

2011

December

Safe Holidays

Have a happy and safe holiday season!



Cache Creek Park. Courtesy Jerry Wright/Yolo Co. Parks & Resources Dept.

In the U.S., fires during the holiday season kill 400 people, injure 1,650 more, and cause over \$990 million in damage annually.⁶¹ Follow these steps to ensure safe holidays:

- Install smoke alarms on every level of your home, test them monthly, and replace batteries regularly.
- Keep children away from fireplaces. Use child gates to keep children from fire.
- Keep indoor candles in stable holders where they cannot be easily knocked down. Never leave the house with candles burning and never put lit candles on a tree.
- When selecting a tree, needles should be green and hard to pull back from the branches, needles should not fall off easily, and the trunk should be sticky to the touch. Do not place a tree near heat sources (e.g., a fireplace or vent). Do not leave your tree up for longer than two weeks. Keep the tree stand filled with water at all times.
- Inspect holiday lights each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets, and excessive kinking or wear before putting them up. Do not overload electrical outlets.
- Have fireplaces inspected annually to check for cracks, obstructions, and creosote buildup.

Take steps to make sure that you and everyone you celebrate with avoids driving under the influence of alcohol:

- Plan ahead. Always designate a non-drinking driver before any holiday party or celebration begins.
- Take the keys. Do not let a friend drive if they are impaired.
- Be a helpful host. If you're hosting a party this holiday season, remind your guests to plan ahead and designate their sober driver, always offer alcohol-free beverages, and make sure all of your guests leave with a sober driver.

AIDS Awareness Month • National Drunk and Drugged Driving Prevention Month • Safe Toys & Gifts Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	1 World AIDS Day	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21 First Day of Winter	22	23	24
25	26 County Holiday	27	28	29	30	31 New Year's Eve

Recognize a Heart Attack¹

Studies suggest that heart attacks peak around the holidays in the U.S. Both men and women may experience the most common heart attack signal, which is chest pain or discomfort. Women are somewhat more likely than men to experience some of the other warning signals listed below, particularly shortness of breath, nausea/vomiting, and back or jaw pain. There are probably several reasons for this, including stress and delay in seeking care in the midst of holiday plans.

- Persistent chest pain/pressure lasting more than 3-5 minutes or goes away and comes back
- Chest pain spreading to the shoulders, neck, jaw, stomach, or arms
- Shortness of breath or trouble breathing
- Nausea or vomiting
- Dizziness, light-headedness, or fainting
- Pale, ashen (grayish) or bluish skin, sweating
- Denial of symptoms, despite obvious signs of distress

Recognize a Stroke F.A.S.T.¹

Early recognition of a stroke may save someone's life. Look for signs of stroke:

- Face—Weakness on one side of the face. Ask person to smile.
- Arm—Weakness or numbness in one arm. Ask person to raise both arms.
- Speech—Slurred speech or trouble getting words out. Ask person to say a simple sentence.
- Time—Note time that stroke symptoms were first observed and CALL 9-1-1.

Care for a Heart Attack¹

- Call 9-1-1 (ALWAYS DO THIS FIRST)
- Have person stop what they are doing and rest comfortably
- Loosen any tight or uncomfortable clothing
- Comfort the person, obtain information about their condition, note changes in appearance or behavior
- Assist with medication, if prescribed
- Be prepared to give CPR and use an automated external defibrillator (AED)
- You may be able to help a conscious person who is showing early signals of a heart attack by offering an appropriate dose of aspirin:
 1. Always call 9-1-1 before giving aspirin (never delay the 9-1-1 call)
 2. Ask person if he/she is...
 - Allergic to aspirin
 - Has a stomach ulcer or stomach disease
 - Taking any blood thinners
 - Has ever been told by a doctor not to take aspirin
 3. If the person says NO to all of these, then you may offer 2 chewable (162mg) baby aspirins or one adult (325mg) aspirin with a small amount of water. Be sure you only give aspirin—not acetaminophen (Tylenol®) or ibuprofen.

- Get CPR and AED certified/Red Cross
- Holiday Safety & Toy Safety
- Suicide Prevention Crisis Lines (24/7)
- Report Drunk Drivers

www.yc-arc.org
 www.cdc.gov/family/holiday, www.safetoy.com
 Call Davis (530) 756.5000 Woodland (530) 666-7778 West Sacramento (916) 372-6565
 Call 9-1-1