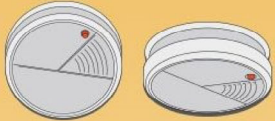


Autumn Health & Safety Tips



Test Fire and CO Alarms



Fall is a great time of year to ensure that fire and CO alarms are powered and working properly. Fire deaths are much more common in homes without working alarms. CO is odorless and invisible, so an alarm is essential.



Be Safe When **Trick** or Treating

Top tips include:

- 1 - Go out in groups or with a parent.
- 2 - Only eat wrapped, store-bought treats.
- 3 - Be alert when crossing streets. Use cross walks and obey walk signals.
- 4 - Look for **Teal Pumpkins** if your kids have allergies. These signal houses with treats that are safe for children with common food allergies, such as peanuts.



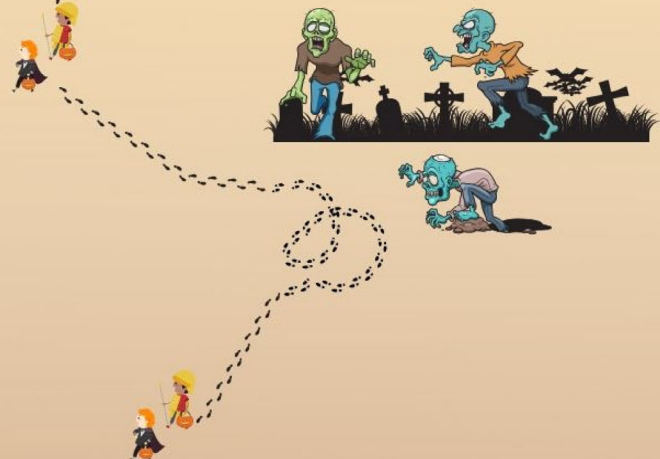
Don't Fall For Flu Myths

The Truth:

- 1 - Antibiotics cannot cure the flu because it's a viral infection.
- 2 - There is no cure for the flu. The best offense is a good defense - get a flu shot!
- 3 - Good hygiene is also one of the best ways to prevent the flu: wash your hands and cover your mouth when you sneeze or cough.



BEWARE OF ZOMBIES!



Think About Your Indoor Air Quality

- 1 - Consider indoor house plants like Aloe Vera or Bamboo Palm that may naturally improve your home's air.
- 2 - Look for low VOC products when buying cleaning supplies or painting materials. This helps reduce the buildup of harmful compounds in your house.

