Home Safety

Florida HEALTH
Collier County
Did You Know?
Every Year.......... 

• 6 Million injuries occur at home 
• 1 out of 3 older adults will fall 
• Poisoning takes nearly 5,000 lives 
• Home fires claim more than 3,000 lives 
• Drowning takes over 3,380 per year
Slips / Trips / Falls

• Falls are the leading cause of injury death for Americans over 65 and kill more people than car accidents

• Over 95% of hip fractures are caused by falls

• Most falls are at floor level, not on the stairs
How to reduce the risk of falls

- Avoid clutter / cords on the floor
- Appropriate lighting throughout the home and especially over stairs
- Install/ensure sturdy stair hand rails
- Night lights for late night bathroom visits
- Throw rugs need non-slip backing
- Non-slip rubber mat on bathtub floor
- Install grab bars inside tub and next to the toilet
How to reduce the risk of falls

• Eat a well balanced diet / drink water
• Get exercise / stretch / improve balance
• Be mindful of medications and the body’s reaction
• Maintain sharp vision; Wear glasses/ contacts with the right Rx
• Wear well fitting shoes with slip resistant soles
• Avoid slippers/ loose sandals
Poisoning

• Drug overdose and poisoning may occur at any age and is not always intentional

• On average, Seniors take five prescription drugs QD

• That can lead to dangerous reactions

• It's easy to mix up medications and take the wrong drug

• Always store them in their original containers so you don't mix pills
Other Poisons……

• CO is the leading cause of poisoning death in the United States. Install a carbon monoxide detector on each floor of your home.

• Beware! What’s in the kitchen/garage?

• Food poisoning affects millions of people Q yr

“Clean Separate Cook Chill”

USDA Recommended Safe Minimum Internal Temperatures

- Steaks & Roasts: 145 °F
- Fish: 145 °F
- Pork: 160 °F
- Ground Beef: 160 °F
- Egg Dishes: 160 °F
- Chicken Breasts: 165 °F
- Whole Poultry: 165 °F

• Poison Help hotline (800) 222-1222
• Home fires and burns claim more than 3,000 lives a year, the third-leading cause of accidental home injury deaths
• Know your escape route, discuss and practice
• Install smoke alarms, batteries changed Q yr
• Buy an “ABC” extinguisher → P.A.S.S
• Is your street address clearly visible?
Home Invasion / Street Crime

• To avoid crime, be the "BOSS"
  Be Observant, Smart, Safe

• SMART 911
  Create a Safety Profile for your household and give First Responders vital information before they arrive. Private/Secure/Simple/Free
The First 72
Is All You!
All Hazards Preparedness

Assemble a Disaster Kit

- Water / non-perishable foods
- Battery operated radio
- Flashlights with extra batteries
- First Aid kit
- Prescription Medicine /glasses/ hearing aids
- Sturdy shoes / clothes
- Protect important documents
Don’t Be This Guy!

- Wash your hands
- Don’t touch your eyes /nose /mouth
- Get a flu / Pneumonia vaccine
- Know when to see a Doctor (CP/SOB)
- Use your flu magnet!!!!!
Public Health Issues

• #1 Maintain a healthy Weight
• Use antibiotics appropriately (avoid resistance)
• Mosquitoes (Chikingunya / Dengue / West Nile Eastern Equine Encephalitis (Drain and Cover))
• Rabies (bats/raccoons/skunks)
• Enterovirus D – 68 / Norovirus