



Santa Fe County Fire Department
Fire Prevention/Risk Reduction
Bulletin
June 2021



Fire & Life Safety Education

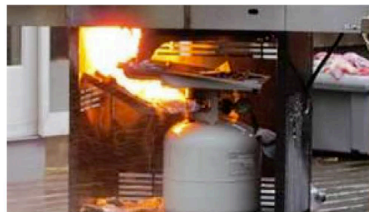


Grilling Safety

Between 2014 & 2018, over 19,700 patients went to emergency rooms because of injuries involving grills. Statistics from those same years indicate US fire departments responded to over 10,600 fires involving grills. 1 in every 5 grill fires was caused by a dirty grill.

- Keep your grill clean of accumulated food & grease.
- Place your grill on an outdoor non-combustible surface when in use.
- Use only approved lighter fluid for lighting briquettes.
- When lighting a gas grill, place the lid in the open position.
- Never leave your grill unattended when cooking.
- When using a gas grill, turn off the flow of gas at the tank valve before turning off the control knobs.
- If using briquettes or wood, allow ashes to completely cool before discarding into a metal container.
- Wait for the grill to cool completely before placing a grill cover on.

For more information, contact Jeff Folgate at the Santa Fe County Fire Prevention/Risk Reduction Office at (505) 995-6517 or email: jjfolgate@santafecountynm.gov



Eight Dimensions of Wellness

Social

Developing a sense of connection, belonging, and well-developed support system.

Social wellness provides several positive health benefits including reduced anxiety, responding better to stress, and the tendency to live longer.

Reduced stress and anxiety levels create healthier cardiovascular functions and enhanced immune systems.

Social wellness can be created in several ways:

- Having strong healthy relationships with family and friends.
- Network with individuals you identify with:
 - social groups
 - places of religious worship
 - volunteering



<https://store.samhsa.gov/product/Learn-the-Eight-Dimensions-of-Wellness-Poster-/SMA16-4953>

Remember when creating healthy, lasting social connections:

- Be honest. Letting someone know who you are removes guesswork and avoids misunderstandings.
- Be honest and supportive of each other's hopes and dreams.
- Nurture the relationships. They should be mutually beneficial and fulfilling.
- It is not a competition. Individual success or failures give opportunity to show support for each other, not a chance to show jealousy or belittlement.

Personal work includes checking whether or not you are being honest with yourself, and what you are hoping to attain in a social relationship. Are you wanting to feel you are part of something larger, or just wanting support during a difficult time. Do you have an underlying expectation from a social connection? Are you showing the other person/group the same respect you want them to show you? Are you staying involved in a group just to feel connected?

Santa Fe County

Connection Outreach & Overdose Prevention (COOP)

Mobile Integrated Health (MIH)

Melissa Moya MIH/COOP Specialist

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For current Covid-19 guidelines, please click the link below.

<https://cv.nmhealth.org/public-health-orders-and-executive-orders>



COOP

*Helping our county residents to have a better quality of life each and every day is our goal. That is why **COOP** focuses on connecting Santa Fe County residents to community services and resources that can best serve their current needs.*

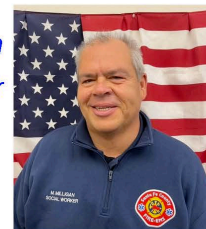
Listed below are a few ways that COOP can serve to ease the day-to-day challenges we can sometimes face.

- **Health & Welfare Checks**
- **Harm Reduction Resources**
- **NARCAN Distribution**
- **Meals-on-Wheels Referrals**
- **Behavioral Health Referrals**
- **Fall Prevention Assessments**
- **Seniors-in-Need Guidance**
- **Community Education**

For more information, contact Melissa Moya at the Santa Fe County Fire Prevention/Risk Reduction Office at (505) 992-3057 or email: sfcfdcoop@santafecountynm.gov



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"We Meet You Where You Are At In Life"