

March 1-7, 2020 is Severe Weather Preparedness Week in North Carolina.

This week the National Weather Service and the North Carolina Department of Public Safety are teaming up to bring this severe weather safety campaign to all of North Carolina's residents. With warmer weather quickly approaching, now is the time to prepare for the severe weather season. If each North Carolina resident would take a few moments this week to learn about severe weather safety and implement a safety plan, then we would all be better off when severe thunderstorms and tornadoes inevitably strike our state and the likelihood of injury and fatalities caused by severe weather could be minimized. For more information visit Ready NC <https://www.readync.org/>

Schools and government buildings statewide will hold tornado drills Wednesday, March 4, at 9:30 a.m. to practice their emergency plans. Test messages will be broadcast on National Oceanic and Atmospheric Administration weather radios and the Emergency Alert System. All North Carolinians are encouraged to participate in the drill.



Spring Forward and Review Your Safety Checklist

“Time to Change the Clock”

Daylight Saving Time begins every year on the second Sunday in March. We "lose" an hour when the clocks are set forward (except in Hawaii and most of Arizona), and for many, that means a tired couple of days as our bodies adjust. The consequences of fatigue can be serious, so plan accordingly.

Daylight Saving Time, which in 2020 begins Sunday, March 8, means it's also a good time to review your spring safety checklist.

Smoke Alarms

Three out of every five home fire deaths result from fires in homes with no smoke alarms, according to the National Fire Protection Association. Test your smoke alarms every month and replace the battery at least once a year. If the alarm makes a "chirping" sound, replace the battery immediately.

Smoke alarms should be in every bedroom and in the common areas on each floor of a home. Mount them at least 10 feet from the stove to reduce false alarms, less than 12 inches from the ceiling and away from windows, doors and ducts.

Smoke alarms can be interconnected wirelessly. That means, when one sounds, they all sound. A Consumer Product Safety Commission survey found this is the best way to notify everyone in a home if there is a fire. Be sure to purchase smoke alarms with the label of a reputable testing agency, like Underwriters Laboratories (UL).

Carbon Monoxide Detectors

Anything that burns fuel can potentially become a source of carbon monoxide, an invisible, odorless gas that can kill. CO alarms should be installed in a central location outside each bedroom and on every level of the home. The safety tips for CO detectors mirror those of smoke alarms: change the batteries, test them and interconnect them, if possible. Also, make sure vents for your gas appliances (fireplace, dryer, stove and furnace) are free and clear of snow or debris.

Family Emergency Plan

The National Safety Council recommends every family have an emergency plan in place in the event of a natural disaster or other catastrophic event. Spring is a great time to review that plan with family members. Have a home and car emergency kit. The Federal Emergency Management Agency says an emergency kit should include one gallon of water per day for each person, at least a three-day supply of food, flashlight and batteries, first aid kit, filter mask, plastic sheeting and duct tape, and medicines. Visit the FEMA website for a complete list. The emergency plan also should include:

- A communications plan to outline how your family members will contact one another and where to meet if it's safe to go outside
- A shelter-in-place plan if outside air is contaminated; FEMA recommends sealing windows, doors and air vents with plastic sheeting

POISON PURSE

BE WARY OF THE DANGER YOU MAY CARRY

Hairspray or similar product:

May irritate eyes if aimed improperly

Perfume/ cologne:

Contains alcohol so possibly feel drunk with large amounts swallowed; may irritate eyes if aimed improperly

Nail polish remover:

May irritate eyes, skin and mouth, & stomach upset if swallowed

Prescription medicines:

May cause a wide variety of minor to serious problems, depending on product

Nose spray:

May cause extreme drowsiness or agitation if swallowed

Nail polish:

May irritate eyes, skin and mouth, & upset stomach if swallowed

Over-the-counter cold medicine:

May cause agitation, jitters, drowsiness

Mouthwash:

Often contains alcohol so possibly feel drunk with large amounts swallowed



Hand sanitizer

Contains alcohol so possibly feel drunk with large amounts; may irritate eyes, skin and mouth

Toothpaste:

May cause stomach upset if swallowed

Baby powder:

May cause eye and throat irritation; if inhaled could cause serious breathing problems

Pepper spray:

May irritate eyes, skin & cause breathing problems

Insect repellent:

May irritate eyes and mouth; possible seizures if swallowed

Batteries:

May cause severe irritation or burns if chewed; also a choking hazard

Eye drops:

May cause a variety of mild to serious symptoms if swallowed

Hand cream:

May cause stomach upset and diarrhea if large amounts swallowed

"Chocolate" laxatives:

May cause severe diarrhea

Cigarettes:

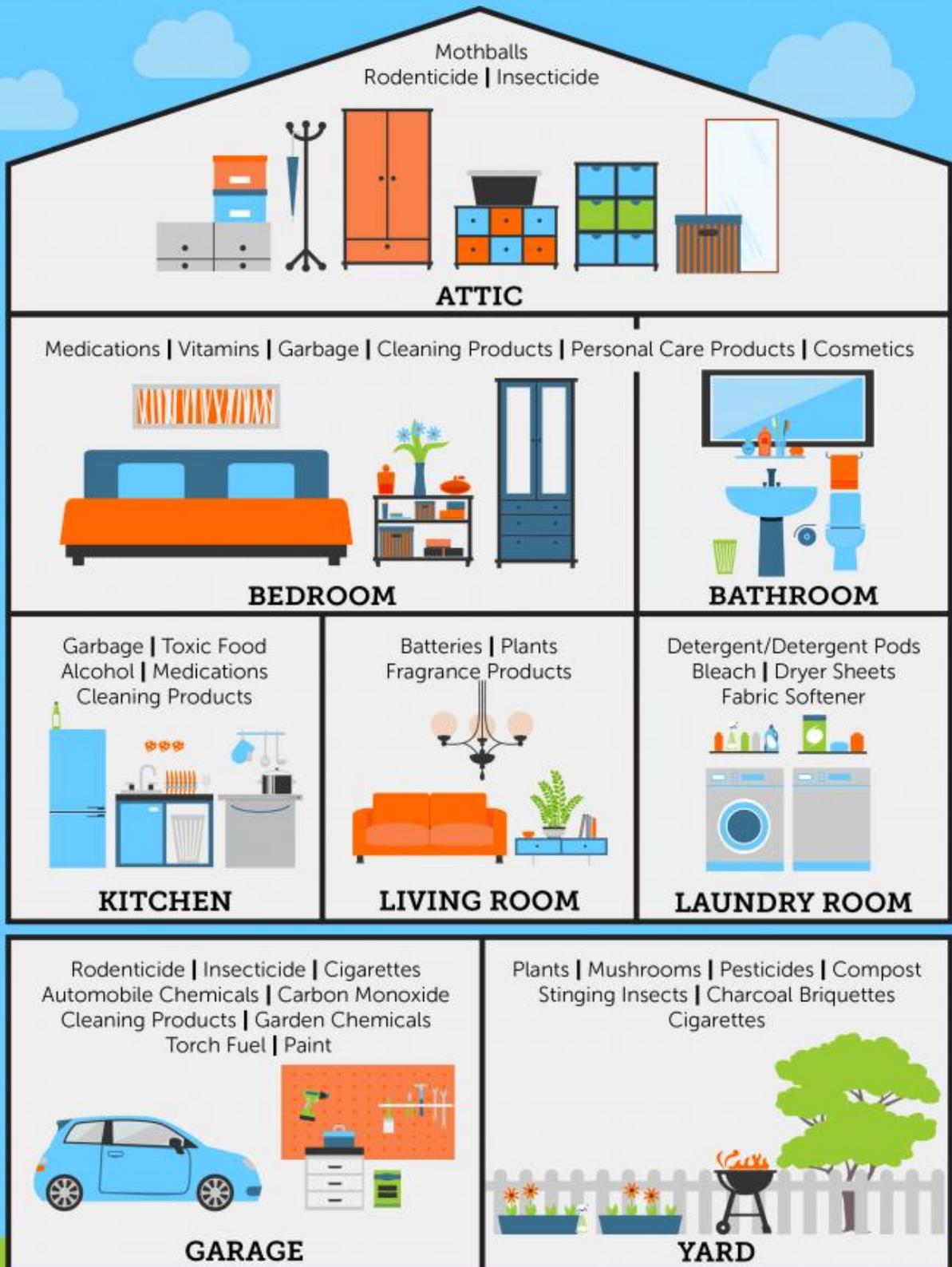
May cause severe stomach upset and vomiting if swallowed

Ink pen:

May cause eye and mouth irritation

POISON
Help
1-800-222-1222

Household Dangers: Room by Room



For more information about these and other potentially toxic substances, please visit our website: [ASPCA.org/Poison](https://www.aspcapoison.org).
If your pet gets into something potentially toxic, please call the ASPCA Animal Poison Control Center at (888) 426-4435.



Your links to all official City Thomasville Social Media sources

<http://www.thomasville-nc.gov/services/thomasville-social-media-outlets>

The City maintains a variety of Social Media outlets that are dedicated to different departments and user groups. This page gives you access to all of the official outlets maintained by city staff including the City Facebook page, Parks and Recreation Facebook page, Emergency Management Facebook Page, Police Department Twitter page, and Emergency Management Twitter page.

We also have an emergency push notification system called Nixle. This system allows you to sign-up for notifications- including weather information from the National Weather Service, Emergency road closures or other emergency notifications, along with other community information. Nixle Alerts:

Receive alerts from your local agencies Sign Up at <https://local.nixle.com/register/> ...or text your ZIP CODE to 888777 for mobile alerts

Sign Up : Nixle

You will receive a single opt in welcome message. Reply YES to continue to receive SMS text messages. You may opt out at any point by sending STOP to 888777 . Send HELP to 888777 for information.

For additional Fire & Life Safety Information Contact: Thomasville FD Fire & Life Safety Division (336)475-5545

Disclaimer: Although every effort is made to ensure the accuracy, currency and completeness of the information, Thomasville Fire Department (TFD) does not guarantee, warrant, represent or undertake that the information provided is correct, accurate or current. TFD is not liable for any loss, claim, or demand arising directly or indirectly from any use or reliance upon the information.