



# Community Health Resource Program

Brevard County Fire Rescue has developed a program to help serve as a resource for our community. The new position, entitled Community Health Resource program Coordinator (CHRP), is multifaceted. One goal of the CHRP is to visit members of the community that utilize 911 on a frequent basis for non-emergent needs and attempt to align their needs with resources that are more appropriate than the 911 system. The CHRP coordinates with other community partners such as 211 to assist individuals as needed. In addition, another component of the program includes education pertaining to certain topics that affect our community greatly. The following educational topics are briefly discussed in this brochure in order to bring a better understanding and awareness to all members of our community. Additional information is available by contacting the number or email at the bottom.

- Cardiovascular Health
- Recognizing Stroke Signs and Symptoms
- Fall Prevention techniques
- Reducing Infant Mortality w/Safe Sleeping

## Basic Steps for Good Cardiovascular Health

Recommendations by the American Heart Association

1. Aim for lucky number "7" when thinking sleep. The right amount of sleep could mean less calcium in arteries.
2. Check BP regularly, at least once a year if 40 years or older. High BP can lead to damage in the arteries as well as make the heart work harder.
3. Maintain a healthy diet: Less salt, less alcohol, less breads, and less saturated fats which raise bad cholesterol; More lean meats, fruits, and veggies.
4. Have routine blood work done to check for diabetes and cholesterol. Low-density cholesterol (LDL) is "bad" cholesterol and High-density cholesterol (HDL) is "good" cholesterol.
5. Move more: Try and exercise or participate in an activity that makes you sweat for at least 30 min, 5 days/week.
6. Ditch the cigarettes-real and electronic.

## **Brevard County Fire Rescue**

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## Recognizing Stroke Signs & Symptoms

**Act FAST to recognize symptoms of a stroke:**

**F – Face drooping.** Ask person to smile, is one side uneven?

**A – Arm weakness.** Ask person to raise both arms, does one arm drift downward?

**S – Speech difficulty.** Ask person to repeat a simple sentence. Are they difficult to understand? Is their speech slurred? Can they speak at all?

**T – Time to call 9-1-1.** If you observe any of the above symptoms, call 9-1-1 **IMMEDIATELY!** Make mental note of the time and if you can recall the last time you have seen them acting normal.

The quicker you act so treatment can be started, the better!!





## Safety Tips and Checklist



Do you know if  
your baby is  
#SafeToSleep?

**#BarelsBest**

### Infant Sleep Safety Checklist

ALWAYS place baby on back to sleep for naps and night.

Use firm surface such as mattress in safety approved crib, bassinet, or pack-n-play

Do NOT use pillows, blankets, or crib bumpers anywhere baby sleeps.

Do NOT put toys, stuffed animals, or other loose objects where baby sleeps.

Do NOT smoke or let others smoke around baby.

Do NOT let anything cover baby's head.

If possible, make baby's safe sleep area next to or near where parents sleep.

Do NOT co-sleep.

Do NOT let baby sleep on couch, chair, or adult bed alone or with anyone else.



### Pool Safety Tips For Kids

1. NEVER leave children unattended when a pool is nearby.
2. Teach children to swim as early as possible and reinforce those lessons.
3. Teach children to stay away from any drains in the pool.
4. Ensure pool drains have compliant covers.
5. Install proper barriers, alarms, and covers on and around your pool. Check regularly to ensure they are working properly.
6. Be proactive and learn CPR for children and adults.

## **Falls:** **Reduce the Risks**



### Home Safety Checklist

Remove things that you can trip over (like papers, books, clothes, and shoes) from places like walkways and stairs.

Remove small throw rugs or use double-sided tape to keep rugs from slipping.

Keep items used often in easy to reach places.

Have grab bars put next to toilet, in tub/shower or have a raised toilet installed.

Use non-slip surfaces in tub/shower.

Mark uneven thresholds with bright paint.

Improve lighting in your home with brighter lights, night lights, or increase lighting.

Have handrails and lights put on all staircases and make sure the staircases are sturdy.

Avoid going barefoot or wearing slippers.

Get up slowly after you sit or lie down. Sit on edge of bed for 30 seconds before getting up after sleeping.