



NEWS

You Can Use



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HEART HEALTH



Heart Disease is the #1 health condition in older adults. Many adults have several chronic conditions, but following some simple steps can help you stay healthy.

- Know your normal vital signs
- Stay connected with others
- Review meds with your Dr. and pharmacist
- Ask for help if you are depressed, lonely or have trouble with tasks.
- Set care goals and share with your loved ones.

February is ❤️ American Heart Month ❤️
Know the warning signs of Heart Disease
and discuss any new or worsening
symptoms with your Doctor!

Shortness of
breath



Chest pain



Headaches



Nausea



Fatigue



Dizziness



Cold sweat



Palpitations



Fainting



Swelling in
ankle



Stay active



Eat healthy



Avoid unhealthy
habits



Check health
parameters



Sleep well



Reduce stress



Visit your doctor



BURN AWARENESS

Older adults are at higher risk for burn injuries. Slower reaction times, reduced mobility, decreased balance, vision and hearing all play a role. Thinning of skin with aging can cause you to burn more quickly and suffer deeper burns. You can reduce your risk of burn injuries by:

- **KEEP IT CLEAN**-Clear out clutter. Extra piles of paper, clothing etc can pose fire hazard and block exits. Keeping stovetop and oven clean reduces risk of grease fires.
- **APPLIANCE SAFETY**-Don't use if cords are frayed. Set timers for electric blankets or heating pads. Use correct fuel and follow directions for space heaters.

- **PLANNING**-check smoke alarms and change batteries regularly. Plan emergency escape route. Post emergency numbers by the phone.
- **COMMON SENSE**-if you take meds that cause drowsiness, do not cook until you're alert. Use oven mitts. Turn off burners. Do not leave candles unattended.

Call 911 if the burn

- is severe
- covers a large (bigger than palm) area
- is to the face, airway, hands or genitals
- there is significant blistering
- signs of shock (pale/clammy/rapid pulse)
- all chemical or electrical burns



Wear short sleeves or tight-fitting clothes when cooking

Loose clothing can catch fire. Don't cook or be close to flames when feeling ill.



Don't smoke or have open flames near medical oxygen

Keep all candles, lighters, cigarettes, etc. away from medical oxygen.



Test the water before bathing or showering

Older adults' skin becomes thinner with aging, making them at higher risk for burn injuries. Install anti-scald devices in the bathroom.



Make accommodations for disabilities

Install smoke alarms and alert devices (strobe lights or bed/pillow shakers) for those who are deaf or hard of hearing. Ensure anyone with a disability is included in your fire escape planning.

POISON PREVENTION

MEDICATION SAFETY:

- Avoid confusion: Turn on lights and wear glasses. READ the labels
- Use Organizers: use a pill box to manage daily/weekly dosages
- Never Mix/Share meds with anyone else. Do not mix alcohol with medication
- Keep a List: maintain an updated list of all meds and review with Dr/Pharmacist
- Storage: Keep out of reach of children

HOUSEHOLD POISONS:

- Storage: Keep cleaning products/chemicals in original containers away from foods and meds.
- Ventilation: Use fans/open windows when cleaning
- Don't mix: never mix products!

FOCUS ON NUTRITION



Eating well and being active can make a huge difference in quality of life as an older adult. As you age, you may need fewer total calories, so it is important to focus on nutrient-rich foods. Aim to eat healthy while staying within your caloric needs, and maintain a healthy weight. Many older adults do not get the protein they need. Protein is so important to help maintain muscle mass, fight infection, and recover from illness or injury. Ideas to improve your protein intake:

- BEANS-Add canned beans to soups, rice dishes, casseroles
- MAKE CRACKERS COUNT-Add peanut butter to your crackers
- EGGS-Add cheese or extra egg whites to scrambled eggs
- MILK- use milk to make creamy soups or oatmeal, or mix in a spoonful dry milk

6 Ways to Eat Well As You Get Older





Know what a healthy plate looks like

See how to build a healthy plate at ChooseMyPlate.gov

1



Look for important nutrients

Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.

2



Read nutrition labels

Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.

3



Use recommended servings

Learn the recommended daily servings for adults aged 60+ at heart.org

4



Stay hydrated

Water is an important nutrient too! Drink fluids consistently throughout the day.

5



Stretch your food budget

Get help paying for healthy food at BenefitsCheckUp.org/getSNAP

6



Match the correct answers to the questions below.
Then find them in the puzzle above.

1. Button or disc _____ can cause burns or other serious internal injuries if swallowed.
2. Carbon Monoxide is a colorless, odorless, _____ gas that is highly toxic to breathe.
3. _____ is a common over-the-counter medicine, also known by the name brand, Tylenol.
4. _____ are food products containing marijuana that can look just like regular foods such as candy or chips.
5. Weed killer, mouse bait, and bug spray are all examples of _____.
6. _____ is a deadly, synthetic opioid that is commonly mixed with other street drugs and can be 25-50 times more potent than heroin.
7. Spiders, snakes, and scorpions can inject us with _____.
8. _____ is the drug that is used in cigarettes, chewing tobacco, e-cigarettes, and vapes.
9. Make sure you read the _____ on over-the-counter medication for instructions on how to use the medicine safely.
10. A common error is accidentally taking someone else's _____ medication.

Answers

ACETAMINOPHEN
BATTERIES
EDIBLES
FENTANYL
INVISIBLE
LABEL
NICOTINE
PESTICIDES
PRESCRIPTION
VENOM