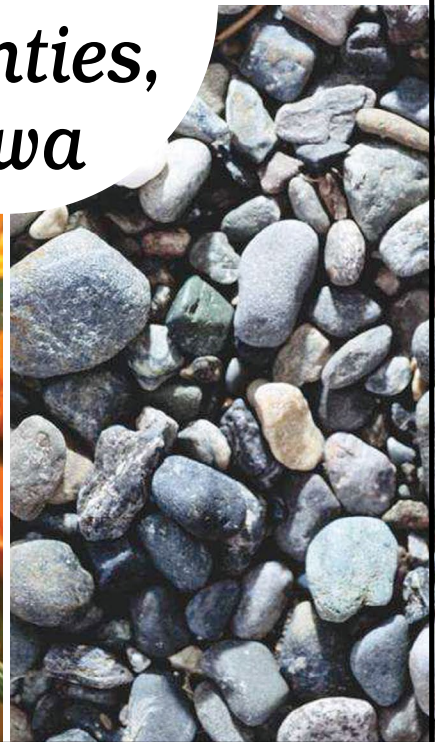


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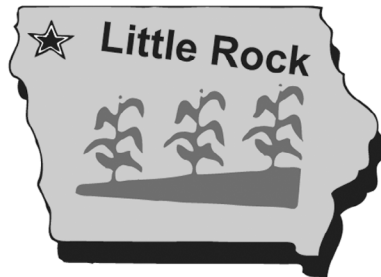
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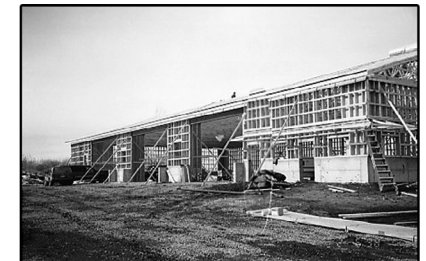


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2013 CALENDAR

JANUARY							FEBRUARY							MARCH						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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13	14	15	16	17	18	19	10	11	12	13	14	15	16	10	11	12	13	14	15	16
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														31						

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OCTOBER							NOVEMBER							DECEMBER						
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Local Area Events

JANUARY

Bridal & Prom Extravaganza | Rock Rapids
Northwest Iowa Hoop-A-Thon | Rock Rapids

FEBRUARY

Lake Pahoja Ice Fishing Derby | Larchwood
Fireman's Dance | Rock Rapids
Winter Fest | Sibley
Sportsmen Club Banquet | Sibley

MARCH

Farm & Home Show | George
Farm & Home Show | Sibley
American Legion Craft Show | Sibley
4-H Carnival | Sibley

APRIL

Easter Egg Hunt | Larchwood
VFW Easter Egg Hunt | Rock Rapids
Relay for Life | Sibley
Easter Egg Hunt | Sibley
City-Wide Garage Sales | Sibley

MAY

Memorial Day Parade | Doon
Picnic in the Park | Sibley
City-Wide Garage Sales | Rock Rapids

Local Area Events

JUNE

Cruise-In & Car Show | Inwood
Grillin' for the Village | Inwood
Renew Rural Iowa Business Seminar | Sheldon
Good Ole Sibley Celebration | Sibley
Relay for Life Fundraiser | Sibley
Heritage Days | Rock Rapids

JULY

July 4th Celebration | Inwood
Family Days & Car Show | Larchwood
Melvin Moose Days | Melvin
Crazy Days | Rock Rapids
Lyon County Fair | Rock Rapids
Osceola County Fair | Sibley

AUGUST

Farmers Market & Vendor Fair | George
City-Wide Garage Sales | Inwood
Pool Party & Boat Races | Inwood
Lester Family Day | Lester
Little Rock Corn Show | Little Rock
Days of Olde Celebration | Ocheyedan
Sanford Ice Cream Social | Rock Rapids
City-Wide Rummage Sales | Rock Rapids
Osceola County Relay for Life | Sibley

SEPTEMBER

Harris Heritage Days | Harris
Antique Tractor Pull | Rock Rapids
Business Fall Open House | Rock Rapids
Kiwanis Golf Tournament | Sibley
City-Wide Garage Sales | Sibley
St. Andrews Church Bazaar | Sibley
Sibley-Ocheyedan Parade of Bands | Sibley

OCTOBER

Lake Pahoja Octoberfest | Larchwood
Halloween Party | Larchwood
Friends of the Library Fall Festival | Rock Rapids
Halloween Parade | Rock Rapids
Downtown Trick or Treat | Sibley

NOVEMBER

Main Street Christmas Open House | George
Business Holiday Open House | Rock Rapids
Festival of Trees | Rock Rapids
Parade of Lights | Rock Rapids
Living Windows Display | Rock Rapids
Live Nativity | Rock Rapids
Holiday Open House | Sibley
Community Thanksgiving Meal | Sibley

DECEMBER

Santa & Mrs. Claus Visit | George
Holiday Fair & Tour of Homes | Inwood
Pancakes with Santa | Inwood
Santa Day | Larchwood
Breakfast with Santa | Rock Rapids
Madrigal Dinner | Sibley
Tour of Homes | Sibley
Traditions of Christmas | Sibley
Christmas Open House | Sibley

Residential Services

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 Auditor(712) 472-8517
 Conservation(712) 472-2217
 County Attorney(712) 472-8545
 CPC Administrator(712) 472-8240
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 Emergency Management(712) 472-8300
 Engineer(712) 472-8230
 Extension Office.....(712) 472-2576
 Recorder(712) 472-8528
 Sheriff(712) 472-8300
 Treasurer(712) 472-8500
 Veterans Affairs(712) 472-3405
 Zoning(712) 472-8550

OSCEOLA COUNTY

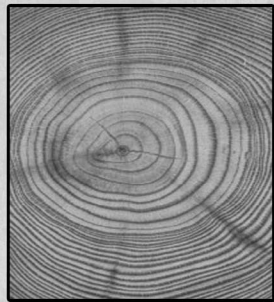
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 Emergency Management(712) 754-2381
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Lyon County History (Rock Rapids, County Seat)

Lyon County was established in 1951, and was formerly known as Buncome. This was named after Edward Buncome but was than officially changed to Lyon County in 1862 in honor of Nathaniel Lyon. Today Lyon County is home to approximately 11,581 residents. Lyon was killed leading a battle in Missouri. The first Courthouse was opened in the early 1870's. The Building was relocated to the north and was made into a hotel called the Marietta and today stands as apartment buildings.

