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The Navy Region, Mid-Atlantic Public Safety, Virginia Beach Safety Storefront publishes this SafetyGram and widest dissemination within your organization as encouraged. Please post on official bulletin boards and route to your staff. Our web site at [www.nasoceana.navy.mil/safety](http://www.nasoceana.navy.mil/safety) also has lots of additional information to improve your safety posture.



## Halloween Safety: Safety Alert from the CPSC

A few safety tips from the U.S. Consumer Product Safety Commission can protect children who plan to go trick-or-treating this Halloween.

**Treats:** Warn children not to eat any treats before an adult has carefully examined them for evidence of tampering.

**Flame Resistant Costumes:** When purchasing a costume, masks, beards, and wigs, look for the label **Flame Resistant**. Although this label does not mean these items won't catch fire, it does indicate the items will resist burning and should extinguish quickly once removed from the ignition source. To minimize the risk of contact with candles or other sources of ignition, avoid costumes made with flimsy materials and outfits with big, baggy sleeves or billowing skirts.

**Costume Designs:** Purchase or make costumes that are light and bright enough to be clearly visible to motorists.

\* For greater visibility during dusk and darkness, decorate or trim costumes with reflective tape that will glow in the beam of a car's headlights. Bags or sacks should also be light colored or decorated with reflective tape. Reflective tape is usually available in hardware, bicycle, and sporting goods stores.

\* To easily see and be seen, children should also carry flashlights.

\* Costumes should be short enough to prevent children from tripping and falling.

\* Children should wear well-fitting, sturdy shoes. Mother's high heels are not a good idea for safe walking.

\* Hats and scarves should be tied securely to prevent them from slipping over children's eyes.

\* Apply a natural mask of cosmetics rather than have a child wear a loose-fitting mask that might restrict breathing or obscure vision. If a mask is used, however, make sure it fits securely and has eyeholes large enough to allow full vision.

\* Swords, knives, and similar costume accessories should be of soft and flexible material.

**Pedestrian Safety:** An adult or an older, responsible child should always accompany young children. All children should WALK, not run from house to house and use the sidewalk if available, rather than walk in the street. Children should be cautioned against running out from between parked cars, or across lawns and yards where ornaments, furniture, or clotheslines present dangers.

**Choosing Safe Houses:** Children should go only to homes where the residents are known and have outside lights on as a sign of welcome.

\* Children should not enter homes or apartments unless an adult accompanies them.

\* People expecting trick-or-treaters should remove anything that could be an obstacle from lawns, steps and porches. Candlelit jack-o'-lanterns should be kept away from landings and doorsteps where costumes could brush against the flame. Indoor jack-o'-lanterns should be kept away from curtains, decorations, and other furnishings that could be ignited.



**Mold Guidance at Home** - During a flood cleanup, the indoor air quality in your home may appear to be the least of your problems. However, failure to remove contaminated materials and to reduce moisture and humidity can present serious long-term health risks. Standing water and wet materials are a breeding ground for microorganisms, such as viruses, bacteria, and mold. They can cause disease, trigger allergic reactions, and continue to damage materials long after the flood. For information on problems caused by microbial growth and other potential effects of flooding, and the steps you can take to lessen these effects, visit [www.epa.gov/iaq/pubs/flood.html](http://www.epa.gov/iaq/pubs/flood.html) or additional resources regarding response to Hurricane Isabel, visit <http://epa.gov/emergency/hurricane/>.

