Smoke Alarms Save Lives

Four children and four adults perished in a house fire Sunday, January 4 in the town of Richland, according to the Oswego County Sheriff’s Department. “There were also no smoke detectors in the house. Todd and Oswego County Fire Coordinator John Hinds stressed the importance of equipping one’s house with smoke detectors. They said smoke detectors save lives and could have made a difference in Sunday’s terrible tragedy.” Source: Erin Place

The Palladium-Times

Smoke alarms save lives. 65% of home fire deaths happen in homes with no smoke alarms at all or no smoke alarms that work. When there is a fire, smoke spreads fast and you need smoke alarms to give you time to get out.

Safety Tips

• Install smoke alarms in every bedroom, outside each separate sleeping area and on every level of the home, including the basement. Interconnect all smoke alarms throughout the home. When one sounds, they all sound.
• An ionization smoke alarm is generally more responsive to flaming fires and a photoelectric smoke alarm is generally more responsive to smoldering fires. For the best protection, both types of alarms or a combination alarm (photoelectric and ionization) should be installed in homes.
• Test alarms at least monthly by pushing the test button.
• Smoke rises; install smoke alarms following manufacturer’s instructions high on a wall or on a ceiling. Save manufacturer’s instructions for testing and maintenance.
• Replace batteries in all smoke alarms at least once a year. If an alarm “chirps,” warning the battery is low, replace battery right away.
• Replace all smoke alarms, including alarms that use ten year batteries and hard-wired alarms, when they are ten years old or sooner if they do not respond properly when tested.
• Be sure the smoke alarm has the label of a recognized testing laboratory.
• Alarms that are hard-wired (and include battery backup) must be installed by a qualified electrician.
• If cooking fumes or steam sets off nuisance alarms, replace the alarm with an alarm that has a “hush” button. A “hush” button will reduce the alarm’s sensitivity for a short period of time.
• An ionization alarm with a hush button or photoelectric alarm should be used if the alarm is within 20 feet of a cooking appliance.
• Smoke alarms that include a recordable voice announcement, in addition to the usual alarm sound, may be helpful in waking children through the use of a familiar voice.
• Smoke alarms are available for people who are deaf or hard of hearing. These alarms use strobe lights. Vibration equipment can be added to these alarms.
• Smoke alarms are an important part of a home fire escape plan. Source: National Fire Protection Association

http://www.nfpa.org/index.asp

What Children Need Early Help?

During the first years of life, children learn about the world by looking, touching, tasting, hearing, and making sounds. They learn more in the first three years than at any other period in their lives. Even though no two children are the same, they still learn to do many things in the same order and around the same time.

Although children learn and develop differently and these differences usually even out, some children do fall behind. Concerns may be in one or more of the following areas:

- Physical development—including hearing and vision;
- Learning or cognitive development;
- Speech and language development-communication;
- Social or emotional development; and
- Self help skills.

Any child from birth through the age of two years with a developmental delay, disability or condition which affects development may need early help.

If you have any questions please call The Otsego County Division for Children with Special Needs 607-547-6474 and visit http://www.otsegocounty.com/depts/ei/

Know the Signs of an Eating Disorder

Eating disorders are health conditions that may include an abnormal focus on body image and weight. This causes unhealthy eating behaviors that can be deadly. Eating disorders are usually divided into three categories: Anorexia Nervosa, Bulimia Nervosa and Binge Eating.

The exact cause of eating disorders is not known, but poor self-esteem, family problems, and cultural views on physical appearance may all be factors. Individuals suffering from eating disorders may be unaware that they have a disorder or may have difficulty asking for help. Some of the "danger signs" to help determine if you or a loved one could be at risk for having an eating disorder are: depression, social isolation, a need to be in control, a desire to be perfect and feeling out of control when eating.

...See “Eating Disorders” on page 2
Participate in National Wear Red Day on Friday, February 6: Wear Red to Support Women and Heart Disease Awareness

Friday, February 6, 2009, is National Wear Red Day—a day when Americans nationwide will take women's health to heart by wearing red to show their support for women's heart disease awareness. Although significant progress has been made in increasing awareness among women from 34 percent in 2000 to 57 percent in 2006—most women fail to make the connection between risk factors and their personal risk of developing heart disease.

National Wear Red Day is an annual event held on the first Friday in February. On this day, women and men across the country will wear red to unite in the national movement to give women a personal and urgent wake-up call about their risk of heart disease. Everyone can participate by showing off a favorite red dress, shirt, or tie, or by wearing the Red Dress Pin (available at www.hearttruth.gov).

Join this national effort by wearing red on February 6, and encourage your family, friends, and coworkers to do the same.

By participating in National Wear Red Day, Otsego County Department of Health is joining The Heart Truth. The Heart Truth is a national awareness campaign to alert women about their risk for heart disease and motivate them to take steps to lower their risk. The centerpiece of the campaign is the Red Dress—the national symbol for women and heart disease awareness. What's a Red Dress got to do with it? A simple Red Dress works as a visual red alert to get the message heard loud and clear: "Heart Disease Doesn't Care What You Wear—It's the #1 Killer of Women."

Sponsored by the National Heart, Lung, and Blood Institute, part of the National Institutes of Health, U.S. Department of Health is joining The Heart Truth. The Heart Truth is a national awareness campaign to alert women about their risk for heart disease and motivate them to take steps to lower their risk. The centerpiece of the campaign is the Red Dress—the national symbol for women and heart disease awareness. What's a Red Dress got to do with it? A simple Red Dress works as a visual red alert to get the message heard loud and clear: "Heart Disease Doesn't Care What You Wear—It's the #1 Killer of Women."

Sponsored by the National Heart, Lung, and Blood Institute, part of the National Institutes of Health, U.S. Department of Health and Human Services, the campaign is reaching women with important heart health messages in community settings through a diverse network of national and grassroots partner organizations.

Please join in and help spread the word about women and heart disease. For ideas and tools to help you participate in National Wear Red Day or to order a Red Dress Pin, visit www.hearttruth.gov.

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