ALVORD - pop. 196

DOON - pop. 577

GEORGE - pop. 581

INWOOD - pop. 814

LARCHWOOD - pop. 866

LESTER - pop. 294

LITTLE ROCK - pop. 557

ROCK RAPIDS (COUNTY SEAT) - pop. 2,549

**Populations are approximate.*

Lyon County Communities

ALVORD

Alvord was founded in 1892. Alvord is home to Agnes Allen. She played in the All-American Girls Professional Baseball League from 1950 to 1953. She was a pitcher and outfielder. Today Alvord is home to approximately 187 residents.

DOON

Founded by G. W. Bowers & A. H. Davison on September 6, 1889. It was connected by the Iowa & Dakota Railroad & the Rock Valley Railway. On the eastern bank of the Rock River, Doon, was named after the River Doon. Made famous by the poem *Ye Banks and Braes o' Bonnie Doon*, by Robert Burns. Today Doon is home to approximately 577 residents.

GEORGE

George is home to Bob Locker. He was an MLB pitcher from 1965 to 1975. He played for 5 teams in his career. Chicago White Sox (1965–1969). Seattle Pilots (1969) / Milwaukee Brewers (1970). Oakland Athletics (1970–1972). Chicago Cubs (1973, 1975). Today George is home to approximately 581 residents.

INWOOD

Inwood was established in 1884. It was formally a part of a village known as Warren. The addition of the railroad near the area helped the town prosper and develop. The original immigrants that resided in the area were of Irish, Scandinavian and German origin. The first church was constructed in the late 1880's and the main religion of the community was Methodist. The town began to prosper and develop its society. The population grew and more businesses started to be opened by the early 1900's. Every year in September the schools and stores are closed for one day to celebrate "Field Day". The town participates in a series of athletic and competitive games including a dash and tug of war. Today Inwood is home to approximately 814 residents.

Lyon County Communities

LARCHWOOD

Larchwood was established in 1872. Its founders name was Mr. Willard who named the town Larchwood for its Larch Groves in the area. The early settlers had many difficulties including drought, blizzards and grasshoppers. Baseball came to Larchwood in the 1880's and has been a huge part of the town since. The railroad was built in the late 1880's which resulted in an increase in business and economic growth. The town has several committees involved with the prosperity of Larchwood including The Larchwood Betterment Club. Today Larchwood is home to approximately 866 residents.

LESTER

The town of Lester settled in 1889. The town was located at the cross section of The Burlington, Cedar Rapids and Northern Railroad. The land was mapped out by William and Mary Thomas. Lester built a schoolhouse and was made into a school district in the early 1890's. Today Lester is home to approximately 294 residents.

ROCK RAPIDS (COUNTY SEAT)

Rock Rapids was incorporated in 1885. Lyon County Historical Society Museum is located in Rock Rapids. It was given its name for the rapids in the Rock River. Childhood star of "Leave it to Beaver" Jerry Mathers grew up here. The town has several events annually to celebrate and benefit their community. Today Rock Rapids is home to approximately 2,549 residents.



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Osceola County History (Sibley, County Seat)

Osceola County was established and organized in 1871. It is Iowa's youngest county. Osceola was named after an Indian chief who fought against the United States Army to preserve his territory and community. Osceola was captured carrying a white flag of surrender and was imprisoned. The Chief later died of malaria. The first court house was constructed in 1872 which also served as a school house and a church for several years. Today Osceola County is home to approximately 6,462 residents.

ASHTON - pop. 458

HARRIS - pop. 170

MELVIN - pop. 214

OCHEYEDAN - pop. 490

SIBLEY (COUNTY SEAT) - pop. 2,798

**Populations are approximate.*

Osceola County Communities

ASHTON

The town of Ashton was established in 1882. The town began as St. Gilman, which was laid out in 1872 and its first businesses occupied the township. There was a large swarm of grasshoppers that inhabited the area and ate the majority of the town's resources. The store owners were forced to move to a more prosperous area. In 1883 St. Gilman was renamed Ashton, after May Ashton, a daughter of a railroad man and resident of the community. Today Ashton is home to approximately 458 residents.

HARRIS

Harris resides in the upper eastern area of Osceola County. It is also known as the "Home of the Mini Grotto." This Grotto was built by its founder Bud Allen who was the former postmaster. Today Harris is home to approximately 170 residents.

MELVIN

Melvin home of the "Moose Days" is known as "The Biggest little city in Iowa." In October 1990, a moose appeared in northern Melvin and the town's people all gathered around to view the moose. The town determined the moose had wandered from Northern Minnesota. Every year the town's people gather to celebrate Moose Days and observe moose. Today Melvin is home to approximately 214 residents.

OCHEYEDAN

The first business in Ocheyedan was built in the late 1880's. Rush lake is located a mile north of Ocheyedan and provides residents with wildfowl hunting. Today Ocheyedan is home to approximately 490 residents.

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Osceola County Communities

SIBLEY (COUNTY SEAT)

Sibley was settled in 1870. The town created its name from a well known Indian fighter named General Henry Hastings Sibley. Farming was not a big industry at first due to the lack of trees in the area. Once the railroad laid tracks between Sioux City and Minneapolis it was realized by the residents of the area that the soil was rich. Agriculture is now a major industry in the area. Today Sibley is home to approximately 2,798 residents.



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Lyon County Parks & Recreation

BLANKESPOOR WILDLIFE AREA

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BLOOD RUN NATIONAL LANDMARK

1053 120th St. | Larchwood

Located 8 miles west of Larchwood this 178 acre area is owned by the State Historical Society of Iowa. It is the largest known site of the Oneota Native American Tribe. 72 burial mounds are located in the area. Birding opportunities and upland hunting areas are located in the area.

BOERSMA WILDLIFE AREA

3167 240th St. | Doon

This area is located 1 mile north and 3 miles east of Doon right off of Highway 75 on 62 acres of land varying in habitat. The area provides opportunities for hiking, birding, fishing and Hunting.

