



# KPFARS MONTHLY HEALTH HUB

*Neighbors Staying Informed, Staying Healthy, and Staying Safe Together*



## Back to School Driving Safety: Stay Alert on the Roads

As students head back to school, drivers must be extra cautious. Follow these tips to ensure everyone's safety during busy school hours.

### For Drivers:

- **Obey Speed Limits:** Slow down in school zones and residential areas, where children may be present.
- **Watch for Pedestrians:** Be especially cautious at crosswalks and intersections, and always yield to pedestrians.
- **No Distractions:** Keep your focus on the road by avoiding phone use and other distractions while driving.
- **Be Cautious Around Buses:** Never pass a school bus that is stopped to load or unload children, and always stop when the bus's red lights are flashing.

### For Pedestrians:

- **Cross Safely:** Always use crosswalks and obey traffic signals. Make eye contact with drivers before crossing the street.
- **Be Visible:** Wear bright or reflective clothing, especially during early mornings or evenings.
- **Stay Alert:** Avoid distractions like headphones or texting while walking, and be mindful of your surroundings.
- **Walk Facing Traffic:** If there are no sidewalks, walk on the side of the road facing oncoming traffic.



Back to   
SCHOOL

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## UPCOMING EVENTS

**NEXT DRILL:**  
SEPT. 4TH AT 7PM AT THE  
NEW ROAD BUILDING

**NEXT BUSINESS MEETING:**  
SEPT. 18TH AT 7PM AT THE  
NEW ROAD BUILDING

**MONTHLY CPR CLASS:**  
EMAIL [BNY831@GMAIL.COM](mailto:BNY831@GMAIL.COM)  
FOR MORE DETAILS

## Flu Shots & Vaccinations: Guard Against the Season



As flu season approaches, it's time to roll up your sleeve for your annual flu shot. Vaccinations are a critical defense for both adults and seniors to stay healthy.

- **Who Should Get Vaccinated:** Everyone aged 6 months and older should get a flu vaccine annually, especially those at higher risk for flu-related complications, such as pregnant people, seniors, and individuals with chronic health conditions.
- **Vaccine Options:** Several flu vaccines are available, with specific options recommended for different age groups. For those 65 years and older, certain vaccines are preferred due to their effectiveness.
- **Timing of Vaccination:** It's best to get vaccinated in September or October, before flu season starts. For children who need two doses, early vaccination is recommended.
- **Special Considerations:** People with egg allergies can receive any flu vaccine appropriate for their age. Always consult with your healthcare provider if you're unsure about which vaccine to get.
- **Importance of Vaccination:** Getting vaccinated reduces flu-related illnesses, doctor visits, missed work/school, and can prevent severe symptoms, hospitalizations, and deaths.

Click here to learn more: [CDC "Influenza \(Flu\)"](#)

## Home Health Safety: Creating a Safe Environment for All

1. **Medication Safety:** Store medications in a secure place, out of reach of children and pets, and ensure they are properly labeled and disposed of when expired.
2. **Fall Prevention:** Keep walkways clear of clutter, install grab bars in bathrooms, and ensure adequate lighting to prevent falls, especially for seniors.
3. **Fire Safety:** Install smoke detectors in key areas, regularly check batteries, and keep a fire extinguisher accessible. Create and practice an emergency evacuation plan with your family.
4. **Indoor Air Quality:** Keep your home well-ventilated, change air filters regularly, and reduce indoor pollutants by avoiding smoking indoors. When cleaning, it is best to stick to eco-friendly cleaning products.
5. **Hygiene Practices:** Maintain a clean and sanitary environment by regularly disinfecting common surfaces and practicing good personal hygiene to prevent the spread of germs.

Click here to learn more: ["CDC Guide to Healthy Homes"](#)

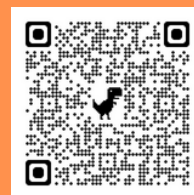


## WANT TO GET INVOLVED?

Consider volunteering with us at the Kendall Park First Aid and Rescue Squad! Our team is comprised of dedicated individuals from various backgrounds, united by a shared commitment to providing quality Emergency Medical Services. Whether you're a healthcare professional, an engineer, a teacher, student, or a retiree, there's a place for you here. Join us in making a difference—responding swiftly to 911 calls, saving lives, and serving our neighbors in Kendall Park and beyond.

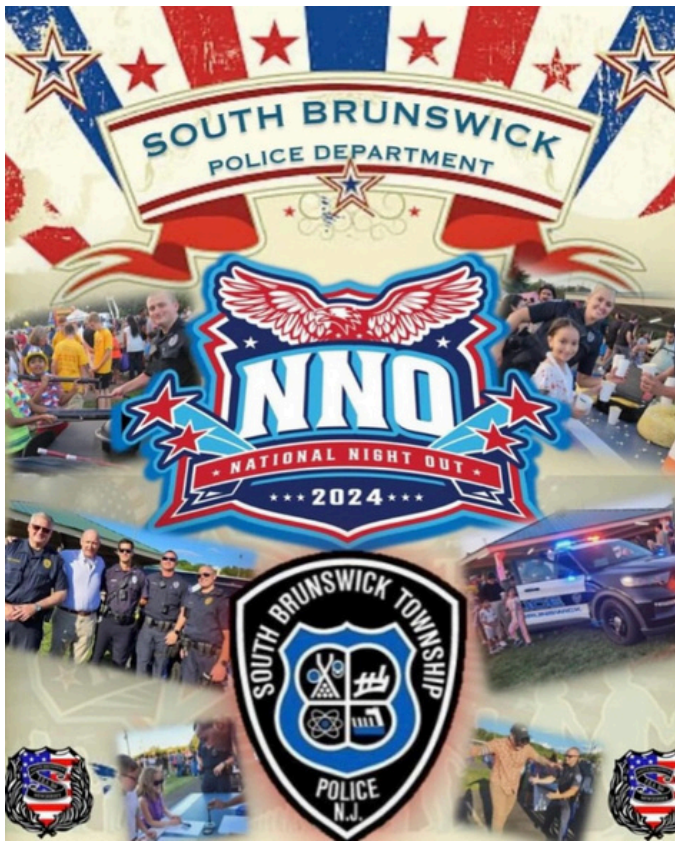
Visit our [website](#) to learn more about our application process.

*Thank you for your support!!*





## KPFARS Supporter Spotlight



We extend our heartfelt gratitude to the South Brunswick Police Department, all the dedicated volunteers, vendors, and performers for hosting such a remarkable National Night Out on August 13th in Rowland Park.

A special thank you to everyone who visited our Kendall Park First Aid Squad ambulances. Your support and enthusiasm mean the world to us and help us continue providing vital services to our community.

**Explore valuable resources from the South Brunswick Police Department, including the Citizens' Police Academy, medical needs sheltering information, 24/7 medication disposal, fraud prevention tips, Operation Blue Angel, and updates from the Chief of Police here:**

**<https://southbrunswicknj.gov/police/bulletins/>**