



Home Safe Home Challenge



Try to complete all of these activities around your home before May 31.

Fire Safety

- Check the dates on your smoke alarms. If necessary replace them with new ones.
- Mark your calendar to change the batteries in your detectors when the time changes occur in 2011.
- Install a new fire extinguisher in an easily accessible spot in your house.
- With family members, create a fire escape plan.
- Practice your fire escape plan each month (mark practice days on your calendar).

Fall Prevention

- Inspect for exposed/dangling wires and cords. Tape them down or cover them up.
- Tape down unsecured rugs.
- Secure loose bath mats.
- Clean clutter from the floor and steps.
- Purchase sand or salt to put on outdoor walkways to melt snow/ice.

Food Safety

- Go through cabinets and throw away dented and damaged food.
- Throw away any expired foods that are in your refrigerator.
- Throw away any old or cracked wooden cutting boards.
- When grocery shopping get meats and perishable foods last.

Emergency Preparedness

- Create an emergency kit with your family (consult VDH or Red Cross for help)
- Post emergency numbers near all phones in the home.
- Talk with family about possible emergencies and how to help prevent them.
- Talk with family about what to do when evacuation is necessary.
- Talk with family about what to do when an emergency requires staying home.
- If you already have an emergency kit, restock it with fresh food, water and batteries.
- Learn how to safely turn off the utilities at your home in case of emergency.

Safety for your home when you leave

- Make an extra key for your house and give it to a trusted neighbor.
- Make a to-do list of things to do for when you leave home. Include the following:
 - Turn off and unplug appliances and lights
 - Contact newspaper and mail to suspend services
 - Have a neighbor come by to put out trash or recycling
 - Ask a neighbor to walk through and check on your home
 - Lock all windows and doors