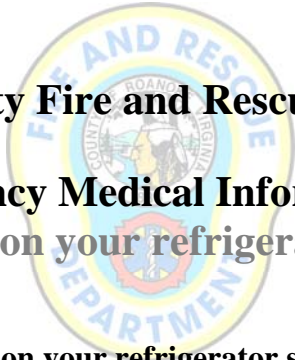


Roanoke County Fire and Rescue Department

Emergency Medical Information Post on your refrigerator



Please complete this form and place it on your refrigerator so that in a medical emergency our responders will have the important information they need to give you the best treatment possible.

Full Name: _____

Gender: Male Female Date of Birth: ____/____/____

Race: African American Hispanic, White
 Asian/Philippine Native American
 Caucasian Hispanic, not white Other:

Physician _____ Physician's Phone # _____

Home Address: _____

Medical History: Diagnosis _____
 Conditions _____
 Other _____

Medications:

Medication Name	Dosage

Allergies: _____

Hospital of Choice: _____

Emergency Contact: _____



Roanoke County Fire and Rescue Department

Important Safety Tips

Each year many older adults die or experience permanent disability after a home fire or fall. Adults at the age of 65 are twice as likely to be killed or injured by falls or fires, compared to the population at large. By the age of 75 that risk increases to three times that of the general population – four times at age 85, according to the National Fire Protection Association (NFPA)

Here are some tips for preventing fires and falls:

Prevent Fires:

- Install at least **one smoke detector on every level** of your home and **test them monthly**
- Keep yourself and anything else that can burn, at least **3 feet from space heaters**. Portable heaters and woodstoves. Turn off and unplug heaters when you leave home or go to bed.
- Use large, deep ashtrays and **wet cigarette butts** and ashes before emptying ashtrays. Never smoke when drowsy, lying down, or in bed.
- Wear tight fitting or **rolled up sleeves** when cooking. Use oven mitts to handle hot pans and never leave **cooking unattended**.
- **“STOP, DROP, and ROLL”** if your clothes catch on fire.
- **Immerse burns** in cool water for 10-15 minutes. If burn is severe, get medical attention. Never put butter or grease on a burn.
- **Know 2 ways out of each room**, and plan, and **PRACTICE** your fire escape. In a fire, get out and stay out. Call 911 after you have escaped from your home.

Prevent Falls:

- **Exercise regularly** to build strength and improve balance and coordination.
- Keep **stairs and walkways** clear of tripping hazards.
- **See an eye specialist** once a year.
- **Improve the lighting** in your home. **Turn on the lights** before using the stairs and **install a night light** along the path from the bedroom to the bathroom.
- Use **non-slip mats** in the tub or shower.
- Use only **throw rugs with rubber, non-skid backing**.
- **Install handrails** along both sides of the stairs.
- Wear sturdy, well fitted, low-heeled **shoes with non-slip soles**.
- Have a **pharmacist review all your medications**.

Call Roanoke County Fire and Rescue at 777-8701 for more safety tips