



¡Salud SOL!

HCHS/SOL Newsletter

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Hispanic Community Health Study/Study of Latinos (HCHS/SOL)

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Celebrate home safety!

Dear SOL Participant,

June is the month in which we promote safety in the home. Approximately 245 people die each day from accidental injuries in the home. SOL would like to encourage you to make simple changes in your home to make it safer.



Home safety may involve many things, like preventing falls and injuries; poisonings; fire hazards; and preparing for an emergency. Many home-related injuries or deaths caused by falls, poisonings and fire can be prevented.

In this newsletter we share some important information on how to keep your home safe. We also include a short message for the youth, please share this newsletter with your family. SOL hopes that you find this information helpful.

Sincerely,

The SOL Team

Announcements

Congratulations to the 30 SOL participants who won the spring raffle!

¡Felicidades a los 30 participantes de SOL quienes ganaron la rifa de primavera!

SOL participants please call our annual follow up team and register for the next SOL raffle!

¡Participantes de SOL, por favor llámenos y registrense en nuestra próxima rifa de SOL!

(619) 205-1926

FIRST AID AND CPR TRAINING

Register for classes with the
American Red Cross

**PRIMER AUXILIO Y
ENTRENAMIENTO DE EMERGENCIAS**
Regístrese para clases con la Cruz Roja
Americana

www.sdarc.org
1-800-RED-CROSS
(1-800-733-2767)

Para más información sobre la seguridad en el hogar visite:

- 1.) National Safety Council <http://www.nsc.org>
- 2.) Centers for Disease Control and Prevention <http://www.cdc.gov>
- 3.) U.S. Department of Health and Human Services <http://healthfinder.gov>
- 4.) American Red Cross <http://www.redcross.org>
- 5.) American Association of Poison Control Centers <http://www.aapcc.org> 1-800-222-1222

Safety in the Home

Each year around 8.9 million people visit the emergency room because of a fall. Adults over the age of 65 have an especially higher risk of falls and injuries like hip fractures and head traumas. Follow these tips to prevent falls at home:

- * Make sure floors and stairs are clean and clear of objects, and clean up any spills right away.
- * Have good lighting inside and outside around walking areas.
- * Avoid standing on chairs or tables.
- * Exercise regularly to maintain strength and balance.

Each year almost 87 people die from accidental poisonings, and about 2, 277 people are treated from them in the emergency room. Follow these tips to prevent accidental poisonings:

- * Only take medications that a doctor has prescribed to you and only take the prescribed amount.
- * Keep medications in their original bottles.
- * Never take someone else's medicine.
- * Never take expired medications.
- * Keep medications out of the reach of children.
- * Do not mix household cleaning products.
- * Keep poisonous materials under supervision while under use and store them out of the reach of children.

Approximately 85% of fire-related deaths in the United States occurred in the home. About one in three home fire deaths happen in homes that do not have smoke alarms. Follow these tips to help prevent fires in your home:

- * Have a functioning smoke alarm in all rooms of your home. Test the alarms and replace batteries regularly.
- * Keep matches and lighters out of the reach of children.
- * Monitor food cooking on the stove.
- * Never leave burning candles unsupervised.

An important part of home safety is preparing for different emergencies, like earthquakes, floods, tornadoes, wild fires, and hurricanes. Follow these tips to help your family stay prepared:

- * Make an emergency kit that includes water, canned food, hand radio, flashlight, batteries, whistle, cash, blanket, cell phone with battery charger, area map and a first aid kit.
- * Discuss with your family the types of emergencies that are most likely to occur in your community.
- * Have your family's unique medical needs in mind. For example, an inhaler for asthma; extra insulin for diabetes; medicine for allergic reactions; and glasses for those who need them.
- * Have a plan with your family should an emergency happen.
- * Select a friend or family member who lives outside your state for members of your family to contact if needed.
- * Create a contact card for your emergency contact information (include their name, cellular phone number, address and email). Visit this site for an example: <http://www.ready.gov/make-a-plan>.
- * Decide on a meeting place where family members can meet after an emergency.
- * Consider taking a CPR/First Aid class.
- * Review your escape plan with your family at least 2 times a year.

For more information about Home Safety visit:

- 1.) National Safety Council <http://www.nsc.org>
- 2.) Centers for Disease Control and Prevention <http://www.cdc.gov>
- 3.) U.S. Department of Health and Human Services <http://healthfinder.gov>
- 4.) American Red Cross <http://www.redcross.org>
- 5.) American Association of Poison Control Centers <http://www.aapcc.org>
Poison control hotline 1-800-222-1222

Attention SOL Youth!

Stay Strong and Healthy

Do you know what would happen if you exercise everyday? Your bones and muscles will be very strong. Also, if you play actively your body relaxes and you can sleep better. When you go to school you will feel more focused and prepared, so you will learn more! Exercising also helps your body keep a healthy weight and it improves the appearance of your skin.

It is okay to like video games, computer games or TV, but make sure you only spend small amounts of time doing these activities, because they don't help your body feel well and be happy. So try to cut down on the amount of time you spend sitting to about two hours per day. Another good idea is to leave video games and TV for days when you can't play outside.

Enjoy the upcoming summer days playing outside with your friends. Play soccer, basketball, ride your bicycle, dance, or swim for at least an hour a day. All activities that keep your body moving will help your bones and body stay strong.

