

9630 Telge Rd.
Houston, Texas 77095

Phone: 281-550-9649
Fax: 281-550-7288



Tips on Kitchen Fire Safety

Extra care should be taken when working in the kitchen in order to avoid the onset of a fire. Here are some safety tips:

- Wear appropriate clothing, and avoid the long, flowing sleeves and open, loose-fitting shirts that can easily come in contact with hot burners.
- Wear your long hair up and do not leave any strands hanging.
- Never take your eyes off hot oil because it can ignite in an instant. If it catches fire, immediately place a cover on the pan.
- Always unplug electrical cords from all ancillary appliances. A plug can ignite even though the equipment is turned off. Any power surge or unforeseen problem with electricity can cause a fire.
- Do not use electrical appliances near water and keep cords away from all heat sources.
- Turn pot handles inward on the hot stove so as to avoid bumping into them accidentally and spilling their contents.
- Do not place potholders, boxes, towels, cutting boards, or plastic utensils and containers near cooking areas.
- Keep the kitchen work area clean, free from grease and burnt food. If you have a self-cleaning oven, remove large debris before turning it on.
- Keep a box of baking soda on the kitchen counter while cooking as it can quickly put out a small kitchen fire if it is caught at its onset.
- Make sure all appliances are in good working condition. At the first sign of a problem, have it fixed or get rid of it.

We're on the web!

www.hcesd9.org

Our mission is to provide excellent emergency services to residents!



Want to contribute?

Any resident may submit an application for membership at any one of the twelve Cy-Fair VFD stations. Station meetings are held most Thursday evenings beginning a 7:00 p.m. This is a good time to stop by to learn more about volunteer firefighting.



**VOLUNTEER TO
BECOME
ONE OF CY-FAIR'S
BRAVEST!**

For More Information
See Recruiting Website at
www.cyfairsbravest.org

Construction Updates

Visit www.grandparkway99.com. for traffic advisories, and more. Check it regularly for updates. You also can sign up for e-mail and mobile alerts to keep abreast of project news and updates. Staying informed of the area construction can prevent delays in time it takes you to get places. Running late is a common factor of accidents as people try to hurry and get to their destination. We want our community to play it safe and enjoy the summer!



Financial Protection

Since nothing is more important than physical safety during a fire, the financial aspect with regard to your protection is a fundamental consideration. To start with, you will need to invest in a fire extinguisher that best suits your home or work-place.



It is also vital to protect yourself with a home insurance policy and know the details of your coverage regarding fire incidents, be they accidental or intentional, as in the case of arson. Filing

a claim for damage caused by fire will give you some peace of mind in view of the consequential expenses and devastating circumstances.

Following a fire, and after speaking with your insurance agent, seek a reputable fire restoration company. It is their job to identify what can be salvaged and clean your home from top to bottom so it is safe to live in again.

Financial protection is a worthwhile investment, one that can ensure you and your fami-

How Can Fire Damage Restoration Help?

When a fire occurs in your home, the physical damage can be overwhelming. While it may seem that you may never be able to live comfortably in your home again, a professional clean-up managed by fire damage restoration experts will put your life back in order. They will typically proceed as follows:

- Assess the full extent of the fire damage including damage to infrastructure such as plumbing and electrical wiring
- Identify salvageable items and remove them from the house to preserve them during restoration
- Protect unaffected areas of the house so as to prevent ongoing spread of harmful toxic fumes
- Maintain an itemized list of non-salvageable items to be submitted with your insurance claim
- Permanently eliminate (not simply cover up) the odor left by the fire using ozone generators
- Thoroughly deodorize the affected areas of the home using professional thermo-foggers
- Clean all surface areas such as walls, furniture, flooring, and carpets using professional-grade, EPA-approved cleaning solutions
- Clear the home's ventilation system of any and all hazardous contaminants



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Special points of interest:

- **Financial Protection**
- **Pet Safety**
- **Kitchen Safety**

PET SAFETY TIPS



Heat Exhaustion

Pets can get [dehydrated](#) quickly, so give them plenty of fresh, clean water when it's hot outdoors. Make sure your pets have a shady place to get out of the sun, be careful to not over-exercise them, and keep them indoors when it's extremely hot.

