



Volume 3, Issue 15

Quarterly Edition



SAN BERNARDINO COUNTY FIRE DEPARTMENT

S.A.F.E.

# Senior Alert for Falls/Fire Education

# Severe Summer Weather

## Tips to keep you cool & safe in the heat:

1. Relax-chores, gardening, & other mild to strenuous activities can wait until cooler hours of the day (before 10am-after 6pm) **Slow down, the body can't do its best at high temperatures!**
2. If venturing outdoors wear lightweight clothing in light colors. Loose fitting will allow more air circulation.
3. Use sunscreen of at LEAST 15 spf and use an umbrella or wear a hat (even if your not in direct sunlight)
4. **Use your air conditioning**, it can be a lifesaver, especially if you have heart disease. If you don't have air conditioning head to a movie, shopping center, senior center, or library. Stay on lower levels of your home.
5. Place a cool wet towel or ice bag on your neck and wrists. Take a cool bath or shower for quick relief.
6. Avoid alcohol and caffeine. Limit your use of salt, both cause your body to lose water.
7. If participating in activities outdoors, take frequent breaks.
8. **DRINK WATER EVERY 15 MINUTES EVEN IF YOU DON'T FEEL THIRSTY.**

**Heat stroke is life threatening!** Help is needed fast! **Call 9-1-1!**  
 Symptoms can sometimes mimic a heart attack. Other symptoms include: high body temperature, no sweating, flushed red skin, rapid pulse, difficulty breathing, hallucinations, seizures, disorientation, or coma.  
 Treatment: **Call 9-1-1 first**, then follow instructions below until help arrives!

### Signs of heat illnesses:

- dizziness
- diarrhea
- chest pain
- nausea
- breathing problems
- mental changes
- headache
- rapid heartbeat

### What to do if heat illness is suspected:

Get the person to a cool area. Have them rest & drink cool water every 15 mins. Apply cool towels or ice packs to major blood vessels-neck, wrists, ankles, & armpits. If necessary wrap person in cool wet sheets & fan them.

**If they lose consciousness, vomit, or refuse water CALL 9-1-1!**

**Do not use rubbing alcohol!**

# Take the heat seriously, keep yourself cool.



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# Earthquake & Disaster Planning

Create a disaster plan so you're prepared if it happens. Plan for different disasters such as earthquakes, fire, or severe weather. Discuss what you would do in each disaster. Practice often to assure a smooth operation.

## Your plan should include:

- Two meeting places
  - One outside home
  - Another outside neighborhood
- Have an out-of-state contact that everyone knows
- Assemble a disaster supply kit.
- Plan on how and what to do for your pets.



## If a disaster should strike:

- Remain calm and put your plan into action.
- Prepare for aftershocks if necessary.
- Check for injuries, administer first aid & call for help if needed.
- Turn on your radio for further instructions, if advised to evacuate do so. Leave a message on the door telling where you will be and how to be reached.
- Check for damage or fires in your home.
- If you smell gas, turn off the main valve, open windows and get out!
- Make sure you have an adequate supply of water.

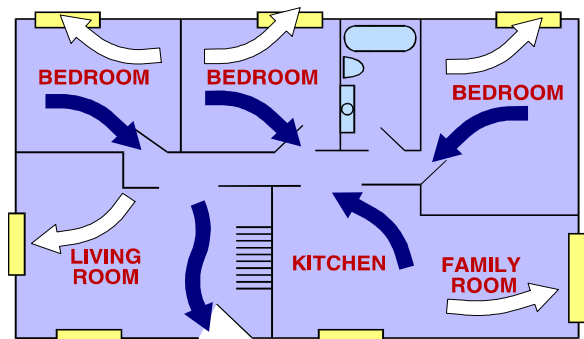
## DURING A QUAKE:

**Indoors:** Know the safe spots in your home-get under a desk or table, get away from windows, or falling debris.

**Outdoors:** Go to an open area away from buildings, trees, & power lines.

## Items to have in your disaster supply kit:

- WATER!!
- Food
- Sleeping Bags
- Dust Masks
- First Aid Kit
- Flashlights
- Radio
- Batteries
- Medication
- Oxygen
- Whistle
- Clothes
- Family Documents





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# Fire Safety for people with Disabilities

If you have a disability, plan ahead for emergencies such as a disaster, fire, etc. Consider how your disability will effect your ability to escape. Talk to your family, friends, or neighbors about help and practice with them, often. Also have a back up plan if that person is unavailable. For any disaster you always want to know 2 ways out. If your disability requires special arrangements make them part of your plan and make sure everyone knows what to do.



**IN A HOME FIRE YOU HAVE  
APPROXIMATELY  
7 MINUTES TO ESCAPE!!**

## What you can do:

- Install smoke alarms throughout your home or apartment. Have the correct kind if you have a hearing impairment or if you need assistance call the local fire department.  
**If your smoke alarm goes off-respond immediately and put your plan into action.**
- Sleep near a phone so if you can't get out you can call 9-1-1. If you can't get out: close as many doors as possible between yourself and the fire. Stuff clothes, towels, etc under cracks.
- **Call 9-1-1** & tell them you're trapped and where you are. If there's a window hang bright clothes or wave your flashlight so the firefighters know where you are.
- Keep a flashlight close by with spare batteries if need be.
- If you have an oxygen tank move it as far from the heat as possible to prevent combustion or ignition.

