



# STAYING SAFE

## Tips for Adults

### Car Safety

- Use a seat belt every time you get into a car.
- Drive with care and follow the speed limit.
- Follow laws about not texting or talking on your cell while driving.
- Never drink alcohol or do drugs while driving. Before you start drinking, choose a designated driver who won't drink.
- Always use a helmet when riding a motorcycle, bike or skate board.



### Home Safety

- Keep emergency numbers by your telephones.
- Make a first aid kit for your home.
- Make an emergency plan.
- Install smoke alarms and carbon monoxide detectors.
- Follow directions with care when using tools.

### Gun Safety

- If you keep a gun in your home, keep it unloaded with the safety on. Bullets should be stored apart from the gun.
- Store all firearms out of children's reach and in a locked cabinet or drawer.
- Don't keep guns in your home if someone in your family has a mental illness, severe depression, or may be violent.

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## Medication Safety

- Keep medicines up, away and out of sight from children or adults at risk
- Know your medicines – name, dose, time to take and side effects
- Talk to your doctor if you feel your medicines may be causing you harm
- Take all your medicines with you each time you go to the doctor or pharmacy. Ask questions!

## Personal Safety

- Get to know your neighbors
- Keep your doors and windows locked
- When outside at night, stay in well-lit areas
- Take walks or run errands with others
- Get help from someone you trust if you are abused or call the National Domestic Violence Hotline at 1-800-799-7233.

## You don't have to do this alone!

To find out more about staying safe, and for child or senior safety tips, call Alliance Health Programs at **510-747-4577**.

Toll-Free: 1-877-932-2738;  
CRS/TTY: 711 or 1-800-735-2929;  
8 a.m. to 5 p.m., Monday-Friday.

[www.alamedaalliance.org](http://www.alamedaalliance.org)

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