



KPFARS MONTHLY HEALTH HUB

Neighbors Staying Informed, Staying Healthy, and Staying Safe Together



Carbon Monoxide Poisoning Precautions

As people turn on heaters and fireplaces in the cooler months, there's a greater risk of carbon monoxide (CO) exposure. Here's what you need to know:

- Symptoms of CO exposure can look like: **headaches, dizziness, confusion, or nausea.**
- If CO exposure is suspected, get outside immediately. Move everyone, including pets, outside into fresh air right away. Avoid using any fans or other appliances, as they won't help reduce CO.
- **Call 911:** Once outside, call for emergency assistance. Stay outside until responders arrive.
- **Do Not Re-Enter:** Even if you feel better, avoid going back indoors until EMS or the fire department has confirmed it's safe. Carbon monoxide exposure can worsen quickly, even with brief re-entry.

For more information on carbon monoxide poisoning, visit <https://www.cdc.gov/carbon-monoxide/about/index.html>

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NOV. 6 7PM AT THE NEW ROAD BUILDING

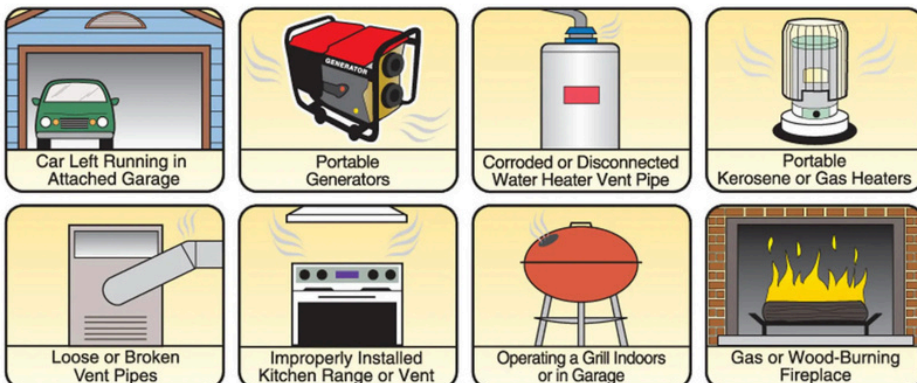
NEXT BUSINESS MEETING:

NOV. 20TH AT 8PM AT THE NEW ROAD BUILDING

MONTHLY CPR CLASS:

EMAIL BNY831@GMAIL.COM FOR MORE DETAILS

SOURCES OF CARBON MONOXIDE IN A HOME



Asthma or Respiratory Distress in Cooler Weather



Cooler, dry fall air can trigger respiratory issues, especially in people with asthma or other lung conditions.

- Symptoms for asthma-induced respiratory distress can include: **wheezing, shortness of breath, chest tightness, and coughing**, often triggered by allergens, cold air, or exercise.
- If the person has asthma and is experiencing difficulty breathing, help them locate and use their inhaler (if available). Encourage them to take slow, deep breaths.
- If outdoors, move to a sheltered area or indoors where the air may be warmer. Avoid any smoke from bonfires, as it can worsen symptoms.
- Have them sit upright to make breathing easier.
- Call 911 if symptoms don't improve quickly, or if they are worsening.

For more information and resources, visit

<https://allergyasthmanetwork.org/news/cold-air-asthma-in-winter/>

Slip-and-Fall Injuries

As the leaves begin to fall and sidewalks become slippery, slips and falls become more common. Here's what to do if someone falls and is injured:

1. **Assess for Injury:** If the person feels pain, especially in the back, neck, or limbs, encourage them to remain still. Avoid moving them to prevent further injury.
2. **Keep Them Warm:** If the weather is cool, cover them with a jacket or blanket while you wait for EMS. Hypothermia can set in quickly, especially for elderly individuals lying on cold ground.
3. **Check for Head Injury:** If they hit their head, check for symptoms like confusion, dizziness, or nausea. Call 911 immediately if any of these are present and encourage the person to stay still.

Visit the National Floor Safety Institute for Slip & Fall Quick Facts: <https://nfsi.org/nfsi-research/quick-facts/>



WANT TO GET INVOLVED?

Consider volunteering with us at the Kendall Park First Aid and Rescue Squad! Our team is comprised of dedicated individuals from various backgrounds, united by a shared commitment to providing quality Emergency Medical Services. Whether you're a healthcare professional, an engineer, a teacher, student, or a retiree, there's a place for you here. Join us in making a difference—responding swiftly to 911 calls, saving lives, and serving our neighbors in Kendall Park and beyond.

Visit our [website](#) to learn more about our application process.

Thank you for your support!!



KPFARS SPOTLIGHT



A heartfelt thank you to the Hindu American Society of Central NJ for inviting and hosting us at the beautiful Diwali Event at the Brunswick Social Club! It was a wonderful celebration filled with joy, culture, and community spirit. We truly appreciate the warm welcome and the opportunity to share in this special occasion.

Visit their website to learn more about their organization:

<https://www.hasocnj.org/>

We would also like to extend a special thank you to all the donors who contributed to our 2024 Fund Drive so far. Your generous support helps us continue our mission and make a positive impact in our community.



If you'd like to contribute, please visit our donation link found on our website: <https://www.kpfars.org/>.

Every contribution makes a huge difference, and we are deeply grateful for your kindness!