

BETter Living ...

Bernadette Trieb

Family and Consumer Sciences Extension Agent

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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
- Be cautious when 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.