BOON RANCH WILDLIFE AREA

3069 100th St. | Rock Rapids

This area is located 4.5 miles north of Rock Rapids and is 215 acres. The area includes many different habitats and ecosystems. Fishing, canoeing, birding, and hiking opportunities are offered within the area.

DOON WILDLIFE AREA

2396 Garfield Ave. | Doon

Located on 145 acres 2 miles north of Doon this 145 acre area provides fishing as well as hiking and hunting opportunities. The restoration of the habitat including food plots and restored prairie grass has provided an increase in hunting in the area.

HIDDEN BRIDGE WILDLIFE AREA

1841 Ashley Ave. | Larchwood

This area is located 6 miles west and 2 miles south of Larchwood on 155 acres of diverse habitat. This area offers opportunities for fishing, hunting and birding. Horses are permitted from mid-May to mid-September.

KLONDIKE AREA

1841 Ashley Ave. | Larchwood

This area is located along the Big Sioux River, 4 miles south and 5 miles west of Larchwood, Ia. The area is 6.5 acres long and provides opportunities for fishing, as well as canoe access.

LAKE PAHOJA RECREATION AREA

1832 Buchanan Ave. | Inwood

This area is 282 acres and includes a 72 acre lake. Paddle boats and canoes are available for rental. There are designated fishing and swimming areas along the lake. The area offers a total of 71 campsites, 8 that are electrical/water and 63 modern electrical. Hunting is available in season in designated areas. Located 4 miles south and 2 miles west of Larchwood.

Lyon County Parks & Recreation

LAKWOOD CORNER WILDLIFE AREA

2096 US Hwy. 75 | Rock Rapids

This 5 acre area is located 6 miles south of Rock Rapids. Lakewood Corner offers oppourtunities for fishing, birding and upland hunting. The Big Rock River can also be accessed from this area.

LITTLE ROCK RIVER WILDLIFE AREA CENTRAL

4249 210th St. | George

The Central Little Rock River Wildlife Area is 232 acres located 2.5 miles east of George along the Little Rock River. The area offers great fishing and hunting opportunities. The area also includes a canoe access point for the Little Rock River.

LITTLE ROCK RIVER WILDLIFE AREA NORTH

1651 Larch Ave. | Little Rock

The North Unit of the area is located 3 miles west and 2 miles south of Little Rock. The area is 155 acres and includes a foodplot and hillside prairies that creates a more diverse hunting and fishing experience.

LITTLE ROCK RIVER WILDLIFE AREA NORTH JOHANSEN

4489 140th St. | Little Rock

This area is 72 acres and located one mile West of Little Rock. The area provides many outdoor recreational activities including hunting, bird watching and fishing.

LYON COUNTY CONSERVATION ADMINISTRATION CENTER

311 1st Ave. E | Rock Rapids

The Administration Center is located in Rock Rapids Iowa. It is the Lyon County Conservation Board Headquarters. Lake Pahoja reservations for shelter houses and cabins can be made here. The area includes butterfly gardens and mowed trails for hiking.

PETERSON PRAIRIE WILDLIFE AREA

1556 Apple Ave. | Larchwood

This area is 315 acres and is located 7 miles west and 2 miles south of Larchwood, IA. The area offers a diverse number of outdoor activities including hiking, horse back riding and hunting.

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 **Switch to unbleached toilet paper, paper towels and coffee filters.** Avoiding bleached products can help preserve our water supply and soil.


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 **Bring your own lunch.** You'll avoid using non-recyclable styrofoam to-go containers and unnecessary throw-away packaging.

 **Start a compost bin in your yard.** There are even ones that you can store under your kitchen sink.

 **Be crafty.** Let old items be an inspiration for a craft project and re-purpose old items. Punch holes in tin cans to make candle luminaries or use empty yogurt containers to organize nuts and bolts.

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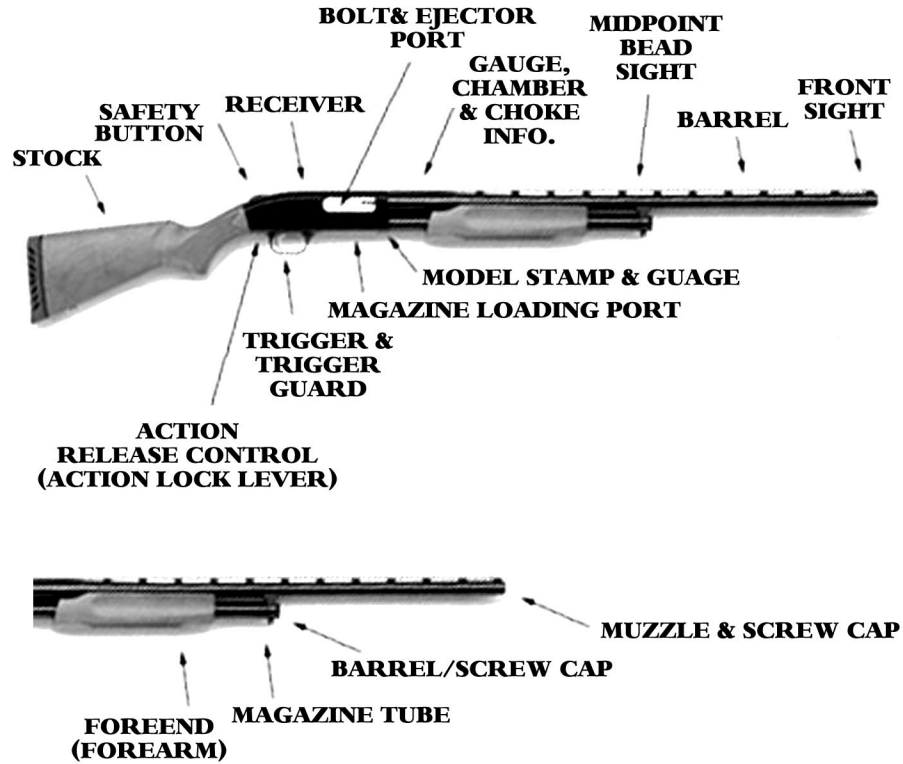
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Hunting Safety



All hunters should consider taking an advanced hunter education class to learn the latest hunting techniques along with tips on coming home alive.

