

Where did the Time Go?

Summer is now behind us, but Autumn 2019 is officially here! Since we are going into flu season, as a reminder, all Visions 4 You Home Care employees are required to get a flu shot every year. We will soon be sending out a list of places that offer the vaccine.

Halloween Facts and Fun

According to the National Safety Council (nsc.org), children are more than twice as likely to be hit by a car on Halloween than on any other day of the year. While it is a scary statistic, here are some Halloween safety tips provided by the National Safety Council to ensure fun Trick-or-Treating:

- If children are allowed out after dark, fasten reflective tape to their costumes and bags, or give them glow sticks.
- A responsible adult should accompany young children on the neighborhood rounds.
- Children and adults are reminded to put electronic devices down, keeping heads up
- As a motorist, watch for children on roadways, medians, and curbs

Fall Safety Tips

As our routines change in Fall, it's important to remember certain safety factors we might have forgotten over the summer. Safebee.com had some excellent ideas:

- **Check around the furnace.** Before turning on the furnace for the first time, check the area around it to make sure there is nothing flammable. It's also a good idea to get your furnace inspected before winter arrives.
- **Check batteries.** Change batteries twice a year in your smoke detectors (or whenever they begin to chirp). It is also a good idea to change batteries in carbon monoxide detectors.
- **Practice your family fire escape plan.** Wildfires are definitely a threat in Colorado. You and your family should have a plan in place in case of a fire or other emergency. Conducting a fire drill at least twice a year is just as critical as the fire escape plan.
- **Get your car ready for winter.** According to Safetybee.com, you should stock your car with a blanket in the trunk, hat and gloves, a bag of salt, sand, or non-clumping kitty litter for traction, extra windshield fluid, and an ice scraper and shovel. A few snacks, like granola bars and unsalted canned nuts, as well as bottled water (but be sure to dump out some of the water. Keep the bottles only two-thirds full in case they freeze). Have all of your vehicle's fluids checked and make sure the tires are ready for harsh weather.