

September

FIRE DOTS



Earthquake & Disaster Preparedness

Create a disaster plan so you're ready if it happens. Plan for different disasters such as earthquakes, fire, or severe weather. Discuss what you would do in each disaster.

Practice with the whole family-often-to assure a smooth operation.

Your plan should include:

1. Knowing 2 ways out!
2. Two meeting places
 - One outside home
 - Another outside neighborhood
3. Have an out-of-state contact that everyone knows
4. Assemble a disaster supply kit.
5. 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 & how to be reached.
- Check for damage or fires in your home.
 - If you smell gas, turn off the main valve, open windows & get out!

- **Make sure you have an adequate supply of water.**

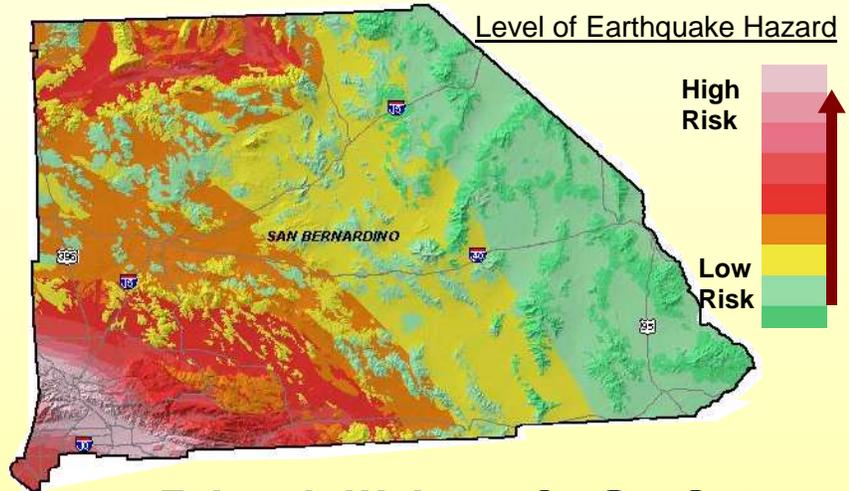
DURING A QUAKE:

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



Disabilities & Safety

If you have a disability, consider how your disability will affect your ability to escape. Talk to your family, friends, or neighbors about help & practice your plans with them. 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 & be 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.

OCTOBER

Fire Prevention Month



Prevent Home Fires

TIPS FOR ADULTS:

Cook with Care:

- Never leave the stove unattended while cooking.
- Keep combustibles away from heat
- Never wear loose clothing while cooking.
- Keep an oven mitt or lid handy, just in case you need to smother an accidental fire.

Electrical Safety:

- Keep lamps, light bulbs, & light fixtures away from things that can burn: curtains, bedding, clothing, etc.
- Replace cracked or damaged cords.
- Extension cords are for temporary use only.
- Call an electrician for any recurring blown fuses, discolored or warm outlets, flickering lights, or burning rubbery smell coming from an appliance.

Candle Caution:

- Keep candles on a flat stable surface.
- Keep 12" from things that can burn.
- Never leave unattended!
- In emergencies use flashlights.

Make sure your smoke alarms are working properly by testing monthly and changing the batteries every 6 months. If they're over 10 years old, replace them. Keep your family familiar with the sound of your smoke alarm and practice your escape routes.

TIPS FOR KIDS:

- ✚ When you're in the kitchen stay away from the stove or oven.
- ✚ Never grab for anything on the stove.
- ✚ Never touch an outlet! If you need help or if you see something dangerous get an adult.
- ✚ If you find matches or a lighter...tell an adult right away! Never touch!
- ✚ Keep away from candles...at least 3 feet.
- ✚ Remind grown-ups to test the smoke alarms.
- ✚ Practice your escape routes and know where your meeting place is outside. Is it by the mailbox? Or the neighbors?

What number do you call in an emergency?

9-1-1

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Severe WINTER weather

November

Snow, hail, sleet, & low temperatures are some weather conditions to be prepared for this coming winter. Severe weather can result in power outages, commuting delays and traffic accidents, school and business closings and flight delays or cancellations. Different factors affect how well your body maintains its normal temperature such as air temperature, wind, clothing, intensity of activity and the body's ability to adapt. Generally, illnesses caused by over-exposure to extreme temperatures are preventable.

Tips to prevent cold weather emergencies or illnesses:

- Dress appropriately. Layers work well so you can adjust to changing conditions.
- Hats help keep heat in. Wear one that covers your ears.
- Wear mittens or gloves.
- Reduce time outside by taking frequent breaks. When you are on a break drink warm liquids, they help your body control it's core temperature and keep you hydrated. Dehydration is dangerous and it becomes less noticeable in the colder season. Avoid alcohol and caffeine which works against your body's temperature regulator.

