay safe and enjoy the spring season:

- Check the weather before you go out.
- Keep an emergency kit & umbrella in the car.
- Apply sunscreen.
- Bring an extra layer of clothing.
- Spring clean to remove clutter.
- Ensure all gardening tools are in proper working condition.
- Remove hazards from the yard.
- Check patio/decks/furniture for any safety concerns.
- Test smoke alarms and carbon monoxide detectors.
- Have gutters cleaned.
- Have air conditioners serviced.
- Drink water to stay hydrated.
- Take breaks-don't stay in heat too long.



WATER SAFETY

Staying active as you age is important. Swimming is a great option because it is easier on the joints and offers many health benefits.

Water Safety tips for older adults:

- Buddy System-do not swim alone.
- Know your limits-stop when tired, get out and rest if fatigued or out of breath.
- Stay alert-watch for possible hazards for you or your buddy.
- Consider water shoes-pools can be slippery or rough, and concrete can burn!
- Take your time-Hold on and watch your step as you enter and exit.
- Clean up-before you get in, be alert for trip hazards such as noodles, floats, etc.



HEATSTROKE PREVENTION

Older adults aged 65 and over are more prone to heat-related illness. As we age, our bodies are less able to adapt to changes in temperature, increasing the risk for Heat Exhaustion or Heat Stroke Emergencies. Follow these safety guidelines to help reduce your risk of a Heat Emergency:

- AVOID the hottest part of the day, typically mid afternoon.
- DRESS for the weather in light breathable layers.
- DRINK fluids. Stay hydrated before and during sun exposure.
- KNOW the early warning signs of heat exhaustion- including dizziness, lightheadedness, weakness, nausea, muscle cramping, excessive sweating.
- ACT-move to an air conditioned area and take steps to decrease body temperature -fluids, cooling measures.
- CALL 911 if severe headache, change in consciousness, no sweating.



Heat Exhaustion		Heat Stroke	
ACT FAST <ul style="list-style-type: none"> • Move to a cooler area • Loosen clothing • Sip cool water • Seek medical help if symptoms don't improve 	Dizziness Thirst Heavy Sweating Nausea Weakness	Confusion Dizziness Becomes Unconscious	ACT FAST CALL 911 <ul style="list-style-type: none"> • Move person to a cooler area • Loosen clothing and remove extra layers • Cool with water or ice

Heat exhaustion can lead to heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not given.

Stay Cool, Stay Hydrated, Stay Informed!

DISTRACTED DRIVING

Distracted Driving accounts for nearly 80% of crashes and 65% of near-crashes per NHTSA. We can take steps to reduce distraction:

- Have hearing/vision checked regularly.
- Pay attention to the road, not your passenger.
- Be familiar with your vehicle's controls.
- Avoid eating, drinking or smoking while driving.
- Set your GPS before driving.
- Ask someone else to drive if you are under increased stress.
- Have a medication review with your Doctor or Pharmacist to ensure none could contribute to driving hazards.

DISTRACTIONS

are like **blindfolds**.
They could cause you to miss:

EMERGENCY VEHICLES PEDESTRIANS STOP ROAD HAZARDS

DISTRACTED DRIVING know the facts!

Distracted driving is **any activity** that could divert a **person's attention** away from the primary task of **driving**.

THERE ARE **3** MAIN TYPES OF **distraction**

visual	manual	cognitive
taking your eyes off the road	taking your hands off the wheel	taking your mind off what you are doing

POTENTIAL DISTRACTIONS WHILE DRIVING

cellphones eating & drinking GPS talking to passengers

Fireworks Injuries

Most Injured Body Parts



U.S. Consumer Product Safety Commission
CPSC Hotline: (800) 638-2772
www.cpsc.gov

FIREWORKS SAFETY

As the weather warms up, you may find yourself with opportunities to enjoy fireworks. While such events can be fun and celebratory, they can also be dangerous. There are some considerations older adults should keep in mind:

- Leave Fireworks to the Pros-the safest way to enjoy fireworks is to attend a public display by professionals who adhere to safety regulations.
- Keep a Safe Distance-at least 20 feet away and clear from trees and structures.
- Be Prepared for the Noise-use headphones or earplugs.
- Have a First Aid Kit on hand in case of Emergency.
- Store Fireworks Safely, Handle with Care, Dispose of Properly-soak in water.

BIKE SAFETY

May is National Bike Safety Month. Biking is a great way to exercise and socialize with friends and family! A few extra precautions can help older adults stay safe:

- Have your bike checked/tuned up to ensure everything is working correctly.
- Choose an appropriate bike. A touring bike is more stable than a lightweight racing bike. Look for a comfy seat and a design for slower riding. A headlamp and reflectors keep you visible!
- Dress Appropriately-wear High Visibility clothing or a reflective vest. ALWAYS WEAR A HELMET! Remember your sunscreen!
- Ride Smart! Don't ride alone or at night.

Bicycle Safety

Make sure you and your bike are equipped to keep you safe during your ride.



COMING SOON!

Upcoming Activities/Events in Our Area

DEA NATIONAL ^{Rx} TAKE BACK



Turn in unneeded
medication for safe disposal.

NATIONAL PRESCRIPTION DRUG TAKE BACK DAY

The 26th National Prescription Drug Take Back Day is
Saturday, April 27, 2024

Hickory Police Department will be collecting unneeded
medication for safe disposal at the Hickory Elks Lodge
located at 356 Main Ave NW, Hickory from 10am-2pm.

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



VETERANS COFFEE CONNECTION

VETERANS OF ALL AGES AND MILITARY BRANCHES WELCOME

• FREE COFFEE • KRISPY KREME • GOOD CONVERSATION •

8:30AM - 9:30AM

OUTBACK STEAKHOUSE - HICKORY, NC

Meets the Second Wednesday of Every Month



Veterans Coffee Connection is a great place for veterans to
meet, share stories, and socialize with other veterans in our area.