Here are five suggestions for a safe and successful hunting experience:

1. Get a detailed map of the area you are hunting, review it before you leave, and carry it with you in the field.
2. Carry a compass and know how to use it. Decide ahead of time the direction to head for if you get lost or disoriented.
3. Weather can change quickly in Iowa, so hunters should carry a simple survival kit and be prepared for an unexpected overnight stay in the field. The survival kit should contain a rope, a knife, water, waterproof matches, an emergency shelter, and first aid supplies.
4. If you are on the water, make sure to wear a personal flotation device (life preserver).
5. Know your hunting partners' physical and emotional limitations, as well as your own, and don't push your partners or yourself beyond those limits.



Iowa Hunting & Fishing License Fees

HUNTING:

Resident Hunting	\$19.00
Lifetime Hunting (65+)	\$52.50
Nonresident Hunting (18+)	\$112.00
Nonresident Hunting (<18)	\$32.00
Resident Fur Harvest (16+)	\$22.50
Resident Fur Harvest (<16)	\$7.50
Nonresident Fur Harvest	\$202.00
Resident Migratory Bird Fee	\$10.00
Resident Habitat Fee	\$13.00
Nonresident Migratory Bird Fee	\$10.00
NR Falconry	\$28.00
Veteran Lifetime Hunting & Fishing	\$7.00
Crossbow Use Permit	\$2.00
Nonambulatory Permit	\$2.00

FISHING:

Resident Fishing	\$19.00
Lifetime Fishing (65+)	\$52.50
Nonresident Fishing	\$41.00
Resident 1-Day Fishing	\$9.50
Nonresident 1-Day Fishing	\$10.50
Resident 7-Day Fishing	\$13.50
Nonresident 7-Day Fishing	\$32.00
Resident Trout Fishing	\$12.50
Nonresident Trout Fishing	\$15.00

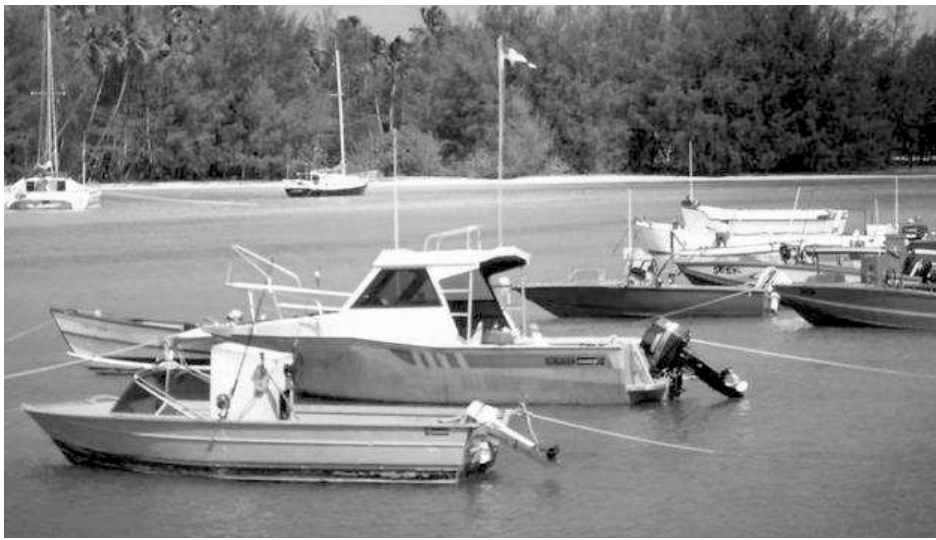
RECREATIONAL VEHICLE REGISTRATIONS:

ATV Renewal	\$16.50
ATV Renewal (With Penalty)	\$22.50
Nonresident ATV User Permit	\$17.50
Snowmobile Renewal	\$16.50
Snowmobile Renewal (With Penalty)	\$22.50
Nonresident Snowmobile Renewal	\$17.50

MISC. LICENSES:

Resident Fur Dealer	\$227.50
Nonresident Fur Dealer	\$503.00
Resident Aquaculture Unit	\$27.50
Nonresident Aquaculture Unit	\$58.00
Resident Boundary Water Trotline	\$22.50
Nonresident Boundary Water Trotline	\$42.50
Retail Bait Dealer	\$32.50
Resident Ginseng Harvest	\$67.00
Nonresident Ginseng Harvest	\$67.00
Ginseng Grower	\$2.00

**Any resident born after January 1, 1972 must have completed an approved hunter education program in Iowa or another state in order to purchase a hunting license. If hunter education certification is not on customer record, proof of hunter education will have to be displayed when purchasing a license at a local vendor, or to complete the order, call: 1 (800) 367-1188.*



Boating Safety

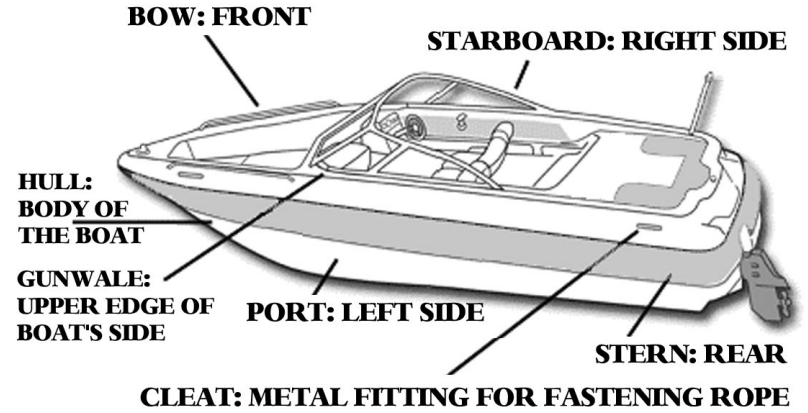
Operating Watercraft

Follow these guidelines to help prevent and prepare for capsizing, swamping, or someone falling overboard.

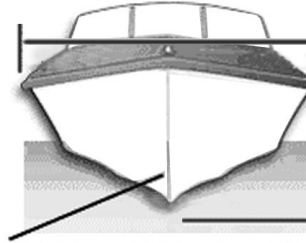
- Make sure that you and your passengers are wearing life jackets while the boat is moving.
- Attach the ignition safety lanyard to your wrist, clothes, or life jacket.
- Don't allow anyone to sit on the gunwale, bow, seat backs, motor cover, or areas not designed for seating. Also, don't let anyone sit on pedestal seats when craft is not in idle.
- Don't overload your boat. Balance the load of passengers and gear stored on-board.
- Keep your center of gravity low by not allowing people to stand up or move around while craft is in motion.
- In small boats, don't allow anyone to lean beyond the gunwale.
- Turn boat at slow rates of speed.
- Secure the anchor line to the bow, never to the stern.
- Don't risk operating water craft in rough conditions or bad weather.

