

## The Moreno Valley Fire Department offers the following Carbon Monoxide Safety Tips:

Carbon monoxide (CO) is an odorless, colorless and toxic gas. Because it is impossible to see, taste, or smell the toxic fumes, CO can kill before you are aware it is in your home. Carbon Monoxide can come from several sources including gas-fired appliances, charcoal grills, wood-burning furnaces or fireplaces, and motor vehicles. At lower levels of exposure, CO causes mild effects that are often mistaken for the flu. These symptoms include headaches, dizziness, disorientation, nausea, and fatigue. The effects of CO exposure can vary greatly from person to person depending on age, overall health, and the concentration and length of exposure. You can protect yourself and your family by following a few easy steps:

- Install at least one CO alarm with an audible warning signal evaluated by a nationally recognized laboratory, near sleeping areas and outside individual bedrooms. CO alarms measure levels of the gas over time and are designed to sound an alarm before an average, healthy adult would experience symptoms.
- Have your heating system, water heater, and any other gas, oil or coal burning appliances serviced by a qualified technician every year.
- Don't use your range or oven to help heat your home and never use a charcoal grill or hibachi in your home or garage.
- Never keep a car running in a garage. Even if the garage door is open, normal circulation will not provide enough fresh air to reliably prevent a dangerous buildup of CO.



## The Moreno Valley Fire Department offers the following tips to prevent scalds and burn accidents:



Each year, more than 100,000 children 14 and under are treated for fire and burn injuries. The leading causes of burn injuries in young children are hot liquids and steam. Your house is full of common things that can burn your child. National Burn Awareness Week is observed the first full week in February, and is the perfect calendar observance to focus on preventing fires and protecting children.

### Reduce water temperature

- Set the hot water heater to 120 degrees. If you rent, ask your landlord to do it.
- Consider putting anti-scald devices on faucets. A child's skin burns at lower temperatures and more quickly than adult skin.

### **Establish a “Kid-Free Zone”**

- Make the stove area a “Kid- Free Zone” (3 feet is a good distance). Mark it on the floor with bright tape.
- Always stay in the kitchen when your children are there.
- Do not hold children while cooking or while carrying hot foods or liquids.



### **Avoid hot spills**

- Cook with pots and pans on back burners; turn handles away from the front.
- Do not place hot foods or liquids near the counter or table's edge.

### **Test food and drink temperature**

- Taste cooked food and heated liquids to make sure they're not too hot.
- Never microwave a baby's bottle. Drinks heated in a microwave may be much hotter than their containers.
- Heat bottles with warm water and test before feeding.

### **Remove items that burn**

- Teach your child to never touch matches or lighters. Store these items in locked cabinets and do not use these items for fun —children can imitate you.
- Keep children away from candles and other open flames.
- Keep cords out of your children's reach.

## **The Moreno Valley Office of Emergency Management offers the following emergency preparedness tips:**

Water is an essential element to survival and a necessary item in an emergency supplies kit. Following a disaster, clean drinking water may not be available. Your regular water source could be cut-off or compromised through contamination. Prepare yourself by building a supply of water that will meet your family's needs during an emergency.

### **How Much Water Do I Need?**

You should store at least one gallon of water per person per day. A normally active person needs at least one gallon of water daily just for drinking however individual needs vary, depending on age, physical condition, activity, diet and climate.

To determine your water needs, take the following into account:

- One gallon of water per person per day, for drinking and sanitation.
- Children, nursing mothers and sick people may need more water.
- A medical emergency might require additional water.
- If you live in a warm weather climate more water may be necessary. In very hot temperatures, water needs can double.

- Keep *at least* a five to seven-day supply of water per person.
- It is recommended to have a cart or “dolly” available in the event the water supply needs to be moved to a different location.

### **How Should I Store Water?**

It is recommended you purchase commercially bottled water, in order to prepare the safest and most reliable emergency water supply. Keep bottled water in its original container and do not open until you need to use it. Observe the expiration or “use by” date. Store in cool, dark place.



### **Preparing Your Own Containers of Water**

It is recommended you purchase food grade water storage containers from surplus or camping supplies stores to use for water storage. Before filling with water, thoroughly clean the containers with dishwashing soap and water and rinse completely so there is no residual soap.

If you chose to use your own storage containers, choose two-liter plastic soft drink bottles – not plastic jugs or cardboard containers that have had milk or fruit juice in them. Milk protein and fruit sugars cannot be adequately removed from these containers and provide an environment for bacterial growth when water is stored in them.

Cardboard containers also leak easily and are not designed for long-term storage of liquids. Also, do not use glass containers, because they can break and are heavy.