

NEWS

You Can Use



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FIRE PREVENTION

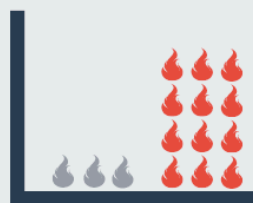
Fire and Older Adults



Did you know? In 2020, older adults in the United States:



Had a 2.5 times greater risk of dying in a fire than the total population.



Ages 85 and over were 4.0 times more likely to die in a fire than the total population.

Ages 85 and over had the highest fire death rate.



Fire is FAST. Thick black smoke can fill your home in just minutes. Smoke alarms save lives by providing early warning of fire. Two-thirds of all home fire deaths occur in homes without working alarms. Age-related issues like decreased mobility and hearing loss may make it more difficult for older adults to respond quickly to the sound of a smoke alarm. Consider installing alarms with flashing lights or vibration. Test all alarms regularly and change batteries. Know two ways out of every room. Sleep on the ground floor if possible. Keep escape routes clear of clutter and trip hazards. Keep mobility aids (walker, cane), glasses and phone near you.

FIRE SAFETY TIPS

for Seniors

According to the U.S Fire Administration, older adults are in a much more dangerous situation than the general population in a fire. Here are simple tips caregivers and seniors alike can use to prevent harm and danger.



Keep smoke detectors up to date.



Absolutely no smoking at home.



Remain in the kitchen while cooking!



Do not overload power sockets.

HOME FIRE DRILL

- Map your home--Plan two escape routes from every room.
- Check Exits--make sure all doors and window are not blocked and open easily.
- Mobility Aids--keep walkers, wheelchairs, canes, etc close
- Choose a meeting spot--safe distance away from the home.
- Identify helpers--family members in home or close neighbors .
- Practice getting out. Stay low to avoid smoke.
- Review, identify any problems, and make adjustments to the plan.

Fire Escape Plan

HOLIDAY Safety

Tips to keep you safe during the upcoming holidays:

- Avoid falls by keeping floors, hallways and stairs free of rugs, clutter and cords .
- Improve lighting, esp in dark hallways,
- Use only battery-powered candles to reduce fire risk.
- Keep flammable materials away from fireplaces
- Check lights and cords-replace any with frayed wires. Use only outdoor approved lights outside.
- Be wary of scams. Be suspicious of requests for personal info, esp via email or phone.
- Don't leave expensive gifts visible from windows or place boxes advertising expensive items in view.



WINTER READINESS

Follow these tips before winter weather arrives so you'll be safe and ready!

- Service heating systems: Have furnace and chimney inspected and cleaned to prevent fire hazards. Keep space heaters away from flammable items and never leave unattended.
- Check Carbon monoxide and smoke detectors: Change batteries and use test function.
- Shut off/drain outdoor faucets. Disconnect hoses before the first hard freeze to avoid frozen pipes.
- Have gutters cleaned to avoid water/ice backup.
- Install a programmable thermostat to improve efficiency and save money.
- Check for drafts. Fix worn or cracked seals, apply weather stripping where appropriate.
- Have vehicle serviced before it gets cold.
- Prepare for winter weather. Gather first aid supplies, warm blankets, flashlights, charged phone, water, non perishable food, and medicine so you're prepared in case of a prolonged power outage. If you use medical equipment that requires power, make sure you have a backup option.
- Plan ahead. Enlist friends, neighbors or professionals to help in case of bad weather.
- Layer clothing to trap heat and protect from cold.
- Stay hydrated and eat nutritious meals.
- Staying active can help to maintain flexibility and improve circulation. Walking, stretching and chair exercises are all beneficial.
- Stay connected with friends and family to combat the winter blues.



DAYLIGHT SAVINGS

Don't forget to "Fall Back" before going to bed Saturday night, November 1, 2024. Official time change happens Sunday 11/2 at 2 am. Many "smart" devices like cell phones and computers will automatically change to standard time. Non-smart devices like microwaves, ovens, clocks with hands will need to be changed manually. As a result, sunrises and sunsets will be earlier. DST will begin again March 9, 2025.

