

Shelby Home & Public Health - Newsletter

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Home Safety Tips



As families look for ways to save money in these tough economic times, the concern over additional fire deaths and carbon monoxide poisonings from alternative heating sources is heightened. CPSC is urging consumers to keep safety in mind when it comes to heating their homes as the cooler weather approaches.

Schedule a professional inspection each year of all fuel-burning home heating systems, including furnaces, boilers, fireplaces, wood stoves, water heaters, chimneys, flues and vents.

Take precautions when using space heaters, fireplaces or other heating sources to help stay warm.

Install smoke alarms and carbon monoxide alarms in the home and check that the batteries are fresh and working.

Never leave a space heater on when you go to sleep or place a space heater close to any sleeping person. Turn the heater off if you leave the area.

Never use gasoline in a kerosene space heater. Even small amounts of gasoline mixed with kerosene can increase the risk of a fire.

Do not use portable propane space heaters indoors or in any confined space unless they are specifically designed for indoor use. Always follow the manufacturer's directions for proper use.

Never use electric or gas stoves to heat the home. They are not intended for that purpose and can cause fires and CO poisoning.

Children's Health Month

October is Children's Health Month and all parents and caregivers should realize the importance of providing a safe environment for young children.

Since 1980, the U.S. Consumer Product Safety Commission (CPSC) has received reports of more than 200 children who have strangled in window-blind cords and more than 100 children drown each year in buckets, toilets, bathtubs and other sources of standing water in the home.

Listed below are some simple, low-cost product safety tips to protect children:

Never leave standing liquids unattended. Stay within arm's reach while your child is bathing or near any container of water. If the phone rings, let it ring; stay with your child.

Prevent tap water scalds by adjusting the temperature on your hot water heater to 120 degrees F.

Keep medicines and hazardous household chemicals locked up and out of sight. Use child-resistant packaging for medicines and hazardous household chemicals, and call 1-800-222-1222 if a poisoning occurs.

Cut the loops on window-blind cords and call 1-800-506-4636 for a free repair kit.

Make sure your hair dryer has a large rectangular plug. The immersion protection device prevents electrocution if the hairdryer is dropped in water.

Change the battery in your smoke alarm when you change your clock's setting in October.

About our Agency

Shelby Home and Public Health, Inc. is a private, non-profit, voluntary agency and a Medicare Certified Home Health agency. The agency has been in existence since 1919 and is overseen by a voluntary Board of Directors. Most public health services are provided through our agency through a contractual agreement with the Shelby City Health District, grant monies, donations and billable services. Services include: communicable disease investigation and reporting, disease prevention (including immunizations), health promotion, public health education, health screenings such as cholesterol, blood pressure, blood sugar, lead and TB testing and pandemic preparedness and response. Other public health services include Bureau for Children with Medical Handicaps, Footsteps program, and Newborn visits. The agency also offers skilled nursing care and home health aide services to homebound residents in the Shelby area. In addition to nursing and home health aide services, the agency provides physical therapy, occupational therapy and speech therapy. Home health services are reimbursed by Medicare, Medicaid, Title XX, private insurance and private pay including sliding scale. The United Fund of Shelby also supports our home health services. These funds enable the agency to provide care to individuals who are otherwise unable to pay for needed care. In 2009 Shelby Home and Public Health made 1470 nursing visits, 1026 home health aide visits, and 1087 therapy visits.

Back to School



School has started and you want to be sure that your child is up-to-date on immunizations. Please see below our immunization schedule and vaccines that are required.

Immunization Clinics:

Clinics are held on the first and third Tuesday of each month from 9 am to 11 am and the second and fourth Thursday of each month from 1 pm to 3 pm. An evening clinic is held on the first Tuesday of each month from 3 pm - 5 pm. A \$8.00 administration fee is asked for each shot; no one is refused for inability to pay.

Vaccine required for Kindergarten entry:

DTaP 5 doses
Polio 4 doses
MMR 2 doses
Varivax (chickenpox) 2 doses
Hepatitis B 3 doses

Vaccine required for 7th grade entry:

Tdap (Adacel) 1 dose
(must be at least 2 years since last tetanus vaccine to receive the Tdap.)

Private pay vaccine will be administered during the same times listed above. Please call for prices of these vaccines.

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Babies on adult beds risk suffocation from hidden hazards such as entrapment between the bed and wall; entrapment involving the bed frame, headboard and footboard; or soft bedding such as pillows or thick quilts and comforters.

College Safety Tips

As students go off to college and leave the comforts of home, the Consumer Product Safety Commission (CPSC) is warning about the dangers of fires in college housing such as dormitories, fraternities, sororities and barracks. CPSC recommends the following College Dorm Fire Safety Tips: Cooking equipment causes 72% of dorm fires. Students should cook in designated areas only, and never leave cooking equipment unattended when in use.

As far as deaths and injuries are concerned, most occur in sleeping areas, and are associated with smoking materials like tobacco products, candles and incense. Always extinguish flames before leaving the room or going to sleep.

Electrical products, portable heaters, and lighting such as halogen lamps are the source of many dorm fires. Keep combustibles away from heat sources and don't overload electrical outlets, extension cords, and power strips. Take special care with holiday and seasonal decorations. Don't use combustible materials and never block access to safety devices, doors, etc. Know your building's evacuation plan in case something does go wrong. Don't disable smoke alarms.