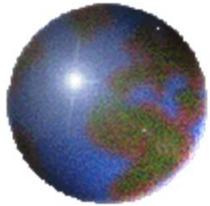
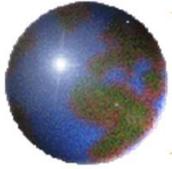




Home Safety

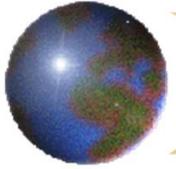




Did You Know?

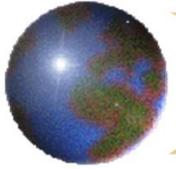
Every Year.....

- 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



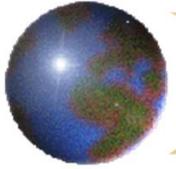
Slips / Trips/ Falls

- 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

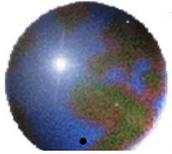
- Avoid clutter / cords on the floor
- Appropriate lighting through out the home and especially over stairs
- Install/ensure sturdy stair hand rails
- Night lights for late night bathroom visits
- Throw rugs need non-slip backing
- Non-slip rubber mat on bathtub floor
- Install grab bars inside tub and 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

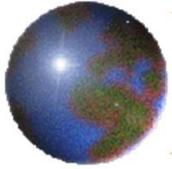




Poisoning



- 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

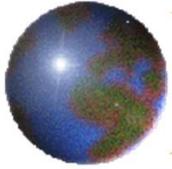


Chicken Breasts
165 °F

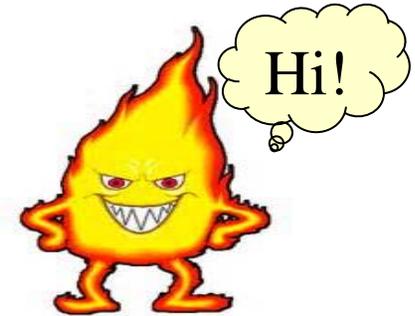


Whole Poultry
165 °F

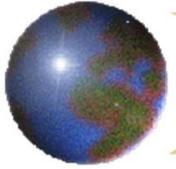
- Poison Help hotline (800) 222-1222



Fire and Burns



- 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?

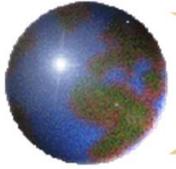


Home Invasion / Street Crime

- 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!*

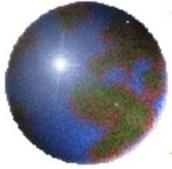




All Hazards Preparedness

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**

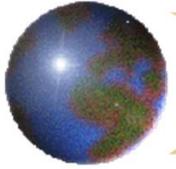


Don't Be This Guy!



- 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 (Chikungunya / Dengue / West Nile Eastern Equine Encephalitis (Drain and Cover)
- Rabies (bats/raccoons/skunks)
- Enterovirus D – 68 / Norovirus