

Emergency Rooms

Your **primary care provider** knows your complete medical history and can work with you to take care of your health problems and prevent others in the future. Your **primary care provider** is the person you should see for a medical problem that is **not life threatening**. **Emergency rooms are important and should be used for life threatening illness or injuries.** Emergency rooms are expensive, time consuming and short term fixes. Below is a list of times when you should seek care from the Emergency Room-

When you should go the Emergency Room

- Loss of consciousness
- Signs of a heart attack
 - Squeezing chest pain or pressure
 - Chest pain with light headedness
 - Severe pain in the jaw
- Signs of a stroke
 - Sudden weakness or numbness of one side of the body
 - Trouble with speech
 - **Severe** headache
- Severe shortness of breath with trouble breathing
- Bleeding that will not stop after direct pressure for 10 minutes
- Sudden, severe pain
- Major head injury
- Coughing up or vomiting blood
- Severe or worsening reaction to an insect bite or medication, especially if there is a breathing problem
- Severe or constant vomiting
- Suicidal or homicidal feelings

Examples of when you should see your Primary Health Care Provider-

- Earache
- Minor cuts where bleeding is controlled
- Skin rash
- Backache
- Sexually transmitted infection
- Colds, sore throat, cough, or flu
- A sprain
- Pregnancy test

CARBON MONOXIDE POISONING

What is carbon monoxide?

Carbon monoxide (CO) is a colorless, odorless and tasteless gas. Too much carbon monoxide in the air you breathe prevents you from getting the oxygen you need.

Where does it come from?

Carbon monoxide comes from appliances and other items that produce fumes. The danger comes from too much carbon monoxide building up in an area without proper ventilation causing carbon monoxide poisoning.

What are the symptoms of carbon monoxide poisoning?

At high levels, CO can kill in minutes

At moderate levels, you can get headaches, dizzy, confused, nauseated or faint.

Low levels can cause shortness of breath, mild headaches and nausea.

Who is at most risk?

- Infants, elderly, and people with anemia (low blood count)
- People with a history of heart and/or breathing problems

If you have these symptoms and think it could be from carbon monoxide poisoning

- Get fresh air immediately
- Go to an emergency room. A blood test can be done to detect CO poisoning

How can you prevent CO poisoning?

- Get a CO detector for your home
 - Detectors should be placed on a wall about 5 feet above the floor
 - There should be a detector on every floor
 - If you only have one detector, it should be near the sleeping area
- Make certain flues and chimney's are connected
- Make sure appliances are in good working order and vent to the outdoors when possible
- Carefully follow directions with any fuel burning devices such as kerosene space heaters
- Never sleep in a room heated with a gas or kerosene heater
- Never heat your home with a gas oven
- Never use a charcoal grill indoors

SMOKE ALARMS

When fire strikes, you may have less than one minute to safely get out of the building

- Having working smoke alarms doubles your chance of survival

Smoke alarms can't help if they are missing or don't work

- 3,000 people still die in fires in the U.S. every year
- 40% of the fire deaths that occur each year in the U.S. take place in the 4% of homes without working smoke alarms

Be safe, be aware and be protected

- Install smoke alarms throughout your house
 - One on every level of the house
 - In hallways outside the bedrooms
 - At the bottom of the basement stairs
 - At the top of open stairways
 - Don't paint alarms
- Test alarms monthly
- Replace batteries when you change your clocks-twice a year for at Daylight savings time
- Never take the batteries out while cooking
- Replace alarms that are 10 years old

When the alarm sounds

- Leave the building
- Call 911 from a neighbor's house

Plan and practice a home fire escape route

- Have 2 ways out of every room
- Every person should understand what to do in an emergency
- All family members should meet outside in a special place

GUN SAFETY TIPS

If you own a firearm be a responsible owner. Here are some simple, lifesaving steps.

- Make sure all firearms are **unloaded** and securely stored
 - Invest in trigger locks and gun lock boxes
 - Lock up ammunition separately
 - Take classes about your weapon – know and practice gun safety rules
- Teach all children that guns can kill- they are not toys
- Teach children if they find a weapon, to leave the area and tell an adult
- Show children how to use words to settle arguments, not weapons
- Consider removing guns, especially handguns from homes with children
- Look at other ways of protecting your home besides firearms

WHY BUCKLE UP?

Ohio law requires the use of seat belts and child safety seats.

Seat belts can increase your chance of surviving a crash by 50%.

Proper use of child safety seats in passenger cars reduces fatal injuries by 71% for infants and 54% for children ages 1 to 4.

Three out of four crashes happen within 25 miles of home.

Three out of four people ejected from a vehicle during a crash will die.

If a crash occurs at 40 miles per hour, a 150 pound person not wearing a seat belt will be thrown from the car with 6,000 pounds of force!

Every hour someone in America dies because they did not take two seconds to buckle up.

Be a survivor – buckle up!

GOOD ORAL HYGIENE – BRUSHING AND FLOSSING

Remember the two “F’s” about brushing your teeth. Fluoride in tooth paste prevents tooth decay and flossing daily removes plaque in between teeth. Plaque is the sticky substance that forms on the teeth that combines with sugars and starches that produces an acid that attacks the enamel of the teeth.

You should brush at least twice daily for 2-3 minutes. The average person only brushes 45-70 seconds!

When gums become red, swollen tender and bleed, this is a sign of early **gingivitis**. Gingivitis, or gum disease, causes the gums to pull away from the teeth and bacteria enters around the bone. When this happens, the bone that supports the teeth is destroyed and the teeth will loosen. Brushing and flossing can prevent gingivitis.

Why is this so important? Gum disease is the leading cause of tooth loss in adults and has been linked to heart attacks and strokes.

What else can help keep teeth healthy?

- Eat a well balanced diet
- Avoid in between meal snacking
- Brush teeth after meals and snacks whenever possible
- Brush your tongue to decrease bacteria
- Limit sugary drinks – people who drink 3 or more sugary drinks have 62% more dental decay, filling and tooth loss
- Stop smoking. Smokers remain 3 times more likely than nonsmokers to lose all their teeth
- Replace your toothbrush every 3 months or sooner if the bristles start to wear out

Remember- only brush and floss the teeth you want to keep!!!