



e-CLARION

Serving The People Of The New Community Network

Ask Your Essex Valley VNA Nurse June is Safety Month



Here are some questions you should ask yourself to ensure a safe home environment.

- **Do you know how to operate your stove and oven safely?** Ovens and stoves are a major cause of accidental fires. Make sure you know how to properly turn the oven and stove off. If you have difficulty with the stove, you may want to consider using the microwave.
- **Are your fire alarms working?** Check them once a month.
- **Are your balcony and sliding doors safe?** Consider attaching safety devices to balcony doors to prevent accidents.
- **Are their railings on your stairs?** You may want to place a night light at the foot of the stairs for added safety
- **Is your carpet secure?** Mats and area rugs should have a non-slip backing – replace any carpet that can cause a fall.
- **Where do you store cleaning chemicals, medications?** Keep toxic substances out of reach if there is a risk that they could be used inappropriately.
- **Do you need safety rails on the shower or tub to reduce slipping?** Use a non-slip bath mat.
- **Do you have home safety alarms?** Alarms can provide a sense of security to loved ones. Make sure correct emergency plans are in place.
- **Do you have a fire extinguisher?** Be aware of the expiration date.
- **Are smoke alarms in working order?** Every floor of your home should have a smoke detector.
- **Do you know your medications and how to take them?** If you are unsure, take all your medications to your pharmacist and ask him or her to explain side effects, interactions. Keep a list of all medications in an easily accessible location.

Remember, your EVVNA Senior Wellness Nurse is available at the NCC to review your medications and answer questions regarding home safety and falls prevention.