Boating Safety

Know Your Craft



BEAM: MAXIMUM WIDTH OF BOAT



FREEBOARD: DISTANCE FROM WATER SURFACE TO LOWEST POINT WHERE WATER COULD COME ABOARD BOAT.

DRAFT: DEPTH OF WATER NEEDED TO FLOAT VESSEL

KEEL: CENTERLINE OF BOAT OR EXTENSION OF HULL (INCREASES STABILITY)

Who May Operate a Motorboat (Other Than a Personal Watercraft)

For engines 25 horsepower or less:

Those under age 12 may operate without restrictions.

For engines over 25 horsepower through 75 horsepower:

Those under age 12 must have someone 21 years of age or older on board within reach of the controls.

For engines over 75 horsepower:

No children under age 12 may operate, even with an adult on board.

Other restrictions apply to boat operators 12 to 17 years old:

Operators from 12 to 17 years of age may operate engines of 25 horsepower or lower with no restrictions.

For engines over 25 horsepower:

Operators 12 to 17 years of age must have:

A watercraft operator's permit, or someone age 21 years or older on board within reach of the controls.

Boating Safety

Flotation Devices



Offshore Life Jackets - Type 1:

For rough or remote waters where rescue may take awhile. Provide the most buoyancy, excellent for flotation, turns most unconscious persons face up in the water.



Near-Shore Vests - Type 2:

Good for calm waters when quick assistance or rescue is likely. Turns some unconscious wearers face up in the water, but not as efficiently as offshore life jackets.



Flotation Aids - Type 3:

Vests or full-sleeved jackets good for calm waters when quick assistance is likely. Not for rough waters. They will not turn most unconscious persons face up. Used for sports, such as water-skiing. Some inflate in water.



Unwearable / Throwable Devices - Type 4:

Cushions and ring buoys designed to be thrown to someone in trouble. Type 4 is not designed to be worn. Not for rough waters - not for anyone unable to hold on to it.



Special Use - Type 5:

Vests, hybrids/others designed for specific activities, for example windsurfing, kayaking, water-skiing. Some Type 5 devices inflate when entering the water. To be acceptable, Type 5 must be used in compliance with their label instructions.

All watercraft must have at least one Coast Guard Approved Type 1, 2, 3 or 5 flotation device that is the proper size for each person on board or being towed.

All devices must be in good condition and easily accessible.

Children under age 10 must wear a device when on board a boat that is underway unless: in an enclosed cabin or below deck or on an anchored boat that is being used for swimming or diving or passenger craft with a licensed captain.

Along with the above at least one approved Type 4 must be on board boats 16 ft. or longer (except canoes and kayaks) and immediately available.

A Coast Guard approved Type 5 device may be substituted for any other Coast Guard approved device if it meets the same requirements and is noted on the label.

Anyone riding a jet ski or other Personal Water Craft must wear an approved -non inflating flotation device, as well as anyone being towed by a water craft.

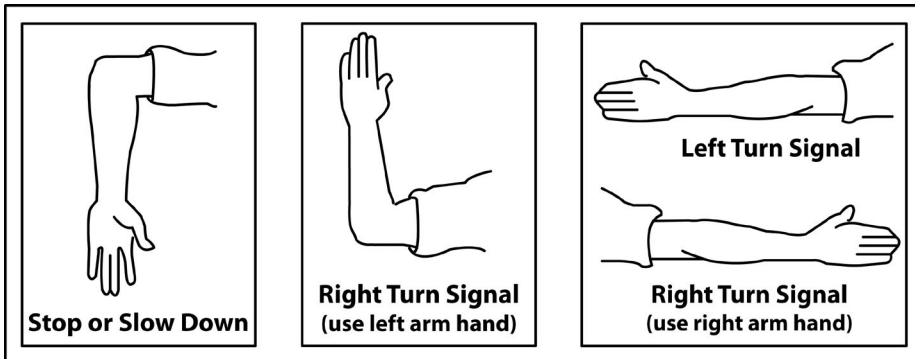
ATV Safety

- Read the owner's manual and know your vehicle thoroughly.
- Check your vehicle before you ride.
- Wear protective equipment and clothing.
- Don't lend your vehicle to unskilled riders.
- Supervise young or inexperienced riders.
- Never carry a passenger on vehicles meant for one rider.
- Do not operate under the influence of drugs or alcohol.
- Drive at speeds that are appropriate to trail conditions.
- Stay to the right on trails.
- Stay away from thin ice, open water and wetlands
- Know the weather forecast.
- Make sure headlights and taillights work properly.
- Maintain safe distances between other riders.
- Reduce your speed when riding at night.
- Yield to other motor vehicles and trail users.
- Young or beginning riders are encouraged to take a safety training course.



Bicycle Safety

- Always wear a properly fitting bike helmet as most serious injuries are to the head.
- Be sure your handlebars, seat and wheels fit snugly.
- Keep your bike in good shape by checking and oiling your chain, making sure your brakes work properly and maintaining your tire pressure.
- Always ride with both hands on the handlebars except when doing turn signals.
- When leaving a driveway, curb or alleyway always stop and check for traffic in both directions.
- Cross only at intersections.
- Use the crosswalk to walk your bike across busy intersections and follow the traffic signals.
- Never ride against traffic. Travel in the same direction as the cars.
- Whenever you can, use bike routes and avoid busy streets.
- Don't ride near parked cars as doors can open and cause accidents.
- Obey all traffic signs and traffic lights.
- When biking with friends, ride in a single file.
- Always pass other bikers or pedestrians on the left and say "On your left!" to make your presence known.
- Always use bicycle hand signals to alert traffic of your changing direction.



Snowmobile Safety

Do not consume alcohol or take drugs prior to or during your snowmobile trip. Doing so increases your chances of injury or death.

Slow down and don't cut to the inside of the trail corners. It's dangerous and illegal.

If you snowmobile at night, don't override your lights.

Always use the buddy system. Never ride off alone.

