

The Moreno Valley Fire Department offers the following Carbon Monoxide Safety Tips:

Carbon monoxide (CO) is an odorless, colorless and toxic gas. Since it is impossible to see, taste, or smell the toxic fumes, CO can kill before you are aware it is in your home. Carbon Monoxide can come from several sources including gas-fired appliances, charcoal grills, wood-burning furnaces or fireplaces, and motor vehicles. At lower levels of exposure, CO causes mild effects that are often mistaken for the flu. These symptoms include headaches, dizziness, disorientation, nausea, and fatigue. The effects of CO exposure can vary greatly from person to person depending on age, overall health, and the concentration and length of exposure. You can protect yourself and your family by following a few easy steps:

- Install at least one CO alarm, with an audible warning signal evaluated by a nationally recognized laboratory, near sleeping areas and outside individual bedrooms. CO alarms measure levels of the gas over time and are designed to sound an alarm before an average, healthy adult would experience symptoms.
- Have your heating system, water heater, and any other gas, oil or coal burning appliances serviced by a qualified technician every year.
- Don't use your range or oven to help heat your home and never use a charcoal grill or hibachi in your home or garage.
- Never keep a car running in a garage. Even if the garage door is open, normal circulation will not provide enough fresh air to reliably prevent a dangerous buildup of CO.



The Moreno Valley Fire Department offers the following tips to prevent scalds and burn accidents:



protecting children.

Each year, more than 100,000 children 14 and under are treated for burn injuries. The leading causes of burn injuries in young children are hot liquids and steam. It is important to be aware that your house is full of common things that can burn your child. National Burn Awareness Week is observed the first full week in February, and is the perfect calendar observance to focus on preventing fires and

The following tips can help reduce the risks of burn accidents:

Reduce water temperature

- Set the hot water heater to 120 degrees. If you rent, ask your landlord to do it.
- Consider putting anti-scald devices on faucets. A child's skin burns at lower temperatures and more quickly than adult skin.

Establish a “Kid-Free Zone”

- Make the stove area a “Kid- Free Zone” (3 feet is a good distance). Mark it on the floor with bright tape so your child knows the danger zone.
- Always stay in the kitchen when your children are there.
- Do not hold children while cooking or while carrying hot foods or liquids.
- Cook with pots and pans on back burners; turn handles away from the front.
- Do not place hot foods or liquids near the counter or table's edge.



Test food and drink temperature

- Taste cooked food and heated liquids to make sure they're not too hot.
- Never microwave a baby's bottle. Drinks heated in a microwave may be much hotter than their containers.

Remove items that burn

- Teach your child to never touch matches or lighters. Store these items in locked cabinets and do not use these items for fun —children can imitate you.
- Keep children away from candles and other open flames.
- Keep cords out of your children's reach.

The Moreno Valley Fire Department would like to offer important flood preparedness information:

The Office of Emergency Management would like to remind everyone floods are one of the most common hazards in Riverside County. They can cause injury, death property damage and even contaminate drinking water and cause electrical disruptions which can severely impact the City of Moreno Valley. All floods are not alike and can develop slowly over time but can also progress very quickly in just a few minutes. Flash floods often have a dangerous wall of rapidly moving water that carries rocks, mud, and debris and can sweep away anything in its path. Be aware of flood hazards no matter where you live, but especially if you live in low lying areas, near water or even near flood prone areas or intersections. Do not attempt to cross an area or intersection that appears to be flooded but rather find an alternate route of travel.



Before the Flood Warning or Watch

Be prepared to respond to flooding by taking the following actions before rains and flooding begin:

- Assemble emergency supply kits for your home, workplace, and vehicle.
- Store a seven-day supply of food and water (at least one gallon per person, per day) in closed, clean containers.
- Gather filled sandbags.
- Be sure to have plastic sheeting on hand.
- Teach children not to play in or near rivers, streams, or other areas of potential flooding.
- Identify safe routes from your home or work place to high, safe ground. Determine whether you can use these routes during flooding or storms. Be familiar with your geographic surroundings.

During the Flood

- Avoid unnecessary trips.
- Do not drive or walk through moving water. You can be knocked off your feet in as little as 6 inches of water.
- Do not “sightsee” or enter restricted areas.
- Stay away from streams, rivers, flood control channels and other areas subject to sudden flooding.
- Move to higher ground if you’re caught by rising waters.
- Use the phone only to report dangerous conditions or emergencies that are life threatening.

What are Flash Floods?



Flash floods are short-term events, occurring within 2 hours of the start of high intensity rainfall. A flash flood is a rapid stream rise. Flash flood damage and most fatalities tend to occur in areas immediately near a stream, creek, river or flood prone areas and intersections. In addition, heavy rain falling on steep terrain can weaken soil and cause mud slides, damaging homes, roads and property. Flash floods occur when slow moving or multiple thunderstorms happen over the same area. When storms move

faster, flash flooding is less likely since the rain is distributed over a larger area.

When a flash flood **WATCH** is issued

- Watch for signs of flash flooding and be ready to evacuate on a moment’s notice.

When a flash flood **WARNING** is issued

- A flash flood warning is issued when the threat of a flash flood is imminent or occurring.
- Be ready to evacuate immediately as you may have only seconds to escape.
- Move to higher ground and away from rivers, streams, creeks and storm drains. Do not drive around barricades. These are placed to keep you out of harm's way.
- If your car stalls in rapidly rising waters, abandon it immediately and climb to higher ground.



The Office of Emergency Management invites you to its next Community Emergency Response Team (CERT) Training:

Community Emergency Response Team (CERT) Training

The City of Moreno Valley Office of Emergency Management will be conducting a 3-day Community Emergency Response Team (CERT) training course. CERT is a program managed by Office of Emergency Management that trains members to respond to disasters and work effectively with emergency responders by utilizing medical, triage, light search and rescue, disaster fire suppression, damage assessments, cribbing and leveraging techniques.



To become certified, sign up for a CERT class today! Registration forms available at www.moval.org or contact the Office of Emergency Management at 951.413.3800 or email oem@moval.org

The upcoming 3-day CERT course will be held in the Emergency Operations Center at 22870 Calle San Juan De Los Lagos on the following days:

Friday, March 3, 2017 - 6:00pm to 9:00pm
Saturday, March 4, 2017 – 8:00am to 5:00pm
Sunday, March 5, 2017 – 8:00am to 5:00pm