



NORTH COUNTY FIRE AUTHORITY

EMERGENCY PREPAREDNESS

NEWSLETTER

April 2022

HOW TO PROTECT YOUR HOME FROM WILDFIRES

Create a "fuel-free" buffer zone (area clear of vegetation) of at least 30 feet around your home.



Top Tips for Fire Safety

✓
Install [smoke alarms](#) on every level of your home, inside bedrooms and outside sleeping areas.

✓
Test smoke alarms every month. If they're not working, change the batteries. Talk with all family members about a [fire escape plan](#) and practice the plan twice a year.

✓
If a fire occurs in your home, **GET OUT, STAY OUT and CALL FOR HELP.** Never go back inside for anything or anyone.

EMERGENCY

CALL

9-1-1

FIRE
POLICE
MEDICAL
RESCUE

In This Issue

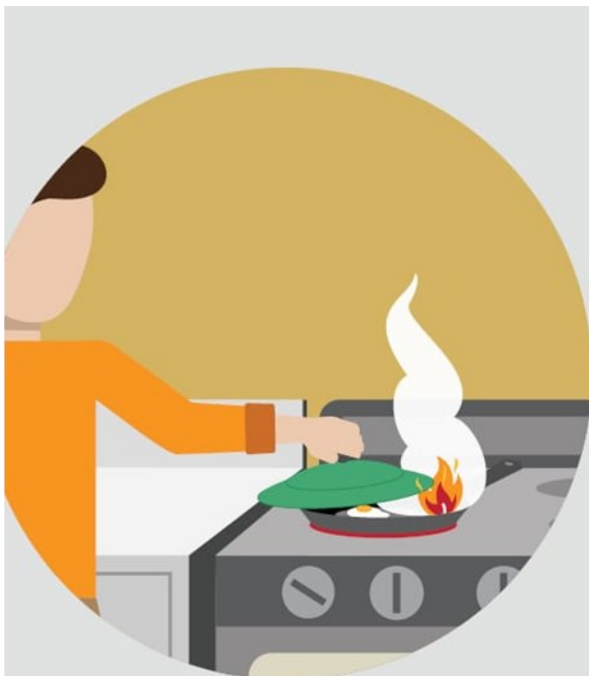
- Wildfire Fire Safety
- Cooking Safety
- Health Safety
- Smoke Alarms
- Home Fire Safety



Cooking Safety



Stay in the kitchen when you are frying, boiling, grilling or boiling food to prevent a fire.



Keep a lid or cooking sheet nearby when you are cooking at high temperatures on the stove.

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SIGNS & SYMPTOMS:

HEART ATTACK

- CHEST PAIN
- SHORTNESS OF BREATH
- SWEATING
- NAUSEA

CALL 9-1-1 IMMEDIATELY



SIGNS & SYMPTOMS:

STROKE

- DIZZINESS
- LOSS OF BALANCE
- TROUBLE SPEAKING
- VISION CHANGES

CALL 9-1-1 IMMEDIATELY



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SIX FIRE SAFETY TIPS



1. Install and Test Smoke Detectors Regularly

Install a smoke alarm on every level of the home and outside sleeping areas. Smoke alarms should be tested every month, and batteries changed annually.

2. Develop a Fire Escape Plan

Designate a safe, accessible meeting spot outside, away from your home. A fire escape plan should be devised and practiced at least twice a year.



3. Stop, Drop and Roll

Stop, drop to the ground and roll if your clothes are on fire. Families should know this technique and it should be practiced with children.



4. Assemble an Emergency Supply Kit

Make an emergency supply kit and include things like a flashlight, batteries, a whistle, blankets and water. An extra supply kit should be kept in a car in case you are unable to immediately return inside.



5. Gather Emergency Contact Information

Maintain a list of emergency contact numbers in cell phones and keep it in the supply kit.

6. Store Important Documents in a Safe Place

Find a safe place to store important documents like birth certificates and financial information. You should even consider making copies of these documents and storing them in a secure, off-site location.



Contact Us:

For more information on North County Fire Authority, please visit our website at: <http://www.northcountyfire.org>.