

# MAKING SAFETY A PRIORITY



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CO is called the "silent killer" because it is a colorless, odorless, tasteless, non-irritating gas.

If the early signs of CO poisoning are ignored, a person could lose consciousness and be unable to escape danger.

More people die from CO poisoning than any other kind of poisoning.

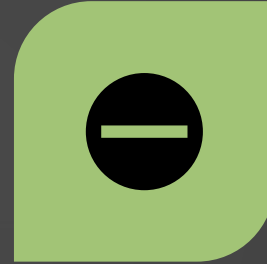
# WHERE IS CARBON MONOXIDE (CO) COME LOCATED?



FURNACES, GAS RANGE/STOVE, GAS CLOTHES DRYER, WATER HEATER, PORTABLE FUEL-BURNING SPACE HEATERS FIREPLACES, GENERATORS AND WOOD BURNING STOVES.



VEHICLES, GENERATORS AND OTHER COMBUSTION ENGINES RUNNING IN AN ATTACHED GARAGE



BLOCKED CHIMNEY OR FLUE.



CRACKED OR LOOSE FURNACE EXCHANGER

# WHERE IS CARBON MONOXIDE (CO) COME LOCATED? (CONT.)

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**Back drafting  
and changes in  
air pressure.**

**Operating a  
grill in an  
enclosed  
space.**

# SYMPTOMS RELATED TO CARBON MONOXIDE

- headaches
- dizziness
- nausea and weakness
- loss of muscle control
- shortness of breath
- chest tightness
- At high levels or continued exposure, CO can cause loss of consciousness, brain damage or death.

# CARBON MONOXIDE CONT.

1

Breathing the fumes causes carbon monoxide to replace oxygen in the blood. This prevents oxygen from getting to tissues and organs.

2

Breathing in smoke during a fire also can cause carbon monoxide poisoning. And smoking through a water pipe, called a hookah, has been linked to increasing numbers of younger people getting carbon monoxide poisoning.

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## RISK FACTORS

Breathing in carbon monoxide can be especially dangerous for:

**Unborn babies.** Fetal blood cells take up carbon monoxide more easily than adult blood cells do.

**Infants and children.** Young children take breaths more often than adults do.

**Older adults.** Older people who have carbon monoxide poisoning may be more likely to get brain damage.



# PROTECTING SENIOR CITIZENS





# NOT PREPARED!!!!!!

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**25% of Senior  
Citizens are not  
prepared.**

**66% of  
American's  
don't feel  
prepared.**

**51% of  
American's are  
prepared.**

# HAVING A PLAN

- The reality of a disaster situation is that you will likely not have access to everyday conveniences.
- To plan in advance, think through the details of your everyday life. If there are people who assist you on a daily basis, list who they are, and how you will contact them in an emergency.
- Think about what modes of transportation you use and what alternative modes could serve as back-ups. If you require handicap accessible transportation, be sure your alternatives are also accessible. Keep a copy of your plan in your emergency kit. Your plan should include how you will contact family members.

# HAVING A PLAN

The first step is to plan to make it on your own for at least 7 - 10 days. It is crucial that you and your family think about what kinds of resources you use on a daily basis. Always keep copies of important documentation in waterproof container. Your kit should include:

**Basic Supplies:** Think first about the basics for survival - food, water, clean air and any life-sustaining items you require. See our complete list of basic supplies.

**Medications and Medical Supplies:** If you take medicine or use a medical treatment on a daily basis, be sure you have what you need on hand to make it on your own for at least a week. You should also keep a copy of your prescriptions as well as dosage or treatment information.

**Additional Items:** In addition, there may be other things specific to your personal needs that you should also have on hand. If you use eyeglasses, hearing aids and hearing aid batteries, wheelchair batteries, and oxygen, be sure you always have extras in your home.

# KEEPING YOUR PETS SAFE

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You may face a number of emergencies or disasters in your lifetime - fire, flooding, windstorm, ice or snowstorm, power outage, or exposure to hazardous materials, to name just a few. Emergency planning is crucial. The steps you take now to prepare your loved ones and your pets could save their lives. If it isn't safe for you, it isn't safe for your pets.

Should a disaster occur or appear imminent, and if emergency officials recommend that you stay in your home, it is crucial that you keep your pets with you. Always bring them inside at the first sign of danger.

# KEEPING YOUR PETS SAFE CONT.

Crating your pets may also make it easier if evacuation becomes necessary. Do not evacuate and leave your pets behind in a crate because they will be rendered helpless until you return or until someone else reaches them.



On the carrier and harness, write your pet's name, your name and contact information with a permanent marker; include a picture of your pet



Extra harness for safety



Post your pet's behavioral or medical issues on the carrier and harness

