

Prevent a Dryer Fire

According to the National Fire Protection Association, if your clothes dryer isn't maintained or vented properly, it can ignite a fire. **Here are ways you can protect yourself and your family from a fire caused by a clothes dryer:**

- ◆ Make sure that your clothes dryer duct vents directly outside the house and not into another room.
- ◆ Choose dryer vents made of a non-flexible metal that bend in as few places as possible to avoid clogs.
- ◆ Maintain a lint-free dryer duct. Hire a professional to clean the lint between the dryer drum and heat element.
- ◆ Always empty the lint trap in your dryer after each load you dry.
- ◆ Place a smoke detector in your laundry room or near it to signal a fire.
- ◆ If your dryer isn't working properly, call someone to look at it.

Source: National Fire Protection Association, www.nfpa.org

Is there a topic you want us to write about?
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This newsletter is not intended to provide medical advice on personal wellness matters, which should be obtained directly from your physician.

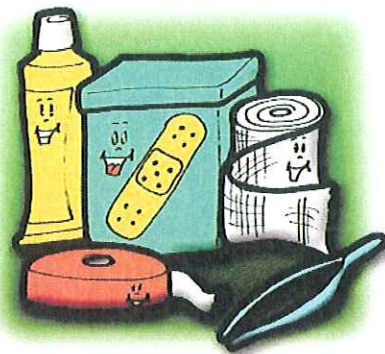
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Assemble a First Aid Kit

According to the American Red Cross, everyone should assemble a first aid kit for their home and one for each of their vehicles.

Here are some supplies to include:

- 20 - adhesive bandages, various sizes
- 1 - 5" x 9" sterile dressing
- 1 conforming roller gauze bandage
- 2 triangular bandages
- 2 - 3 x 3 sterile gauze pads
- 2 - 4 x 4 sterile gauze pads
- 1 roll 3" cohesive bandage
- 2 germicidal hand wipes or waterless alcohol-based hand sanitizer
- 6 antiseptic wipes
- 2 pair large medical grade non-latex gloves
- Adhesive tape, 2" width
- Antibacterial ointment
- Cold pack
- Scissors (small, personal)
- Tweezers
- CPR breathing barrier, such as a face shield



Tips on Safe Makeup Use

- Never try to apply mascara while riding in a moving car, bus, train, or plane.
- Never share your makeup with other people.
- Wash your hands before applying makeup.
- Keep makeup containers closed tight when not in use.
- Keep makeup out of the sunlight to avoid destroying the preservatives.
- Don't use eye cosmetics if you have an eye infection such as conjunctivitis (pink eye), and throw away any makeup you were using when you first discovered the infection.
- Never add any liquid to a product unless the instructions tell you to.
- Throw away any makeup if the color changes or an odor develops. Preservatives can degrade over time and may not be able to fight bacteria.



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