DON'T FORGET TO FALL BACK

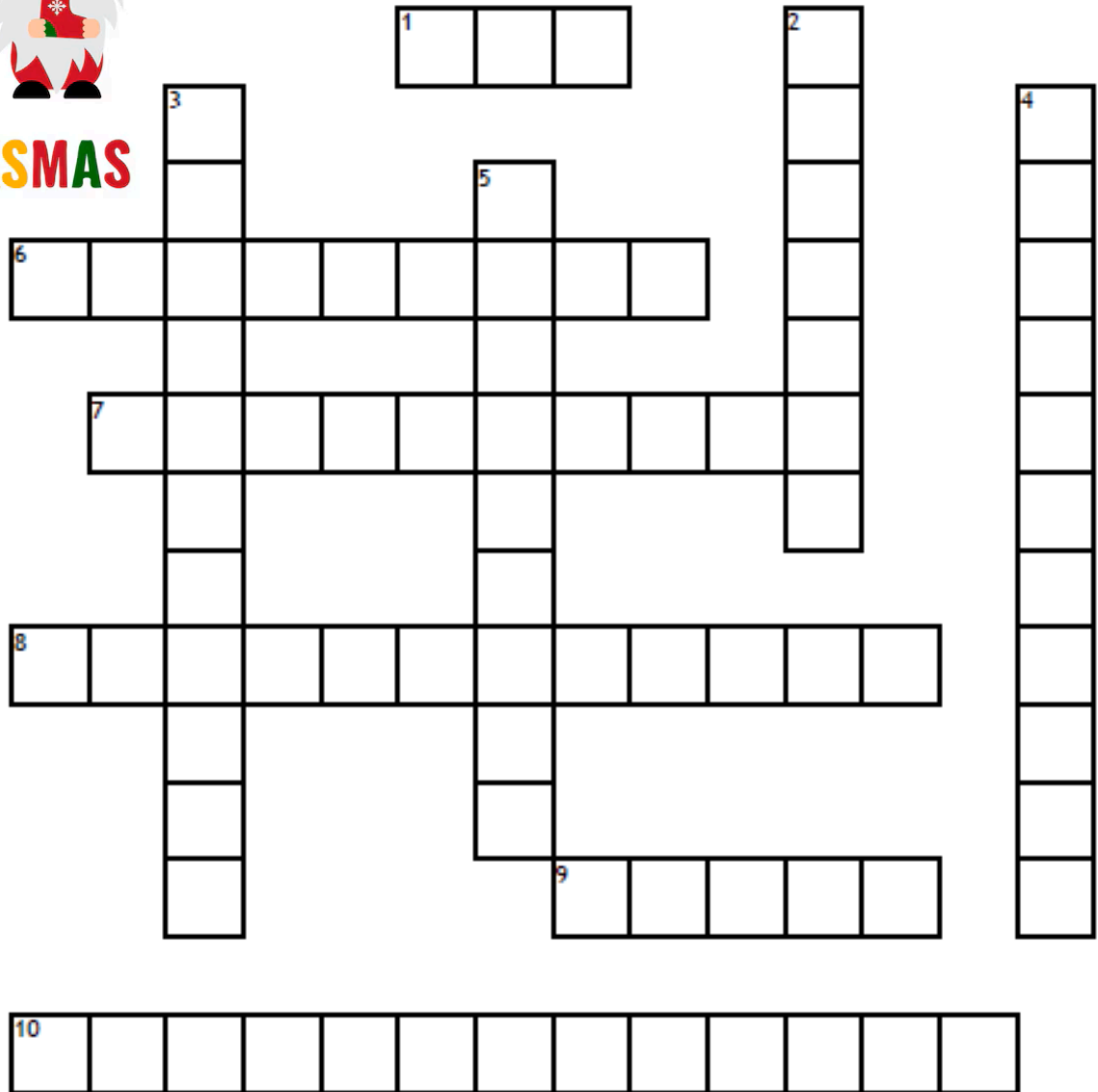
CHANGE YOUR CLOCKS AND CHECK YOUR SMOKE ALARM

HAPPY



HALLOTHANKSMAS

Fire Safety



Across

1. phone number you call in an emergency
6. when you practice for a fire
7. a plan to show you where to meet
8. equipment that sprays something on a fire to stop it from burning
9. a loud noise that warns of danger

10. equipment that makes a loud noise to warn you

Down

2. a pipe outside that is connected to water that firefighters can hook hoses onto
3. a place where firetrucks are kept
4. someone who puts out fires
5. a vehicle that firefighters ride and keep equipment on