



## Emergency Warning System

For additional information on this month's topics, visit the following websites.

Emergency Warning System: [Macomb County Office of Emergency Management](#)  
Click [HERE](#)

Cardiovascular Health: [American Heart Association](#)  
Click [HERE](#)

Electrical Generator Safety: [National Safety Council](#)  
Click [HERE](#)

### AUGUST EVENTS IN MACOMB TOWNSHIP:

[MOVIES UNDER THE STARS](#)  
Friday, August 4<sup>th</sup> 2017  
Macomb Corners Park  
[19449 25 Mile Road, Macomb](#)

### New Restaurants in Macomb:

"Testabarra" at 22 Mile and Romeo Plank  
<http://testabarra.com/>

"Bubba's 33" scheduled to open in August at 17757 Hall Road  
<https://bubbas33.com/>

#### Individual Highlights

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The Macomb County Emergency Warning System relies on a combination of Outdoor Warning Sirens, Weather Alert Radios, Local TV and Radio Station Broadcasts and sometimes telephone alerts.

The Outdoor warning sirens are tested on

the first Saturday of each month at 1:00 p.m. The sirens are activated during the following conditions:

-Tornado warning, winds forecasted at 70 mph+ or sighting of a funnel cloud verified by a reputable source

-A hazardous materials spill that either requires sheltering in place or evacuation

- An Attack Warning for Macomb County.

Do not call 911 to inquire about siren activation. Tune in to local TV/Radio for information.

## Heart Health

Cardiovascular Disease including Heart Attack and Stroke remains the leading cause of death in the United States, according to the Center for Disease Control.

The good news is that you can limit many of the risk factors that cause cardiovascular disease by changing your diet, exercising regularly and by quitting smoking.

High blood pressure is one of the leading causes of stroke and heart attack.

High blood pressure can be caused by many factors, but too much sodium in your diet, lack of exercise and lifestyle choices are all significant factors that you can change TODAY to keep your heart and body healthy.

-Cut back in foods high in sodium such as canned foods, frozen meals, fast food and others that are high in sodium and increase blood pressure.

-Smokers are at high risk for cardiovascular disease. Quitting now will lower your risk.

-Regular consumption of alcohol raises blood pressure and increases the risk of heart attack and stroke.



**FREE SMOKE  
DETECTORS  
AVAILABLE!**

For more information,  
call us at 586-286-  
0027, email us at  
[fireprevention@macomb-mi.gov](mailto:fireprevention@macomb-mi.gov)

Or, stop by your  
closest Fire Station  
during normal  
business hours.

## Stroke Prevention



80% of strokes can be prevented!! The following risk factors can be prevented:

**-High Blood Pressure:**

Get your blood pressure under control.

**-Smoking:** Quit Now!

- **Diabetes:** Click [HERE](#) for more information on diabetes and stroke.

- **Diet:** Diets high in fat, cholesterol, calories and sodium all contribute to independent risk factors. Eat better [HERE](#).

-**Lack of physical activity:** [Get Active](#). Aim toward at least 30 minutes a day.

-**Obesity:** [Lose weight](#). Even losing 5 or 10 pounds can make a difference.

-**High blood cholesterol:** Get your cholesterol under control. Get help [HERE](#).

-**Atrial Fibrillation (A-Fib):** Know your risks and what you can do to keep risks low by clicking [HERE](#).

-**Other Heart Disease:** According to the AHA, people who have coronary heart disease or heart failure are at a higher risk of stroke than people with healthy hearts

## Electrical Generator Safety

The leading cause of death from the use of electrical generators is carbon monoxide poisoning. In fact, 80% of carbon monoxide deaths between 1992 and 2002 were associated with generators.

-NEVER operate a generator or other gasoline powered appliance inside your home or other enclosed space including garages.

-Install battery operated or plug in CO alarms with a battery backup.

-Keep the generator at LEAST 20 feet away from windows, doors and vents to prevent CO from entering the home.

-Never connect generators directly to household wiring without first installing a transfer switch.

-Have your generator installed by a licensed, qualified electrician.

-Make sure your generator is properly grounded and used with a Ground Fault Circuit Interrupter (GFCI).

-Use only extension cords that have a 3 pronged plug.

-Do not overload the generator.

**In next month's edition (September), Look forward to information on:**

**-Smoke Detectors for Residential Applications**

**- Home Medical Alarms**

**-Carbon Monoxide Detectors**