



HALESITE F. D. SIREN



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HOLIDAY HEART ATTACKS

"It's just a mild ache in my chest; maybe it will go away. I have too much to do today."

"I don't know why I have this sudden neck and jaw pain. I don't want to cause a fuss with all these people around; I'll deal with it later."

Unfortunately, these can be the last words of someone having a heart attack.

Heart attacks cause nearly 800,000 deaths in the USA every year, making heart disease the leading killer of both men and women. Winter holidays are periods of increased heart attack deaths, with peaks on Christmas Day and New Year's Day. There are several factors often cited for the increase, including increased emotional stress, financial pressures, over-indulgence in food and drink, and increased respiratory infections.

A heart attack occurs when part of the heart doesn't receive enough blood flow. The longer it takes to restore blood flow, the greater the damage to the heart muscle. Attacks can be sudden, but most start slowly and can extend over hours or even weeks.

Like other diseases, heart attacks have early symptoms that can be apparent long before a massive event occurs. Unfortunately half of the victims of heart attack death experienced warning signs, but ignored them.

The major symptoms of a heart attack are:

- chest pain or discomfort including chest pressure or squeezing
- feeling weak, light-headed, or faint
- pain or discomfort in arms, shoulder, back, or jaw
- shortness of breath
- cold sweat or nausea

Most people recognize chest pain as a symptom of a heart attack, but warning signs can vary, especially between men and women:

Early symptoms reported by *women* include unusual fatigue, sleep disturbance, shortness of breath, indigestion/nausea, and anxiety.

Early symptoms reported by *men* include chest pain/discomfort, shortness of breath, and dizziness or fainting.

While men normally feel pain or numbness on the left arm or left side of the chest, women often feel these symptoms on the right side. Women may also experience upper back pain that travels up to their jaw.

If you feel any of the heart attack warning signs or see them in others, call 911 immediately. Once a heart attack causes cardiac arrest, CPR will be necessary; but CPR victims have a very low rate of survival. Early recognition of warning signs and immediate transport to an emergency department provide a much higher chance of surviving a heart attack.

Begin this holiday season with a pledge to learn the early warning signs of a heart attack. Recognize the signs not only for yourself, but also for others; and be ready to fight the denial and excuses that too often prevent immediate medical treatment. 85% of heart damage occurs within the first two hours of a heart attack; so the time between the recognition of symptoms and obtaining medical treatment is critical.

More information about Early Heart Attack Care and how you can help prevent heart damage and death is available at www.deputyheartattack.org.

WHERE'S THE FIRE HYDRANT?



This is a photo from a snow storm in Halesite. There is a fire hydrant in this picture. Can you see it? If you can't see it, neither can the firefighters who may need it to extinguish a fire at your house.

Please do your part to keep hydrants visible. Please shovel or sweep snow away from hydrants and do not leave trash, debris, or cars in front of them.

We hope we will not need to use them; but you want them to be clearly visible, if we do.



SAVE THE DATES

December

- 4 - 6 Annual Christmas Tree Sale
- 6 Annual Holiday Party for children in the Fire District

January

- 8 Blood Drive

February

- 7 Pancake Breakfast

**FOR FIRE OR MEDICAL
EMERGENCY, DIAL**

427-7250

**FOR POLICE EMERGENCY
DIAL 911**

CANDLES - AN INCREASING FIRE RISK

There has been an alarming upward trend in home candle fires in the United States. Candles have become increasingly popular among teenagers and during holidays. More than one-third of candle fires start in the bedroom, and home fires caused by candles occur over 10,000 times each year, causing nearly 115 deaths. Candles can create a spirit of warmth, and they add atmosphere and ambiance; but they also create a serious fire hazard. The top three days for candle fires are Christmas Eve, Christmas Day, and New Years Day.

Please consider these safety tips when using candles in your home:

- Use candles only with constant adult supervision.
- Extinguish all candles when leaving a room or going to sleep.
- Keep candles away from items that can catch fire, like drapes, books, decorations, and clothing.
- Do not place candles where they can be knocked over by children or pets.



*More Fire Safety info
is available at
www.nfpa.org.*

- Make sure that candles are placed on a level piece of furniture and in sturdy holders that will not turn over.
- Keep candles and all open flames away from flammable liquids.
- Make sure candle holders are non-combustible and big enough to collect dripping wax.

**Remember: A candle is an open flame.
It can easily ignite any combustible nearby.**

KNOW WHAT YOUR CO DETECTOR IS TELLING YOU

The Halesite Fire Department responds to many calls for "CO Detector Activation". In most cases the problem is with the detector, not due to the presence of Carbon Monoxide.

A chirp at 30 or 60 second intervals means the battery needs to be replaced or the detector is malfunctioning. This does not warrant an emergency call to the fire department. A **constant** tone is a CO warning. If this **constant** tone sounds, move to fresh air and call the fire department.

IS YOUR HOUSE NUMBER VISIBLE?

Every year we ask residents to make sure their house numbers are visible from the street. Yet, **every month** we respond to calls for help from residents who do not have visible house numbers. Use 4" reflective numbers and place them where they are not hidden by foliage, open doors, or vehicles. Help us to help you!



WINTER SAFETY TIP

After a significant snow storm, be sure to clear snow away from all home exits. If fire blocks your exit from your front door, you will need another way out.



H.F.D. WEB SITE

For more safety tips, as well for news about Halesite Fire Department members, activities, events, and recruitment, visit our web site:

www.halesitefd.org

You can also sign up for e-mail messages and newsletters from the Halesite Fire Dept. Just enter your e-mail address at the lower right corner of our home page.