

For questions please call:
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The Safety Express Newsletter

September is National Preparedness Month.

Don't Wait. Communicate. Make a family emergency plan today.
Learn more at www.ready.gov/September.



IN A FIRE, SECONDS COUNT. SECONDS CAN MEAN THE DIFFERENCE BETWEEN RESIDENTS OF OUR COMMUNITY ESCAPING SAFELY FROM A FIRE OR HAVING THEIR LIVES END IN TRAGEDY.

That's why this year's Fire Prevention Week theme: "Every Second **Counts**: Plan 2 Ways Out!" is so important. It reinforces why everyone needs to have an escape plan. Here's this year's key campaign messages:

- Draw a map of your home with all members of your household, marking two exits from each room and a path to the outside from each exit.
- Practice your home fire drill twice a year. Conduct one at night and one during the day with everyone in your home, and practice using different ways out.
- Teach children how to escape on their own in case you can't help them.
- Make sure the number of your home is clearly marked and easy for the fire department to find.
- Close doors behind you as you leave – this may slow the spread of smoke, heat, and fire.
- Once you get outside, stay outside. Never go back inside a burning building.

October is National Cyber Security Awareness Month

MOBILE SECURITY

Mobile devices enable Americans to get online wherever they are. Although mobile devices — from smart watches to phones and tablets — can be extremely useful and convenient, there are also potential threats users may face with such technology.

SIMPLE TIPS

Use strong passwords.

Disable remote connectivity.

Be careful what you post and when.

Know the available resources.

Keep software up to date.

Guard your mobile device.

Know your apps.

ADDITIONAL RESOURCES:

- www.healthvermont.gov
- www.ready.gov
- <https://emergency.cdc.gov/preparedness/index.asp>
- www.redcross.org

Interested in having an Emergency Preparedness Presentation given at your facility?

Call Becky at (802) 777-7851 to set up a time.