Keep Your Family Safe

- Complete safety checklists for adults, children, pets, and the elderly in your home.
- Secure batteries, medications, household chemicals, and firearms in areas away from children and pets.
- Regularly test your smoke alarm and carbon monoxide alarm.
- Cover pools and saunas to avoid accidental drowning.
- Prepare supplies and kits in case of emergencies.
- Always remember to lock doors and set alarms when leaving the home.
- Learn more about how you can protect your family and pets at www.mysafehome.org.

Caregiving Caring and Supporting

- Find resources for childcare or adult/elder care needs with UCI’s Bright Horizons program.
- Caregiving is a difficult task. Prevent stress and burnout by seeking time for yourself, or counseling if needed.
- Get certified at the ARC for First Aid, CPR, or other emergency services your loved ones may need.
- Learn more about funding homecare, resources, and tips on how to care for your aging loved ones with UCI’s Caregiver Workshop Series.
- Hone your skills with UCI’s Parenting Workshops or Parent-to-Parent Program.

www.wellness.uci.edu UCI Living Well