The greatest at risk group for these illnesses are young children and older adults.



Also, people with medical conditions that affect their circulation, such as diabetes or heart disease and anyone without adequate clothing, shelter, or heating sources are at risk.

Some symptoms of a weather-related illness:

- Hypothermia symptoms include-confusion, dizziness, exhaustion, and severe shivering.
- Frostbite symptoms include-gray, white or yellow skin discoloration, numbness, and waxy feeling skin.

Responding to the symptoms:

- Get out of the cold!
- Remove cold or wet clothing and use warm blankets to help restore the body's normal temperature.
- Replenish fluids and seek medical treatment.
- **Call 9-1-1!** If a weather-related health emergency occurs, get help immediately; these types of medical emergencies are serious and can be fatal if left untreated.

Heating Reminders

- Remember to keep space heaters 3 feet from anything that can burn.
- Always turn off & unplug space heaters every time you leave the room & before going to bed.
- Never use an extension cord or power strip with a space heater, they can overheat.
- Do not place cords under furniture or carpet. Have the cord in an area less walked through.
- Never place anything flammable near a heater: clothes, liquid or gas products.
- Never to use an oven to heat your home.



Welcoming our newest division: Victorville!

Proudly serving the Community's of:



Fire and Life Safety Calendar Community Risk Topics:

January: <ul style="list-style-type: none"> Home Escape Planning Residential Sprinkler Systems Slip and Fall 	February: <ul style="list-style-type: none"> Carbon Monoxide Safety Car seat & Vehicle Safety Burn & Scald Awareness Flammable Liquids
March: <ul style="list-style-type: none"> Poison Prevention Fire safe landscaping & roofing Residential addressing Weed abatement 	April: <ul style="list-style-type: none"> Smoke Alarm Checks Household Hazardous Waste Evacuations for businesses & Schools Asbestos Week
May: <ul style="list-style-type: none"> Drowning Prevention Wild land Fire Safety Emergency 9-1-1 	June: <ul style="list-style-type: none"> Home Hazards Juvenile Fire setters Fireworks First Aid/CPR Water Conservation
July: <ul style="list-style-type: none"> Vacation & Camping Safety Boating Safety Choking & Strangulation Awareness Severe summer weather Hotel & Motel Safety 	August: <ul style="list-style-type: none"> Bicycle Safety Vehicle Fires Emergency right-of-way
September: <ul style="list-style-type: none"> Earthquake & Disaster Preparedness Kitchen Safety Fire Extinguishers Floods Hunt for home hazards Disabilities 	October: <ul style="list-style-type: none"> Fire Prevention Change clocks & replace batteries in smoke alarms Halloween Safety TBI Awareness School Bus Safety
November: <ul style="list-style-type: none"> Fireplace & Wood Stove Safety Kerosene & portable heaters Severe winter weather 	December: <ul style="list-style-type: none"> Holiday Safety Firearms Safety Security Bars on windows Candle Safety

- Adelanto
- Amboy
- Angelus Oaks
- Arrowhead
- Baker
- Baldy Mesa
- Barton Flats
- Big River
- Black Meadow Landing
- Bloomington
- Cedar Glen
- Chemehuevi
- Reservation
- Crest Park
- Deer Lodge Park
- Devore
- Earp
- El Mirage
- Fawnskin
- Fontana
- Forest Falls
- Grand Terrace
- Green Valley Lake
- Harvard
- Havasu Landing
- Helendale
- Hesperia
- Hinkley
- Homestead Valley
- Johnson Valley
- Joshua Tree
- Lake Arrowhead
- Landers
- Lucerne Valley
- Lytle Creek
- Mentone
- Mountain Home
- Village
- Mt. Baldy
- Mt. View Acres
- Muscoy
- Needles
- Oak Glen
- Oak Hills
- Oro Grande
- Park Moabi
- Parker Dam
- Phelan
- Pinon Hills
- Pioneer Town
- Red Mountain
- San Antonio Heights
- Searles Valley
- Sky Forest
- Spring Valley Lake
- Summit Valley
- Trona
- Victorville
- Windy Acres
- Wonder Valley
- Wrightwood
- Yucca Valley



Check us out on the web:
www.sbcfire.org

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Free Brochures Available to the Public!
Topic's include: (also available in Spanish)

- *9-1-1 *Bicycle Safety *Camping Safety *Firesetter
- *Business and School Evacuation *Car Seat Safety
- *Carbon Monoxide *Drowning Prevention *First Aid
- *Earthquake & Disaster Preparedness *Cool A Burn
- *Fire Extinguishers *Firefighter career *Security Bars
- *Home Hazards *Home escape plan *House Numbers
- *Wildfire *Smoke Alarms *People with Disabilities