

## Home Safety

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Homes can be made safer with items such as:

- smoke and carbon monoxide detectors
- fire extinguishers, fire blankets, and fire escape ladders
- auto-shut off stoves
- grab bars and railings
- good lighting and motion-sensing lights
- nonslip stair treads or carpets and nonslip rugs
- safe water heater temperatures



Knowing what to do in an emergency includes understanding what an emergency is and knowing how to call 9-1-1.

First aid kits usually have personal items like medications and emergency phone numbers, and medical supplies like different sizes of adhesive bandages, antibiotic ointment, antiseptic wipes, aspirin, bandages, gauze pads, a thermometer, and tweezers. You can buy first aid kits at a drug store or make your own. They should be checked and restocked regularly.



## Get Started with Home Safety

Step 1. Download a useful [Home Safety Checklist](#).

Step 2. Visit North Carolina's [Emergency Preparedness](#) website for information.

Step 3. Learn about American Red Cross' [Inclusive Preparedness Resources for People with Disabilities](#).

Step 4. Learn what to include in your first aid kit at the [American Red Cross](#) website.