Know the Warning Signs

Symptoms of overheating in pets include excessive panting or difficulty breathing, increased heart and respiratory rate, drooling, mild weakness, stupor or even collapse. They can also include seizures, bloody diarrhea and vomit along with an elevated body temperature of over 104 degrees. Animals with flat faces, like Pugs and Persian cats, are more susceptible to heat stroke since they cannot pant as effectively. These pets, along with the elderly, the overweight, and those with heart or lung diseases, should be kept cool in air-conditioned rooms as much as possible.

No Parking!

Never leave your animals alone in a parked vehicle. "On a hot day, a parked car can become a furnace in no time-even with the windows open-which could lead to fatal heat stroke," says Dr. Louise Murray, Vice President of the ASPCA Animal Hospital. Also, leaving pets unattended in cars in extreme weather is illegal in several states.



1) Identify a shelter: Before disaster hits call your local office of emergency management to see if you will be allowed to [evacuate with your pets and that there will be shelters that take people and their pets in your area](#). And just to be safe, track down a pet-friendly safe place for your family and pets. Most boarding kennels, veterinarians and animal shelters will need your pet's medical records to make sure all vaccinations are current.

2) Pack a pet kit: Take pet food, bottled water, medications, veterinary records, cat litter/pan, manual can opener, food dishes, first aid kit and other supplies with you in case they're not available later. Each pet is unique, but [each pet needs the basics in case of an emergency](#).

3) Update your pet's ID: Make sure identification tags are up-to-date

and securely fastened to your pet's collar. If possible, attach the address and/or phone number of your evacuation site. [If your pet gets lost, his tag is his ticket home](#).

4) Protect your pet during a disaster: Animals have instincts about severe weather changes and will often isolate themselves if they are afraid. Bringing them inside early can stop them from running away. Even if your dogs and cats normally get along, the anxiety of an emergency situation can cause pets to act irrationally. [Understanding what to expect during a disaster is crucial](#).

5) Keep an eye on your pet after an emergency: The behavior of your pets may change after an emergency. Normally quiet and friendly pets may become aggressive or defensive. Watch animals closely. Leash dogs and place them in a fenced yard with access to shelter and water. Familiar scents and landmarks may be altered and your pet may become confused and lost. [Remember to keep taking care of them even after the disaster](#).

What steps have you taken to prepare your pet for the seasonal disasters that affect your?

THE 41ST ANNUAL EMS WEEK

In 1973, President Gerald Ford authorized EMS Week to celebrate EMS, its practitioners and the important work they do in responding to medical emergencies. Back then, EMS was a fledgling profession and EMS practitioners were only beginning to be recognized as a critical component of emergency medicine and the public health safety net.

A lot has changed over the last four decades. EMS is now firmly established as a key component of the medical care continuum, and the important role of EMS practitioners in saving lives from sudden cardiac arrest and trauma; in getting people to the hospitals best equipped to treat heart attacks and strokes; and in showing caring and compassion to their patients in their most difficult moments.

Whether it's the team at Grady EMS in Atlanta who had the expertise to transport the nation's first Ebola patient, the volunteer firefighters and flight medics called to search for and rescue survivors in the Everett, Wash. mudslide or the thousands of EMS responses that happen 24 hours a day, 7 days a week and don't make the news, EMS is there for their communities at their greatest time of need.

New NAEMT-ACEP EMS Week Partnership

This year, NAEMT is pleased to announce a new partnership with the American College of Emergency Physicians on a national EMS Week promotional campaign, known as *EMS Strong*. By joining forces with ACEP, NAEMT will continue to work toward ensuring that the important contributions of EMS practitioners in safeguarding the health, safety and well-being of their communities are fully celebrated and recognized.

That has never been more important, given the changes in healthcare that are occurring as part of healthcare reform. With the nation seeking ways to control healthcare costs while improving the health of patients, and the way in which medical care is paid for shifting from a system that rewards the volume of services provided to one that rewards high quality, effective care, EMS is proving that it is dedicated to solving the nation's healthcare challenges through innovations such as Mobile Integrated Healthcare and Community Paramedicine.



EMS: The Evolution Continues

As the role of EMS continues to evolve, there is no better moment to celebrate how far EMS has come, to remind communities about the vital work of EMS practitioners, and to lay plans for where EMS wants to go in the future.



Whether celebrated with a company cookout or a catered lunch; an open house, an awards ceremony or even quiet reflection about what it means to be an EMS practitioner, EMS Week is the perfect time to recognize EMS and all that its practitioners do for our nation.