## Standard Time



**Don't forget to reset your clock on Sunday, October 26. This is also a good time to change the batteries in your smoke detectors.**

### RAW VS COOKED VEGGIES - Which Are Better?



Most of us have grown up thinking raw veggies are healthier for us. However, new research has revealed exceptions to this long-held belief. Recent studies show that the antioxidants (disease-fighting phytochemicals) in red, orange, and yellow fruits and vegetables are better absorbed by the body from many cooked rather than raw foods, reports Melanie Polk, MMSc, RD, FADA, a nutritionist with the American Institute for Cancer Research (AICR). The phytochemical lycopene is more readily available in heated tomato products such as ketchup and tomato sauces. The level of the phytochemical beta-carotene found in carrots increases with cooking. Polk notes, however, that cooking reduces the level of folate and vitamin C in fruits and veggies. For better health and to help prevent cancer, AICR recommends eating a variety of plant-based foods both raw and cooked. Source: AICR Spring 2003 Newsletter on Diet, Nutrition, and Cancer Prevention.

### DISASTER STRESS

Hurricanes, tornados, earthquakes, floods and disasters are a frequent and common aspect of daily life... Most adults who go through and are exposed to some type of disaster, whether natural or man made, cope fairly well. The vast majority may experience some type of temporary or transitory symptoms and are able to bounce back without much difficulty. Planning for and preparing for changes, and knowing that with self care, support and time that you and your family will be okay seem to be keys for effective coping. Resources and links for Disaster and coping may be found at <http://www.ag.uiuc.edu/~disaster/after.html> and <http://www.usuhs.mil/psy/disasterresources.html> and <http://www.persnet.navy.mil/pers66/Resources%20Crisis.htm> Managing stress resources are available on the NEHC Health Promotion Stress Management Home Page <http://www-nehc.med.navy.mil/hp/stress>.

NOAA satellite image of Hurricane Isabel close to making landfall taken September 18, 2003 at 7:53 a. m. EDT.





Now that fall is here and we approach the beginning of the winter heating season, we need to practice Operational (Home) Risk Management by performing some home preventative maintenance. Following are some tips and ideas.

### Heating and Cooling Systems

- Have heating and cooling systems checked by a qualified serviceperson once a year or according to the manufacturer's warranty and service recommendations. Failure to do manufacturer-recommended servicing may void warranties.
- Clean or replace filters. Check your owner's manual for recommended procedures. Some filters should be replaced as often as once a month.
- Clean dirt and dust from around furnaces, air grills, and ducts.
- Regularly clean out fireplace ash pit.
- Have the chimney checked each fall before you use it. A build up of creosote and soot or other blockage (such as a bird nest) can be very dangerous. If you use your fireplace or woodstove regularly, a yearly cleaning is recommended. Seek help from professional fire fighters or chimney inspectors if you have any doubt about the chimney safety.
- Be sure that the chimney and stovepipe were installed correctly in accordance with the manufacturer's recommendations and local codes. If there is any doubt, a building inspector or fire official can determine whether the system is properly installed.
- Check the attic to be sure that insulation or other material is not blocking free air flow through soffit vents, gable vents, or other attic vents. If light from the outside shines through each vent into a darkened attic, then the vents are clear.
- Be sure that everyone knows how to operate the heating system (turn on and off, adjust temperature).
- **Important!** Make everyone aware of the location and operation of the emergency shutoff device for the heating system.

### Tips for the Day (Living Longer & Staying Younger)

**Brush Away Artery Plaques** - Brushing your teeth twice per day not only will remove plaque from your teeth, but it also may keep plaques from forming in your arteries. Research shows that tooth loss is associated with higher levels of plaque in the arteries that lead to the brain. Older adults who had lost many teeth were more likely to have the plaque deposits compared to people who didn't experience major tooth loss as they aged.

**Aid for Allergy Sufferers** - Allergies don't just flare up in the spring - Fall is also a miserable time for the 35 million allergy sufferers in the U.S., so the Asthma and Allergy Foundation of America has launched a website that lets visitors create a personal plan to help prevent and safely treat allergies. In addition, the website offers a four-day weather and pollen/allergen forecast by zip code, and it's targeting America's "allergy capitals." Go to [www.allergyactionplan.com](http://www.allergyactionplan.com) to learn more, get your allergy forecast, and create a personal action plan.

**We appreciate all those who contributed articles to this newsletter.**



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