



KPFARS MONTHLY HEALTH HUB

Neighbors Staying Informed, Staying Healthy, and Staying Safe Together



Fire Prevention Tips and Treating Burns

Bonfires and outdoor gatherings are fun fall activities, but improper fire management can lead to serious health issues such as burns or smoke inhalation.

- Keep a bucket of water or fire extinguisher nearby for emergencies.
- Never leave a fire unattended, and fully extinguish it before leaving.
- Ensure that seating is a safe distance from the fire to avoid burns.
- Avoid using gasoline or other accelerants to start the fire.
- Know how to treat burns: cool the burn with cool (not too cold) water for 10-20 minutes, cover the burn with a clean, non-stick bandage or cloth to keep it clean and prevent infection
- Seek medical help for emergencies such as serious burns or difficulty breathing from smoke inhalation.

For more fire safety tips, visit the National Fire Protection Association (NFPA) at www.nfpa.org.



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UPCOMING EVENTS

NEXT DRILL:

OCT. 2ND AT 7PM AT THE NEW ROAD BUILDING

NEXT BUSINESS MEETING:

OCT. 16TH AT 7PM AT THE NEW ROAD BUILDING

MONTHLY CPR CLASS:

EMAIL BNY831@GMAIL.COM FOR MORE DETAILS

Mental Health



Seasonal changes can lead to increased stress, anxiety, and depression, making mental health care essential to avoid emergencies.

Self-Care Tips:

- Stick to a routine for sleep, meals, and exercise.
- Get outside for sunlight and fresh air.
- Stay active to boost mood and reduce stress.
- Reach out to friends or professionals if feeling overwhelmed.

Emergency Actions:

- Call 911 if someone is in crisis or danger.
- Stay with the person and offer calm support.
- Remove dangerous objects and encourage deep breathing.
- For immediate help, call the Suicide & Crisis Lifeline at 988.

For more information and resources, visit

<https://www.cdc.gov/mentalhealth/tools-resources/index.htm>.

Mold Prevention and Health Risks

Mold can grow quickly in damp areas, especially when the weather becomes colder and after storms and floods. This can lead to serious health risks, particularly respiratory emergencies.

Health Risks and Medical Emergencies:

- Mold exposure can trigger asthma attacks, severe allergic reactions, and respiratory distress.
- Symptoms include wheezing, shortness of breath, chest tightness, and coughing.
- People with weakened immune systems, asthma, or lung conditions are at higher risk for complications.
- ***If someone experiences difficulty breathing or severe allergic reactions, seek emergency medical attention immediately.***

Prevention Tips:

- Dry out water-damaged areas within 24-48 hours.
- Use protective gear (masks, gloves) during cleanup to avoid inhaling spores.
- Ensure proper ventilation and consider air filters, pro-active air purifiers, and dehumidifiers to help improve overall air quality.



For more information, visit the American Lung Association

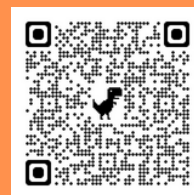
<https://www.lung.org/clean-air/indoor-air/indoor-air-pollutants/mold>

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 Spotlight

KPFARS EXPLORER POST 190

We couldn't be prouder of our incredible explorers who organized this month's car wash fundraiser. In just 6 hours, their hard work and team spirit shone as all 25 explorers and squad volunteers washed over 60 cars, demonstrating the dedication and passion that define our KPFARS family.

None of this would have been possible without the overwhelming support of our amazing community members. Your generosity and engagement ensure that these young explorers continue to grow, learn, and serve the community.



For those unfamiliar with the Explorer Post, this program offers a unique opportunity for high school students to engage in community service and gain valuable experience in EMS.

For more information about the Explorer program, please visit <https://www.kpfars.org/explorerpost190/>

Stay tuned for more ways to get involved and support KPFARS!