Drowning is one of the causes of many snowmobile fatalities. Whenever possible, avoid the ice.

Wear sensible, protective clothing designed for operating a snowmobile.

Use a full size helmet, goggles, or visor to prevent injuries from twigs, stones, ice chips and other debris.

Avoid wearing long scarves. They may get caught in moving parts of the snowmobile.

Know the terrain you are going to ride. If unfamiliar to you, ask someone who has traveled over it before.

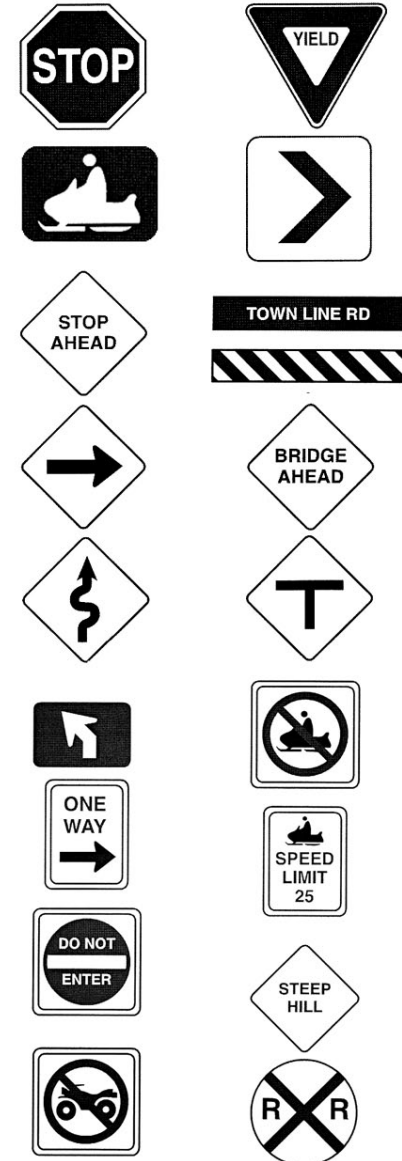
Know the weather forecast, especially the ice and snow conditions.

Be sure your snowmobile is in top-notch mechanical condition throughout the months of use.

Familiarize yourself with the snowmobile you are driving. Thoroughly read the manual that accompanies the snowmobile.

Do not pursue domestic or wild animals. That is not the conduct of a sportsman. Report such violations to the nearest law enforcement officer.

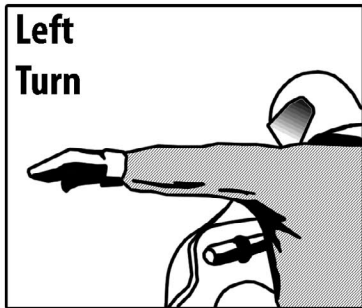
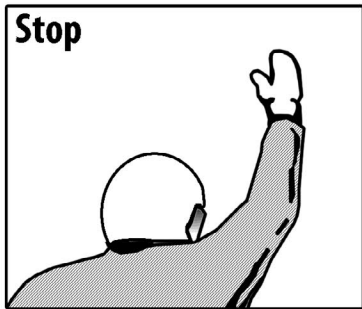
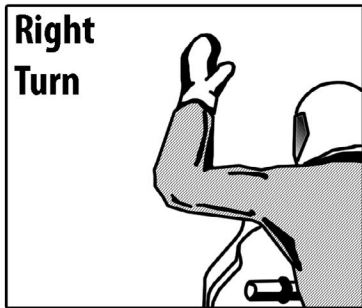
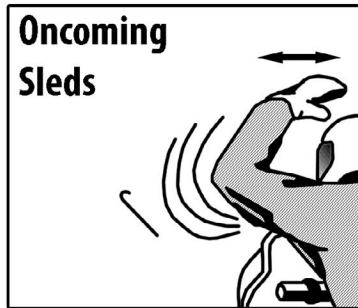
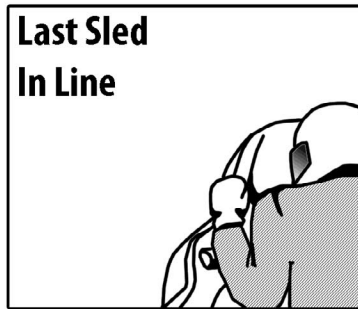
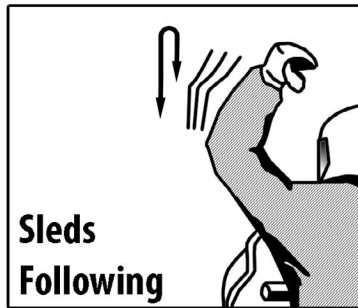
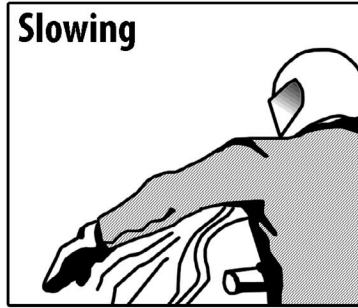
Common Trail Signs



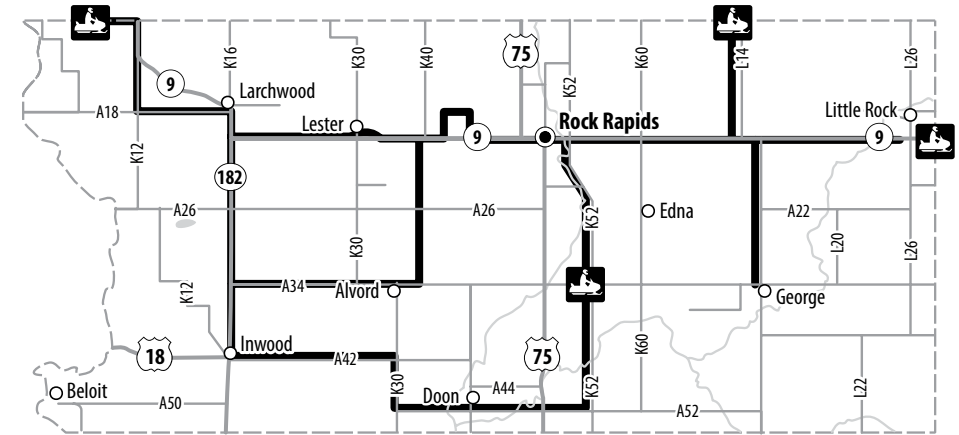
Snowmobile Safety

Communication is an essential part of safe riding. Hand signals are a practical way to communicate between other riders and traffic.

