

# From the Parish Nurse

## OCTOBER FIRE SAFETY MONTH

October is a good time to check your smoke detectors. Battery powered alarms more than 10 years old should be replaced. When was the last time you checked your smoke detectors? Smoke and CO2 alarms should be on every level of your house, garage, store room, in or outside of the bedrooms. Practice fire prevention every day. Have a fire extinguishers and know how to use it for small fires.

We celebrate Fire prevention week (October 8-14th) and the whole month of October as Fire Safety Month. We want to spread fire safety awareness to everyone. This year's theme is "Cooking Safely starts with you." Kitchen fire safety: Always remain in the kitchen when cooking, unattended cooking is the number 1 cause of a home fire. Unplug appliances, keep kitchen free of clutter, and set a timer to check on what you are cooking. Almost 3 out of 5 home fires resulted from fires with no smoke alarms or ones that are not working. Carbon monoxide is the number 1 cause of accidental poisoning in the US. Test your alarms at least monthly. If you have trouble testing to make sure they are working, ask someone when they are at your place or call someone to check them for you. Check them monthly and change the batteries every 6 months.

Check on some unexpected fire hazards that could be in your home. Like dryer lint, stacks of paper in the corner, frayed chords, soiled rags, candles, heaters to close to something. Check your heating pads, electric blankets/pads/throws, or anything you plug in, is in good working order.

Develop a fire escape plan if you do not already have one. Make sure you know 2 ways to get out of every room. Practice your home escape plan and have a meeting place outside of your home. Call 911 sooner than later. Close doors behind you to help contain the fire.

REMEMBER if you would like your blood pressure checked, help with understanding lab reports, a vis-it, or other medical issues please contact Charlotte Spencer Parish Nurse. Remember to check on getting your RSV, and updates on Flu shot 23 and update on covid. GOD BLESS.

*Romans 12:11 Never let the fire in your heart go out. Keep it alive. Serve the Lord.*

