Make a fire safety plan for your home

What do you need to do if there is a fire? How can you prevent a fire in your home? Studies show fires cause about 3,500 deaths and 18,000 injuries in the U.S. each year.

It only takes about 30 seconds for a small flame to spark a major fire. Heat from a fire can be more dangerous than flames, rising from 100 degrees at floor level to 600 degrees at eye level. Fire also robs you of oxygen and makes smoke and toxic gases that can take your life even before flames reach you. Follow these safety tips to help lower your chances of harm from a fire:

- Set up a fire escape plan before a fire strikes.
- Rehearse your plan often so each person knows what to do.
- Choose a safe meeting place away from the fire.
- Learn two ways to get out of each room.
- Rehearse escaping with your eyes closed since smoke from a fire can keep you from seeing well.
- Crawl under smoke rather than standing, and keep your mouth covered.
- Get away from your home first and then call for help.
- Don’t return to a burning building for any reason.

Don’t add fuel to the fire by overlooking safety measures. Fight fire with your best weapons – know the facts; have a plan; be prepared.

Sources: U.S. Fire Administration; Centers for Disease Control and Prevention
Put good health where your mouth is

Your mouth can reveal many things about your overall health and well-being. When trouble starts in your mouth, it could be a sign of trouble somewhere else in your body. On the other hand, how well you take care of your oral health can also have an effect on your overall health.

Think about these facts:
- Poor oral health can impact many parts of your life including nutrition, sleep, emotional health, relationships and school or work.
- Studies show a link between gum disease and other health issues such as diabetes, stroke and pregnancy complications.
- Your mouth is a doorway for infections that have an effect on other parts of the body.

Keep your mouth healthy. It can go a long way in keeping your body healthy, too.

Heart of the matter: Some studies show that inflammation and bacteria from severe gum disease may be linked to stroke, clogged arteries and heart disease.

Sources: U.S. Department of Health and Human Services; Mayo Foundation for Medical Education and Research

Catch the benefits of fish

Seafood is a great source of omega-3 fatty acids

When it comes to safeguarding your heart health, fish is the ‘reel’ deal. Rich in omega-3 fatty acids, fish can benefit the hearts of healthy people and those who are at risk for or who have cardiovascular disease.

The American Heart Association recommends eating fish (particularly fatty fish) at least two times a week. Fish is a good source of protein and doesn’t have the high saturated fat found in fatty meat products. Examples of fish that are good sources for omega-3 fatty acids include:

- Mackerel
- Lake trout
- Herring
- Albacore tuna
- Sardines
- Salmon

Source: American Heart Association