

## 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 Office Of Emergency Management Offers The Following Information:**

Even with the recent rain and snow the City of Moreno Valley experienced, California is still in a severe drought and still in a State of Emergency declaration. Within this declaration, the Governor states that California is facing one of the driest years in recorded state history and suggests that each person cut their water usage by 20 percent in order to conserve. In order to increase awareness on this critical matter, the Office of Emergency Management offers the following tips to help in the water conservation efforts:



- Turning off the water while you brush your teeth can save 4 gallons of water a minute. That’s 200 gallons a week for a family of four.
- Turning off the water while you shave can save more than 100 gallons of water a week.
- Fixing a leak can save 500 gallons of water each month.

- Every toilet flush you eliminate can save between two and seven gallons of water
- Taking showers instead of baths can save 30 gallons of water. Filling the bathtub uses about 50 gallons of water.
- Keeping your shower less than 5 minutes can save up to 1000 gallons a month.
- Using a water-saving showerhead can save your family 500 gallons a week.
- Running your dishwasher and washing machine only when they are filled can save 1,000 gallons a month.
- It's also important to be efficient when doing things such as the laundry and the dishes. Residents are encouraged to wait until the load is full, to maximize the usage of water. Waiting until the dishwasher load is full could save up to 15 gallons of water.
- Choosing a water-saving model when replacing a washing machine can save up to 20 gallons per load.
- Using a hose nozzle and turning off the water while you wash your car can save more than 100 gallons of water.
- Homeowners can also save water by cutting back on outdoor water usage. Using your sprinklers for 3 to 5 minutes less time could save between 2 and 5 gallons.

For more water conservation tips, contact the City of Moreno Valley Office of Emergency Management at 951-413-3800.