

The Moreno Valley Fire Department would like to remind citizens of the upcoming Spark of Love Toy drive:



Every year, tens of thousands of children experience Christmas morning with no gifts to open. To bring smiles to these children, the firefighters in Moreno Valley, in cooperation with CAL FIRE/Riverside County Fire and KABC Channel 7, host a "Spark of Love Toy Drive". Residents that wish to be part of this special event are encouraged to drop off a new, unwrapped toy or sports equipment at

any local fire station to support this worthwhile cause.

With your support, children throughout Moreno Valley will receive a new toy this holiday season. Your donation to the "Spark of Love Toy Drive" will be accepted at any of the City's seven fire stations through December 24, 2015:

Fire Station #2
24935 Hemlock Avenue

Fire Station #65
15111 Indian Avenue

Fire Station #6
22250 Eucalyptus Avenue

Fire Station #91
16110 Lasselle Street

Fire Station #48
10511 Village Road

Fire Station #99
13400 Morrison Street

Fire Station #58
28040 Eucalyptus Avenue

For eligibility requirements to receive toys for a child in need, please contact the Moreno Valley Community Assistance Program at 951-485-7792. For any other questions regarding the "Spark of Love Toy Drive" call 951-486-6780.

The Moreno Valley Fire Department Offers the Following Safety Information:



Important safety information for when using a turkey fryer:

The delicious deep-fried turkey has quickly grown in popularity but safety experts are concerned that backyard chefs may be sacrificing fire safety for good taste.

If you absolutely must use a turkey fryer, please use the following tips:

- Turkey fryers should always be used outdoors a safe distance from buildings and any other flammable materials.
- Never use turkey fryers in a garage or on a wooden deck.
- Make sure the fryers are used on a flat surface to reduce accidental tipping.
- Never leave the fryer unattended. Most units do not have thermostat controls. If you do not watch the fryer carefully, the oil will continue to heat until it catches fire.
- Never let children or pets near the fryer even if it is not in use. The oil inside the cooking pot can remain dangerously hot hours after use.
- To avoid oil spillover, do not overfill the fryer.
- Use well-insulated potholders or oven mitts when touching pot or lid handles. If possible, wear safety goggles to protect your eyes from oil splatter.
- Keep an all-purpose fire extinguisher nearby. Never use water to extinguish a grease fire. If the fire is manageable, use your all-purpose fire extinguisher. If the fire increases, immediately call 9-1-1.

The Moreno Valley Fire Department would like to offer the following health information:

A stroke occurs when the blood supply to part of your brain is interrupted or severely reduced, depriving brain tissue of oxygen and nutrients. The brain cells begin to die within minutes of this occurrence.



It's important to watch for signs and symptoms if you or someone else may be having a stroke. Take note of when the signs and symptoms begin; the length of time they have been present may guide the treatment decisions made by emergency personnel.

Signs and symptoms include, but are not limited to:

- Trouble speaking and confusion; slurred words and difficulty understanding speech.
- Paralysis or numbness of the:
 - Face – one side of your mouth may droop if you try to smile.
 - Arm
 - Leg
- Trouble with your eyes:
 - Blurred or blackened vision in one or both eyes, and/or seeing double.
- Headache:
 - Sudden, severe headache, which may be accompanied by vomiting, dizziness or altered consciousness.
- Trouble with walking:

- Sudden dizziness, loss of balance or loss of coordination.

If you suspect someone is having a stroke, “**BE FAST**” and do the following:

- **B**alance – Is there a sudden loss of balance?
- **E**yes – Is there sudden blurred or double vision?
- **F**ace – Ask the person to smile. Does one side of the face droop?
- **A**rms – Ask the person to raise both arms. Does one arm drift downward? Or is do they have trouble raising one arm?
- **S**peech – Ask the person to repeat a simple phrase. Is their speech slurred or strange?
- **T**ime – If you observe any of these signs, call 9-1-1 immediately

Steps you can take to minimize your risk of a stroke include knowing your stroke risk factors, following your doctor's recommendations and adopting a healthy lifestyle.

The Moreno Valley Fire Department would like to offer the following earthquake preparedness information:



Thousands of earthquakes occur in California each year, but most are too small to be felt. Seismologists believe that one or more major earthquakes of magnitude 7 or larger is likely to occur somewhere in California anytime within the next 30 years. If these major earthquakes are in populated areas, the losses will be substantial.

Scientists estimate that more than 200 faults in the area are capable of causing an earthquake of magnitude 6 or greater; large enough to cause significant damage to life and property. Most of the population in Southern California lives within 30 miles of one of these faults. No one knows when or where such an earthquake will occur, but everyone can reduce the risk of injury, property loss and even death by following the safety steps listed below.

Step 1: Fix potential hazards in your home:

- Strap water heaters correctly to the wall.
- Install latches on kitchen cabinets.
- Secure TVs, stereos, computers, etc. with Velcro straps.
- Secure top-heavy furniture and appliances to walls.
- Install flexible connectors on gas appliances.
- Store flammable or hazardous materials on lower shelves, or on the floor.

Step 2: Create a disaster plan:

- Select a safe place outside of your home to meet your family or housemates after the earthquake.
- Practice "**drop, cover, and hold on.**"

- Take an American Red Cross First Aid and CPR course.
- Keep shoes and a flashlight next to each bed.
- Know how and when to shut off utilities.
- Learn how to properly use a fire extinguisher.
- Keep a fire extinguisher in an easy access area and ensure everyone know how to exit.

Step 3: Disaster supply kits:

- Keep a personal disaster supply kit in your home, in your car, and at work, with at least the following:
 - Medications and important medical information, first aid kit and handbook.
 - Spare eyeglasses or contact lenses.
 - Bottled water and snack foods.
 - Whistle (to alert rescuers to your location).
 - Emergency cash, in small bills.
 - Working flashlight with extra batteries and bulbs.
 - Copies of personal identification and emergency contacts.
- In addition to your personal disaster supply kits, store a household disaster supply kit with a 7-10 day supply of items needed to live without normal services (water, electricity, etc.) for each member of your family while you begin recovery.

Step 4: During earthquakes and aftershocks:

- **Drop, Cover, and Hold On.**
 - During earthquakes, *drop* to the floor; take *cover* under a sturdy desk or table, and *hold on* to it firmly.
- If you are in bed, hold on and stay there, protecting your head with a pillow.
- The area near outer walls is very dangerous. Do not try to go outside during shaking.
- If outside, move to a clear area if you can safely do so; avoid power lines, trees, and other hazards.
- If driving, pull over to the side of the road, stop, and stay in your car until shaking stops.



Step 6: When safe, continue to follow your disaster plan:

The first days after the earthquake:

- Until you are sure there are no gas leaks, do not use open flames or operate any electrical or mechanical device that can create a spark. Never use the following indoors: camp stoves, gas lanterns or heaters, gas or charcoal grills, or gas generators. These can release deadly carbon monoxide or be a fire hazard in aftershocks.
- Turn on your portable or car radio for information and safety advisories.
- Check on the condition of your neighbors.

- If power is off, plan meals to use up refrigerated and frozen foods first.
- If your water is off or unsafe, you can drink from water heaters, melted ice cubes, or canned vegetables.
- Report damage to your local building department and to your local office of emergency services.

To learn more about how to be prepared for an emergency disaster or earthquake, visit:

California Emergency Management Agency – www.calema.org

Federal Emergency Management Agency – www.fema.org

The Red Cross – www.redcross.org