

# BE PREPARED...



CITY-COUNTY HEALTH DEPARTMENT

## Fire Safety and First Responders

### **Fire Safety**

Older adults ages 65 and over are at increased risk for fire-related injuries and death (CDC, 1998).

Prepare your home and workplace for a quick escape should a fire break out.

- Plan two ways out of every room
- Adequately secure any items—picture frames, lamps, and unsteady furniture—that may fall and block your escape route
- Make sure that hallways, stairwells, windows and doors are clear of objects that might block your exit
- If you have mobility issues, be sure that each of your exit ways can accommodate your wheelchair, walker, etc.

If you need assistance preparing your home or workplace escape routes, have members of your personal support network help you. It is important that they know your exit plan.

It's also important to know what to do once you've safely exited your home or workplace. Talk with your neighbors about the ways you can help each other should a fire emergency occur.



### **Special Needs Registry**

This database is a way to help first responders prepare to help those that may need special assistance. In the event of an emergency, first responders will already have the plans in place to assist you. Registration is voluntary, and your information will not be shared with anyone except emergency response personnel.

### **Vial of Life**

The Vial of Life is a kit that lets first responders know about your medical condition(s) if you are unable to speak for yourself. The kit consists to two decals and a form. The form contains all of your medical information, contacts, and any special instructions. The form is placed in a small bag and attached to your refrigerator with a decal. The second decal is placed on your front door; any first responder to your home will immediately know to look for your medical information.



For more information, contact  
City-County Health Department  
Public Health Emergency Preparedness  
at 452-0881 ext. 310  
or visit [www.cchdmt.org](http://www.cchdmt.org)