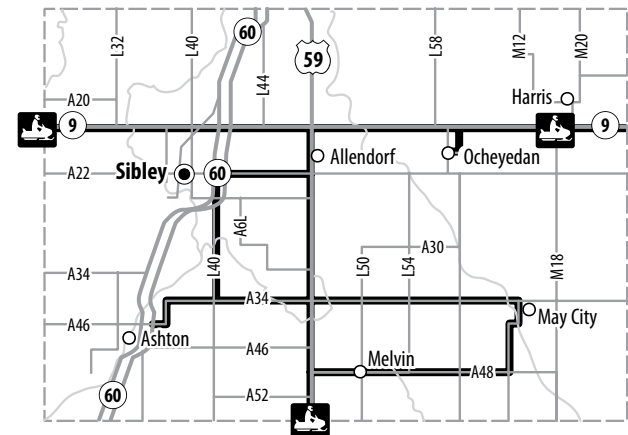
Be sure to give easy to see and clear hand signals when snowmobiling. Hand signals should never be subtle, but always deliberate.



Lyon County Snowmobile Trails



Osceola County Snowmobile Trails



Home Safety

- Keep the outside of your home well-lit. Motion sensors and timers help deter burglars.
- Dead-bolts and peep-holes should be placed on all outside doors.
- Windows and sliding glass doors should have locks and be in good working order.
- Keep your garage door closed.
- Use an engraver to mark computers, cameras, stereos, TV's, tools, yard equipment, etc.
- Never leave valuables, expensive jewelry, or large amounts of cash at home. If you must, keep a list of your valuables with serial numbers to assist in insurance claims.
- Keep your car locked at all times and store all valuables out of sight.
- Guns should always be stored unloaded and with a gunlock.
- Become part of a neighborhood watch or program that is similar.
- Be suspicious of unusual people or vehicles in your neighborhood. Document the date, time, description and license plate number to give to law enforcement if needed.
- When on vacation, do not advertise your absence. Stop mail and newspaper delivery. Have a trusted friend or neighbor to give the impression you are home by stopping by to take out trash, shovel snow, mow the lawn, etc.



Carbon Monoxide Safety

PREVENTION

- Install carbon monoxide detectors near every bedroom, gas appliance and in your RV, camper or motor home and test them monthly.
- Have flues, chimneys and all fuel-burning appliances inspected by a professional annually.
- Make sure fireplaces, wood stoves, dryers, furnaces and water heaters are properly vented to the outside.
- Only burn clean and untreated wood.
- Never idle your car or gas powered vehicle in the garage, with or without the garage door open.
- Toxic fumes build up quickly and can easily contaminate your home.
- Never use gas-powered engines like weed trimmers, snow blowers, chain saws, lawnmowers or portable generators in enclosed areas.
- Never use a charcoal grill indoors or in any closed area.
- Never use a gas oven to heat your home.
- Never sleep in a room or area heated with a gas or kerosene space heater that does not have proper ventilation.

SYMPTOMS

- Headaches, severe fatigue, vomiting, nausea, muscle and joint pain, dizziness, tingling, vertigo
- Attention and multi-tasking problems, short-term memory problems, word-finding problems
- Irritability, temper, loss of interest, sleep disturbance, anxiety, lack of motivation
- Eating and swallowing difficulties, vision problems, lack of muscular coordination, speaking difficulty, ringing in the ears
- Seizures, tremors, balancing problems, shortness of breath

Carbon monoxide poisoning is easily confused with flu-like symptoms. Serious long-term health risks or death can result if warning signs are ignored. Carbon monoxide can affect you for days, weeks, months or years. High levels of carbon monoxide can be fatal within minutes.

TREATMENT

- Immediately take the victim out to fresh air.
- If the victim cannot be removed, open every window and door.
- All appliances should be turned off.
- Take the victim to an emergency room as quickly as fast as possible, or call 911.

Emergency Planning

ESCAPE ROUTES

Everyone in your family should know the best ways to exit the house in case of a disaster. Teach your young children how to open sliding doors, windows and other exits. Designate a meeting place where the family can gather after escaping from the house.

FLASHLIGHTS

The whole family needs to know where to find flashlights. Periodically check the batteries.

FULLY CHARGED CELL PHONES

All family members should keep their cell phones charged. Make a habit of charging them, while everyone is asleep. Cell phones can be lifesavers in emergencies.

LIST OF VALUABLES

Keep this document listing your possessions (and if possible, a video of your home interior) in a fireproof safe, or in a safe deposit box at a bank.

COMMUNITY EMERGENCY PLANS

Familiarize yourself with community evacuation plans and neighborhood escape routes. Post a copy of them in a highly visible place in your home.



THUNDERSTORM/TORNADO

- Remove dead branches from trees beforehand to avoid injury or damage.
- After seeing lightning, if you hear thunder in less than 30 seconds, it is recommended that you stay inside for 30 minutes after the thunder has ceased.
- The inside of a car is safer than the outside, as a lightning strike will simply pass through the car as long as you aren't in contact with any metal.
- Unplug all major appliances, as a power surge can cause serious damage.
- Avoid all tall structures and elevated areas as well as large amounts of metal.



FIRES

- Make sure that every level of your house has a smoke detector, and be sure to test them once a month. Have the family plan an emergency exit route.
- Always keep track of any stoves or high-temperature/high-voltage appliances that are running. Be sure to never leave any cooking unattended.
- Keep lighters and matches away from children.
- If a burn occurs, soak the skin in cool water. If the skin blisters, seek medical assistance.

⊕ Emergency First-Aid Tips ⊕

FIRST AID FOR CPR & HEART ATTACK

CPR

CPR is to be administered when a person is not breathing or has no pulse. Be quick to act by remembering the A,B,C's: Airway, Breathing & Circulation.

Airway:

Place the person on a firm surface, on their back. Kneel next to the person's neck and shoulders. Open the person's airway by tilting back the head and lifting the chin.

Breathing:

With the head tilted and chin lifted, pinch the nostrils shut and cover the person's mouth with yours. Give two slow breaths.

