

Hidden Home Health Hazards

Sawtooth Mountain Clinic's Topic of the Month

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We are fortunate, our homes are safe places to which we can retreat, rest, recharge, and share that comfort with the people we care about. Too often though, our homes have hazards that put our well-being at risk. Uncovering these hidden hazards saves time and money, and protects everyone that lives in or visits that house.

Slipping, Tripping, and Falling - Anyone can take a tumble, but older people are especially at risk. Every year, people 65+ make more than 3 million trips to emergency rooms because of injuries related to falls.

Getting Zapped - Make sure that you have GFCI (ground-fault circuit interrupter) outlets in your kitchen and bath. They're the ones with reset buttons, and they stop the flow of electricity if they detect variations in normal current. Be on the lookout for signs of hidden electrical problems, and call an electrician if you discover any.

Getting Clobbered - Heavy furniture tipping over sends almost 20,000 people a year to the ER. Use anti-tip kits to anchor furniture and mount TVs to the studs in the walls, not drywall anchors or toggles.

Soggy Situations - Leaky pipes behind walls can be causing damage long before you notice it. Blistering paint, warped walls, damaged wallpaper, cracked or buckling floor, loose tiles, and mold or mildew are signs you should call a plumber.

Keeping Warm - Here in the Northland, keeping warm is a priority for much of the

year, and we've got multiple options for that.

- **Space heaters** can take the chill off, but nearly 1,700 house fires are caused by them every year. Never leave one unattended or near flammable materials.
- Anything that uses combustion to produce heat (fireplaces, wood stoves, boilers, furnaces, or portable gas heaters) produces **Carbon Monoxide (CO)** - a colorless, odorless, and tasteless gas. Inhaling it can lead to CO poisoning - meaning that CO has built up in the bloodstream, replacing oxygen. This can lead to tissue damage or even death.
- **Fireplaces and woodstoves** can be the ultimate in coziness, but unseen creosote buildup can lead to chimney and house fires.
- Operating out of sight and often out of mind, **boilers and furnaces** can have unnoticed problems too. Check for a yellow or jumpy pilot light, and watch especially for cracked, rusting, and/or leaking flue pipes.

Protect yourself and your family from hidden heating dangers by installing CO detectors and having your heating system checked and cleaned by a professional at least once a season.

Revealing Radon

Radon is an invisible, odorless gas that drifts up from the soil. It's produced when naturally-occurring uranium and radium break down. **Differences in the air pressure** between the home's interior and the underlying soil can pull the radon up and inside the building, where it can then accumulate. Unfortunately, 2 in 5

homes in Minnesota have high radon levels, and our cold weather necessitates that buildings be closed for much of the year. This increases radon exposure for the people inside.

Radon Health Risks

Radon is the #1 cause of lung cancer in non-smokers, and the second most common cause of lung cancer in smokers. About 20,000 deaths a year are caused by breathing radon. The longer someone is exposed to radon - the greater the risk of cancer, and the combined risk of smoking and radon exposure is even higher.

Revealing Radon

The Minnesota Department of Health recommends that ALL homes be **tested for radon**. The Cook County Environmental Health Department provides free short-term radon tests. Stop by and pick one up!

Mitigating Radon Exposure

Radon concentrations inside a building can be reduced by mitigation systems. Sealing cracks and installing a fan and pipe that vents the gas above the edge of the roof, away from windows, are two possible interventions. **Licensed radon mitigation specialists** can help you determine which system would work best with your foundation type.

This is condensed version of the Sawtooth Mountain Clinic's "Topic of the Month" newsletter. Want to learn more? Visit www.sawtoothmountainclinic.org to read the full issue, listen to the audio version, access the resources cited, and explore our entire library of newsletters.

Lake County Sheriff's Report: July 4-10, 2022

Monday, July 4, 2022

Inmate Population: 10

- 0311 Deputy responds to medical on Airport Rd. One transported by ambulance to LVMH.
- 0519 Deputy responds, along with THPD, to report of an unwanted person on 2nd Avenue.
- 1511 Deputy serves papers at TH residence.
- 1537 Deputy makes traffic stop on Hwy 2. Warn for speed.
- 1621 Deputy makes traffic stop on Hwy 61. Warn for driving conduct.
- 2307 Deputy and LCRS respond to medical on 20th Avenue. One transported by ambulance to LVMH.

