

## The Moreno Valley Fire Department Offers the Following Halloween Safety Tips:

- When choosing a costume for your child, please consider the following:
  - Stay away from billowing or long trailing fabric.
  - Choose material that won't easily ignite if it comes into contact with heat or flame. (Look for a flame resistant label.)
  - Ensure the eye holes in any masks are large enough so they can see out.
  - Monitor your child's hydration level when wearing thick material costumes.
  - Provide children with flashlights to carry for lighting or glow sticks as part of their costume.
- It is safest to use a flashlight or battery-operated candles in a jack-o-lantern. If you use a real candle, use extreme caution. Make sure children are watched at all times when candles are lit. When lighting candles inside jack-o-lanterns, use long fireplace-style matches or a utility lighter. Be sure to place lit pumpkins well away from anything that can burn and out of the way of trick-or-treaters, doorsteps, walkways and yards.
- Please keep dried flowers, cornstalks and crepe paper well away from all open flames and heat sources as they are highly flammable.
- Use flashlights as alternatives to candles or torch lights when decorating walkways and yards. They are much safer for trick-or-treaters, whose costumes may brush against the lighting.
- Remember to keep exits clear of decorations, so nothing blocks escape routes.
- Remind kids to look left, right, and left again before crossing the street. Then remind them to continue looking until safely across.



- It's always best to walk on sidewalks or paths and cross at street corners, using traffic signals and crosswalks.
  - Tell children to stay away from open flames. Be sure they know how to stop, drop and roll if their clothing catches fire. (Have them practice stopping immediately, dropping to the ground, covering their face with hands, and rolling over and over to put the flames out).
- If your children will be going to Halloween parties at others' homes, have them look for ways out of the home and plan how they would get out in an emergency.
- Children should always be accompanied by an adult when trick-or-treating.
  - Closely inspect all candy before allowing children to eat it. Discard any unwrapped treats from a stranger. **If in doubt throw it out.**

*The City of Moreno Valley wishes you and your family a safe and fun Halloween.*

## **The Moreno Valley Fire Department would like to offer the following health information:**

A heart attack occurs when blood flow to the heart is blocked. This is typically caused by a build-up of fat, cholesterol and other substances. Without proper blood flow, the heart tissue loses oxygen and begins to die.

A heart attack, also called a myocardial infarction, can range from minor to fatal. It's important to call 9-1-1 or emergency medical help immediately if you think you might be having a heart attack.



People may experience:

- **Pain** in the area between shoulder blades, arm, chest, jaw, left arm, or upper abdomen
- **Pain** can be burning in the chest or like a clenched fist in the chest
- **Pain** can occur during rest
- **Whole body** dizziness, fatigue, lightheadedness, clammy skin, cold sweat, or sweating
- **Indigestion, nausea, or vomiting**
- **Discomfort or tightness in the:**
  - Neck
  - Arm
  - Chest
- **Other symptoms include, but not limited to:** anxiety, feeling of impending doom, sensation of an abnormal heartbeat, shortness of breath, or shoulder discomfort

Taking appropriate action before these symptoms occur can prevent or limit the risk of a heart attack. A healthy diet, exercise and routine medical checkups are suggested to keep the heart healthy and strong.

## **The Fire Prevention Bureau would like to remind residents, “Don’t Wait – Check the Date! Replace Smoke Alarms Every 10 Years:”**

The Moreno Valley Fire Department is committed to ensuring the safety and security of all those living in and visiting our City. Fire is a serious public safety concern and only a small percentage of people know how and when to test their smoke alarms, when to

change the batteries, know the manufacture date of their smoke alarms, or how often they need to be replaced.

The Fire Prevention Bureau would like to remind residents of the following:

- Smoke alarms should be installed in every sleeping room, outside each sleeping area, and on every level of the home.
- Residents should test the alarm and change the batteries **when you change your clocks; at least twice a year.**
- Know the manufacture date on all smoke alarms in your home.
  - Replace smoke alarms every 10 years.
- Never take smoke alarm batteries out to put into other items like games or remote controls.
- Teach children what the smoke alarm sounds like and what to do when they hear the alarm sound.
- If there is a fire, leave the home right away by crawling low under the smoke and never go back inside.
- If you rent, talk to your landlord about placing a working smoke alarm in your home.



***For more information, please call the Fire Prevention Bureau at 951.413.3370.***

**The Office of Emergency Management would like to remind residents about the “Great Shakeout:”**



This year’s Great Shakeout Earthquake Drill will be on October 18, 2018 at 10:18 a.m. The Shakeout drill is an opportunity for your family, business, school, organization and government agencies to better prepare for a major earthquake. Participants are encouraged to practice **Drop**, **Cover** and **Hold On** or have a more extensive emergency drill at your home, school or place of business.

The goal of the Shakeout is to learn what to do before, during and after an earthquake. You may only have seconds to protect yourself in an earthquake, before strong shaking knocks you down, or drops something on you. Practicing helps you be ready to respond.

- If you are inside a building, move no more than a few steps, then Drop, Cover and Hold On:
  - **DROP** to the ground (before the earthquake drops you!),
  - Take **COVER** by getting under a sturdy desk or table, and
  - **HOLD ON** to it until the shaking stops.
- Stay indoors until the shaking stops and you are sure it is safe to exit. In most buildings you are safer if you stay where you are until the shaking stops.
- If you are outdoors when the shaking starts, you should find a clear spot away from buildings, trees, streetlights, and power lines, then Drop, Cover and Hold On. Stay there until the shaking stops.
- If you are driving, pull over to a clear location, stop and stay there with your seatbelt fastened until the shaking stops. Once the shaking stops proceed with caution and avoid bridges or ramps that might have been damaged.

Ground shaking during an earthquake is seldom the cause of injury. Most earthquake-related injuries and deaths are caused by collapsing walls and roofs, flying glass and falling objects. It is extremely important for a person to move as little as possible to reach the place of safety he or she has identified.

Look around you now, before an earthquake. Identify safe places such as under a sturdy piece of furniture or against an interior wall in your home, office or school so that when the shaking starts you can respond quickly. An immediate response to move to the safe place can save lives; that safe place should be within a few steps to avoid injury from flying debris.

For more information, please visit <http://shakeout.org>.