

## **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](http://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.