Tuesday, July 5, 2022

Inmate Population: 11

- 0106 Deputies and UnderSheriff respond to report of a domestic disturbance on Hwy 61.
- 0758 Deputy makes traffic stop on Hwy 2. Cited for speed 65/55.
- 0924 Deputy takes fraud report.
- 1225 Deputy training with K-9.
- 1312 Deputy responds to report of a domestic Disturbance on Hwy 1.

Wednesday, July 6, 2022

Inmate Population: 10

- 1058 Deputy responds to report of suspicious activity n Hwy 61.
- 1129 Deputy responds to report of a vehicle parked at Flood Bay for 3 days. All ok.
- 1307 Deputy responds to report of an injured deer at Waldo Rd and Airport Rd intersection. Deer dispatched.
- 1336 Deputy responds to report of dump trucks driving too fast.
- 1348 Deputy training with K-9.
- 1420 Deputy makes traffic stop on Hwy 61 near Gate 12 Rd. Cited for speed 85/55.
- 1510 Deputy serves papers at SB residence.
- 1552 Sergeant, Deputies and LCRS respond to a motorcycle accident on Wales Rd. One transported to SLH by LifeLink.
- 1613 Deputy responds to report of property damage in Finland.
- 1718 Deputy executes search warrant.
- 1945 Deputy makes traffic stop on Scenic Dr.

Warn for speed.

- 2046 Deputy makes traffic stop on 9th Avenue. Warn for expired driver's license, expired tabs, no proof of insurance.
- 2212 Deputy responds, along with THPD, to report of an unwanted person at local business.
- 2315 Deputy assists Ely PD with domestic.

Thursday, July 7, 2022

Inmate Population: 10

- 0723 Deputy training with K-9.
- 0939 Deputy responds to report of theft from TH business.
- 1454 Deputy responds to report of theft in KR.
- 1548 Deputy responds to report of threats made on Stanley Rd.
- 1738 Deputies respond to medical on Banks Blvd. One transported by ambulance to LVMH.
- 1754 Deputies and LCRS respond to report of 2 people lost on the Superior Hiking Trail. Parties located safe.
- 1842 Deputy responds to report of suspicious activity on Old North Shore Rd.
- 2102 Deputy serves papers at TH residence.
- 2129 Deputy makes traffic stop on 7th Ave. Warn for no tail lights.

Friday, July 8, 2022

Inmate Population: 11

- 0539 Deputy responds, along with THPD, to security alarm on 7th Ave. All ok.
- 0816 Sergeant responds to request for assistance getting sick party member out of BWCAW. Group brought out by boat safely and brought to personal vehicle.
- 1224 Deputy responds to report of a vehicle in the roadway on Cramer Rd.
- 1224 Sergeant responds to report of a dog found in Ely. Dog brought to the Ely vet clinic.
- 1648 Deputy and Sergeant in SB for parade.
- 1656 LCRS responds to medical at Lakeview National Golf Course. One brought to SLH by ambulance.
- 1844 Deputy serves papers at TH residence.
- 2347 Deputy responds to report of suspicious

activity on E Stanley Rd.

- 2356 Deputy makes traffic stop on Scenic Drive. Three sited for possessing drug paraphernalia.

Saturday, July 9, 2022

Inmate Population: 11

- 0042 LCRS responds to medical on 1st Avenue.
- 0805 Deputies respond, along with SBPD, to security alarm on Hwy 61.
- 0832 Deputy and LCRS respond to medical on Scenic Dr. One transported to SLH by ambulance.
- 1218 Deputy out with party at KR Beach.
- 1240 Deputies at parade in TH.
- 1555 Deputy and LCRS respond to medical at Manitou State Park.
- 1833 Deputy responds to report of neighbor trouble.
- 2249 Deputy makes traffic stop on Lax Lake Rd.

Sunday, July 10, 2022

Inmate Population: 11

- 0013 Deputy makes traffic stop on Hwy 61. Warn for speed and driving conduct.
- 0016 Deputy responds to report of suspicious activity on Hwy 61.
- 0029 LCRS responds to medical on Hart Rd. One transported to LVMH by ambulance.
- 0122 Deputy responds to report of 2 people lost near Hwy 61. Parties located and brought back to their vehicle.
- 0629 Deputy responds, along with THPD, to report of a domestic disturbance on 2nd Avenue.
- 1233 LCRS responds to medical on 4th Avenue. One transported to SLH by ambulance.
- 1429 Deputy and LCRS respond to medical on Alder Rd. One transported to LVMH by ambulance.
- 1528 Deputy responds to report of theft on Hwy 61.
- 1546 Deputy and LCRS respond to medical on Scenic Dr.
- 2025 Deputy removes tree from Fernberg Rd.