

# ***BETter Living ...***

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## **Keys to Embracing Aging – Practice Being Safe II**

Last week we reviewed safety regarding your home, vehicle, and health. This week we will explore ways to be safe through recreation, in an emergency, and the internet.

### **Recreation**

- Avoid injury while exercising – wear appropriate shoes. Drink water before, during, and after you exercise. Warmup and stretch as part of your exercise routine.
- Learn how to swim – reduces the chance of drowning.
- Prevent dog bites – teach children basic safety around dogs and help them be comfortable instead of afraid of dogs.
- Prevent playground injuries – falls on the playground are a common cause of injury.
- Travel safely – don't share your travel plans on social media or to people you don't know well. Highlighting that you are going to be gone can increase the risk of break-ins and robberies. At the airport, keep your ticket, ID, and passport with you at all times. Watch for your suitcase as it appears on the carousel upon landing.
- Hotel safety – always lock your hotel door, including the deadbolt or chain.
- Street smarts – limit your night travel, especially if the territory is unfamiliar and known to be dangerous.

### **Emergency Preparedness**

- Determine the safest course of action for you and your family for each hazard
- Stay informed
- Plan for your family's comfort during disasters – prepare a kit that can meet your household's basic needs for 72 hours
- Practice what to do in an emergency
- Know how to keep in touch

### **Internet Safety**

- Children and Internet Safety
  - Set and enforce rules
  - Make sure kids create a screen name
  - Keep the computer in a common area
  - Share an email account with your child
  - Bookmark kids' favorite sites
  - Spend time online together
  - Monitor your credit card
  - Find out what, if any, online protection
  - Look for signs that your child might have been targeted
  - Take your child seriously
  - Forward copies
- Adult Internet Safety
  - Use passwords wisely
  - Protect your privacy

- Document storage
- Protect your computer
- Smart social networking
- Meeting someone online
- Close unused accounts
- Scams and cons
  - Never give personal information
  - Be cautious of “free” deals
  - Don’t get pressured into “limited time offers”

Be aware of your surroundings at all times, so you can be safe.

For more information, contact the Wabaunsee County Extension Office at 785-765-3821 or email Bernadette Trieb, [btrieb@ksu.edu](mailto:btrieb@ksu.edu).