



## Brevard County Fire Rescue

Timothy J. Mills Fire Rescue Center  
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### Community Health Resource Program

Brevard County Fire Rescue has created a program to help serve as a resource for members of the community. Our goal is to reduce the use of 9-1-1 for non-emergent assistance and connect citizens with resources that are more suitable for their needs. The Community Health Resource Program (CHRP) coordinates with other community partners such as 2-1-1 to assist the individual's needs. The following information provides educational topics to better understand and bring awareness to our community.



#### CARDIOVASCULAR HEALTH

Heart disease is the leading cause of death for both men and women in the United States. Take steps today to lower your risk of heart disease.

To help prevent heart disease, you can:

- Eat healthy
- Get active
- Stay at a healthy weight
- Quit smoking and stay away from secondhand smoke
- Control your cholesterol and blood pressure
- Drink alcohol only in moderation
- Manage stress



#### RECOGNIZING SIGNS AND SYMPTOMS OF A STROKE

Experts warn that "time is brain." **B.E. F.A.S.T.** to prevent brain damage or death. **B.E. F.A.S.T.** is an easy way to remember the sudden signs of stroke.

##### **B.E. F.A.S.T. CALL 911**

**BALANCE:** Sudden loss of balance or coordination.

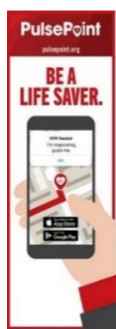
**EYES:** Sudden trouble seeing in one or both eyes.

**FACE:** Ask the person to smile. Look to see if it's uneven.

**ARM:** Ask the person to raise both arms. See whether one arm is weak.

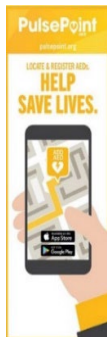
**SPEECH:** Ask the person to speak. Listen for slurring or incorrect words.

**TIME:** Call 911 at the first sign or stroke.



#### **PULSEPOINT – DOWNLOAD THE APPS. HELP SAVE A LIFE**

If you or someone you know is educated in CPR, visit the [PulsePoint.org](http://PulsePoint.org) website for more information and download the PulsePoint Respond and PulsePoint AED Registry apps.





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## SAFETY CHECKLIST FOR BABIES AND CHILDREN

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**Crib Safety:** Make sure to lay your baby on their back on a flat, firm surface. Do not use sleep positioners and remove crib bumpers, loose bedding and toys. Practicing these safety measures may prevent your child of being in danger, trapped, strangled or suffocated. Do not use cribs with drop-side rails or install portable bed rails on a regular bed for children under 2 years of age as they could get trapped between the rail and their bed. Replace cribs that have broken or missing parts. Lastly, remove hanging window cords or electrical wires near where your baby sleeps.

**Home Safety:** Make sure to install outlet covers, cabinet and drawer locks or devices and use cordless window coverings to prevent your child from serious injury or death. Anchor furniture to prevent heavy objects from tipping over and falling on the child.

**Water Safety:** Make sure to have fencing around your pool that is at least 4 feet high and have safety locks on the doors or gates and make sure your child wears a flotation device around the pool area. For bathtubs, make sure the water is not too hot or too cold. Never leave a child unattended in the pool area or in the bathroom.

**Car Safety:** Properly securing children in car seats, booster seats and/or seat belts will protect the child in the event of a crash. When arriving at your destination, check twice to make sure your child has not been left inside the vehicle.



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## SENIOR SAFETY TIPS

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**Remove fall hazards:** Remove throw rugs, clean up piled clutter, discard damaged furniture, create a more open environment to walk avoid stretching extension cords across the floor and wear non-slip footwear.

**Keep emergency numbers handy:**

- 9-1-1
- Emergency contacts (family members and friends)
- Professional caregiving service
- Primary healthcare provider's office
- Poison Control: 1-800-222-1222

**Protect against fire:** Change the batteries in smoke and carbon monoxide detectors regularly (twice a year). Check for frayed electric cords, do not leave candles unattended and be careful when using space heaters.

**Ensure a safe bathroom:** Install grab bars in the shower and next to the toilet, use rubber mats in the bathtub, make sure there is a nightlight in the bathroom.

**Remain safe in the home:** Install a peephole at the front door. Do not open the door to strangers when home alone. Always keep windows and doors locked. Do not agree to any telephone offers or caller's claiming your family member is in danger. Do not share your financial or personal information.



[2-1-1 Brevard](#) provides 24 hours/7 days a week assistance to Brevard County residents who require assistance with; food, utility bills, housing, mental health and much more. Visit their website for further details or call 2-1-1.