Circulation:

Find the hand position on the center of the breastbone. Place the heel of your hand on that position, with your other hand on top of the first hand. Use your upper body weight to push down. Give two compressions per second. Compress the chest at a rate equal to 100/minute. Perform 30 compressions at this rate. Repeat until an ambulance arrives.

HEART ATTACK

Symptoms of a heart attack may include any of the following:

- Uncomfortable pressure, fullness or squeezing pain in the center of the chest.
- Expanded pain in the upper abdomen.
- Shortness of breath.
- Pain or numbness in either arms, shoulders, neck, jaw or teeth.
- Dizziness or fainting.
- Nausea and sweating.

If you or someone else may be having a heart attack - follow these steps immediately:

- **DIAL 911**
- **Chew and swallow Aspirin (unless you are allergic/not allowed to)**
- **Take Nitroglycerin (only if prescribed)**
- **Begin CPR if the person is unconscious**

IN AN EMERGENCY, DIAL 911

⊕ *Emergency First-Aid Tips* ⊕

FIRST AID FOR BURNS & CHOKING

BURNS

For minor 1st and 2nd degree burns smaller than 3" in diameter: Cool the Burn. Run cool water over the burned area for 5 minutes, or until the pain diminishes. Never put ice on a burn!

Bandage the burn with sterile gauze:

It is important to use loosely wrapped gauze. This will avoid pressure and the bandage protects blisters. NEVER put lotions, vaseline, ointments or butter on burn. Do not break any blisters, which can cause infection.

Take Aspirin, Ibuprofen, Naproxen or Acetaminophen to relieve pain:

Minor burns usually heal with these basic treatments. Be aware for signs of infection which may include: increased pain, redness, fever, swelling or oozing. If symptoms develop, seek medical help. Avoid tanning the burned area for at least a year. Protect the area with sunscreen outdoors. Avoid giving aspirin to children.

For 3rd degree burns/all major burns - DIAL 911

DO NOT run cold water over large severe burns - this can cause shock.

DO NOT remove burnt clothing.

Check for signs of breathing/coughing/movement.

If there are no signs of breathing begin CPR.

Elevate burned areas above heart level, if possible.

Cover the burn(s) with cool, sterile, moist bandages, towels or cloth.

CHOKING

Most people clutch at their throats when choking, an obvious symbol for help. However, if a person isn't giving that signal, be alert for these indications. Inability to talk, difficulty breathing or noisy breathing, inability to cough forcefully, skin/lips/nails turning blue, loss of consciousness.

The Red Cross recommends a "five-and-five" method for first aid: First give five blows between the person's shoulders with the heel of your hand. Second, perform the Heimlich maneuver (abdominal thrusts) five times. Alternate between five back blows and five abdominal thrusts until the blockage is dislodged.

IN AN EMERGENCY, DIAL 911

⊕ *Emergency First-Aid Tips* ⊕

FIRST AID FOR INSECT BITES/ANAPHYLAXIS & POISON SAFETY

INSECT BITES/ANAPHYLAXIS

Anaphylaxis is a severe allergic reaction from insect bites (latex, food and drug allergies can also cause Anaphylaxis). Typical symptoms include hives, the swelling of lips or eyes, swollen throat, drop in blood pressure, light headedness, confusion, nausea or diarrhea. If someone is having an allergic reaction from an insect bite with these symptoms:

CALL 911.

Administer emergency prescription medication. See if the person is carrying special emergency allergy medicine and give it to them according to the directions.

Loosen tight clothing.

Lay the person down. The person should lay down on their back with feet elevated. Turn them on their side if they are vomiting or bleeding from their mouth to prevent them from choking.

If they are not breathing - administer CPR. Most insect bite reactions are mild and cause no allergic reaction. If stung by a bee, use a straight edged object, like a credit card, to scrape away the stinger. Don't use tweezers - they can pinch more venom out of the stinger. Apply an ice pack to the area and take an over the counter pain reliever.

POISON PREVENTION

Teach your children about poison and how it can look like a food or drink. They should always ask an adult before eating or drinking anything. Have them learn the poison control phone number: 1-800-222-1222 and keep it programmed or posted near all your phones. Here are some prevention tips.

Lock up your poisons and medications. Keep them out of the reach of children, lock them up if possible. Make sure your children understand that medicine is not candy.

Follow directions carefully. Read your labels. Be sure to use and store all poisons and medications properly according to recommendations.

Keep your pets safe from household chemicals, too. Don't allow pets near areas that have just been cleaned with chemicals, such as freshly mopped floors or bleached bathtubs and sinks. Clean up any antifreeze/coolant spills. Pets like the flavor but they can die if they ingest it. Store poisonous foods or plants in areas that your pets cannot access. Call your local emergency veterinary hospital if you believe your pet has been poisoned.

IN AN EMERGENCY, DIAL 911

Safety Tips for Parents & For Kids

PARENTS:

- Teach your kids that an emergency is when you need help from a doctor, a police officer or a firefighter.
- Designate a safe place by your house that a child can go to if they need help right away.
- Have your kids memorize your address and phone numbers. They should also know your full name and where you work.

KIDS:

FIRE SAFETY

- If you or someone else is on fire - remember to STOP, DROP and ROLL. Wrap a blanket on the person to help put out the fire.
- If there is a fire, leave the house as fast as you can! Crawl on the floor to avoid smoke and if the door is hot, don't open it - find another way out.
- Learn all the fire exits in your house. Assign a safe place outside for everyone to meet in case of a fire emergency.

HOME ALONE

- Never tell anyone that you are home alone.
- If someone calls and ask for your mom and dad, tell them "They cannot come to the phone right now, can you please call back later?"
- Do not answer the door, unless it is someone that you know your parents have okay'd them to come over.

Emergency Numbers For Kids

KEEP A COPY OF THIS LIST NEAR EACH PHONE IN YOUR HOUSE

MY ADDRESS: _____

MY PHONE NUMBER: _____

MOM AT WORK: _____

MOM CELL PHONE: _____

DAD AT WORK: _____

DAD CELL PHONE: _____

NEIGHBOR: _____

EMERGENCY CONTACT: _____

POISON CONTROL: **1-800-222-1222**

EMERGENCY DIAL

911



4970 260th St.
Ashton, IA 51232

712.724.6604
800.322.6792

poet.com/ashton