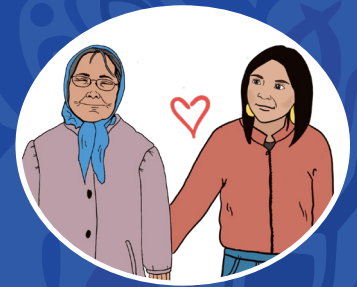


CHECK ON YOUR ELDERS & NEIGHBOURS



The cold winter months can be isolating and pose a greater risk of illness and injury for many people, especially our Elders. But there are many things we can do to help our Elders, neighbours, and relatives stay healthy, connected, and safe!

VISIT AND LEND A HAND

Simply spend time. Enjoying the company of Elders and neighbours doesn't take much effort. Just being present, chatting over a cup of tea and listening to what's on their mind means a lot. If weather permits, dress warmly and enjoy a walk or outing outside together.

Clear steps and walkways. Slips and falls in icy, snowy conditions can happen easily. Help Elders and neighbours exit and enter their homes safely by shoveling snow and removing ice from their driveways, walkways, and stairs.

Clean and tidy. Kitchen fire safety starts with a clean kitchen. Help Elders and neighbours by wiping down cooking surfaces to prevent food and grease build-up. Make sure combustible materials such as paper towels, potholders, dish towels, and plastics, are away from the stove and other hot cooking surfaces where they could catch fire.

Shop and transport. Winter weather can make it difficult for elders to get out to buy food, medicine, and other supplies. Offer to include their shopping with your own and provide transportation to and from appointments.

PREPARE FOR FIRE SAFETY

Communication is key. Talk about home fire-safe practices with your Elders and neighbours to help them prepare for the winter months. Emphasize the importance of turning off all cooking and heating appliances before leaving the home or going to bed.

Heat the home safely. Make sure all heat sources are fire safe and working properly. Check space

heaters to ensure that cords and plugs are in good working order and that they are placed at least 3 feet from things that can burn. Always unplug heaters before leaving the home or going to bed.

Prevent burns. Cooking-related scalds and burns can be very painful. Provide a reminder to stay in the kitchen when cooking, turn pot handles away from the edge of the stove, wear short or tight-fitting sleeves, and use potholders when touching anything that could be hot.

Ensure alarms are working. Check that their home has working smoke alarms and carbon monoxide (CO) detectors. These early warning fire safety tools are lifesavers!

Prepare for power outages. Locate flashlights and other battery-operated lights and make sure they are working. If there is a home generator, make sure that it is outside in a dry location, well away from windows, doors, and vents that can allow CO into the home.

PLAN A SAFE ESCAPE

Ensure Elders and neighbours have a home fire escape plan. Make sure there are two ways out of each room and that windows, doors, stairs and hallways are clear of clutter. Practice the fire escape plan together.

If there is a fire, instruct everyone to get out of the home immediately and to NOT go back inside for anything.

Make sure they know to call 9-1-1 or the local emergency number.