

NEWS

You Can Use



A QUARTERLY PUBLICATION OF CATAWBA COUNTY EMERGENCY SERVICES

VOLUME 4 | JUL-AUG-SEPT 2024

OPEN WATER SWIM SAFETY TIPS



BEACH AND OPEN WATER SAFETY

Drowning prevention starts with you! Swimming in open water poses additional risks than pools. Be prepared!

- Learn to swim
- Be aware of surroundings-check weather and water conditions before swimming
- Avoid alcohol
- Use safety equipment-life jackets/buoys
- Buddy up-never swim alone
- Enter the water feet first-don't dive in unknown waters
- Swim near a lifeguard
- Limit time in cold water

VEHICULAR HEATSTROKE

Older adults over 65 don't sweat like younger adults, store fat differently, and may take medications that make it harder for the body to regulate temperature. These are reasons seniors are more likely to be affected by summer heat. Dehydration, chronic illnesses, overdressing, and lack of airflow can also contribute to heat-related illnesses.

A car's temperature can rise 10 degrees in 20 minutes, even in the shade. Heatstroke happens when the body heats faster than it can cool, and it can be fatal. Do not sit in a car during hot weather. Be aware of heat stroke symptoms: dilated pupils, nausea and vomiting, headache, fast pulse, confusion. Call for help if you or a loved one are experiencing these symptoms.



CHILD PASSENGER SAFETY

Each September, we recognize National Child Passenger Safety week. This year, CPS Week is September 15 - 21, 2024. Car crashes are a leading cause of death for children under 13. The goal of CPS Week is to educate parents and caregivers on how to best protect children at all ages and stages. Do you transport your grandkids? Are you sure they are riding in a seat appropriate for their age and size? Is the car seat installed correctly? Did you know there are several permanent seat check stations throughout Catawba County? Contact one from the list below and make an appointment for a FREE evaluation.



National Child Passenger Safety Week



IS YOUR CHILD IN THE RIGHT CAR SEAT?

CHILD PASSENGER SAFETY PERMANENT CHECK STATIONS IN CATAWBA COUNTY

BY APPOINTMENT ONLY

**CVMC Pavilion for Women and
Children**
(828) 732-6206

**Early Childhood Resource
Center**
(828) 695-6595

Catawba County EMS
(828) 464-1575

Hickory Fire Dept. (Spanish)
(828) 323-7420

Claremont Fire Dept.
(828) 459-9296

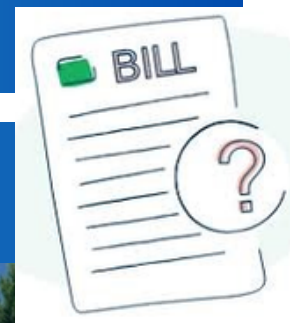
St. Stephens Fire Dept.
(828) 256-2375

Tips to keep your small passengers safe:

- Select the right seat:
based on age, weight and height. Rear-face as long as possible
- Install the seat correctly:
in the back seat, at the right angle, using the vehicle latch or locking mechanism
- Secure the child:
harness straps at or above shoulders, tight enough for no slack, don't buckle over bulky clothing
- Avoid distractions
- Use the seat every time

QUESTIONS ABOUT AMBULANCE BILL?

If you have questions about a bill you received, or about your patient record from a recent encounter with Catawba County EMS, please contact Brittany Presnell, EMS Business Administrator, at (828) 466-7202.





BACK TO SCHOOL SAFETY

It's almost time for kids to go back to school, and that means an increase in buses on the roads, kids walking and biking to school, and a good time to refresh ourselves on safety measures:

1. Be aware of school buses! Review school bus safety laws. Never pass a bus with its stop arm out.
2. Stay alert. Reduce distractions-put away the phone, food, makeup, etc. Keep your eyes and attention on the road!
3. Follow speed limits and watch for school zones!
4. Watch for walkers & bikers!
5. Give extra time-rushing causes speeding and distraction!
6. Learn drop off & pick up procedures ahead of time!
7. Don't block crosswalks.
8. Be aware of new drivers
9. Ensure kids are in the right seat- the right seat installed correctly can reduce risk of injury by 82%.



BACK to SCHOOL Be SAFE Be SMART

- Watch for school zones
- Put your phone away – don't get distracted
- Drop off and pick up in designated areas
- Carpool so there are less vehicles on the road
- Watch for children around parked cars
- Stop for buses loading or unloading students
- Watch for warning signs and signals



For more Back to School Safety Tips go to:
<https://www.nhtsa.gov/back-school-safety>

COMING SOON!

Upcoming Activities/Events in Our Area



NATIONAL SEAT CHECK SATURDAY

The National Seat Check Saturday is scheduled for Saturday, September 21, 2024.

According to the National Highway Traffic Safety Administration (NHTSA), 46% of car seats are installed incorrectly. Incorrectly installed seats put a child in serious danger during a crash, potentially causing fatal injuries. Schedule a free check today!

IF YOU ARE A VETERAN, YOU COULD BE ELIGIBLE FOR BENEFITS.

PLEASE JOIN ME ON Sept 19, 2024 @ 2:00pm or 5:00 pm.

Catawba County Veteran Services

ba County Veteran Services

PRESENTATION ON HOW TO FILE FOR

VETERANS BENEFITS

AS A VETERAN YOU HAVE EARNED THESE BENEFITS

DONT LET CONGRESS GET RID OF YOUR BENEFITS

Catawba County Veteran Services
100 Governmant Drive,
Newton, NC 28658

Please call to register
828-465-8255