

# Health Department



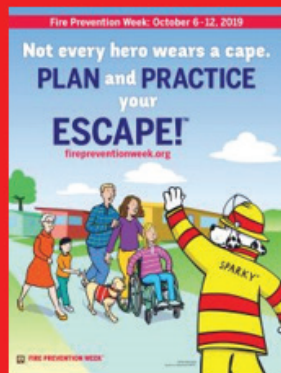
## Fire Safety

FIRE PREVENTION AWARENESS WEEK IS OCTOBER 6-12. PLEASE STAY SAFE.

Roughly three out of five fire deaths happen in homes with either no smoke alarms or no working smoke alarms. Smoke alarms are the first line of defense in a fire!

**Make sure smoke alarms are up to date.**

1. **INSTALL** smoke alarms in every bedroom, outside each separate sleeping area, and on each level of home.
  2. **TEST** Smoke alarms AT LEAST once a month by pushing the test button.
  3. **REPLACE** smoke alarms when they are 10 years old or don't respond when tested.
- Visit fpw.org for more information on Smoke alarms. <https://www.nfpa.org/events/fire-prevention-week>



### End of 2024 HIV/Syphilis testing dates

\*Siletz clinic @ 2:00pm

| September |    |    |    |    |    |    | October |    |    |    |    |    |    |    |    |
|-----------|----|----|----|----|----|----|---------|----|----|----|----|----|----|----|----|
| CW        | Su | Mo | Tu | We | Th | Fr | Sa      | CW | Su | Mo | Tu | We | Th | Fr | Sa |
| 36        | 1  | 2  | 3  | 4  | 5  | 6  | 7       | 40 |    |    | 1  | 2  | 3  | 4  | 5  |
| 37        | 8  | 9  | 10 | 11 | 12 | 13 | 14      | 41 | 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| 38        | 15 | 16 | 17 | 18 | 19 | 20 | 21      | 42 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 39        | 22 | 23 | 24 | 25 | 26 | 27 | 28      | 43 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 40        | 29 | 30 |    |    |    |    |         | 44 | 27 | 28 | 29 | 30 | 31 |    |    |

| November |    |    |    |    |    |    | December |    |    |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|----------|----|----|----|----|----|----|----|----|
| CW       | Su | Mo | Tu | We | Th | Fr | Sa       | CW | Su | Mo | Tu | We | Th | Fr | Sa |
| 44       |    |    |    |    |    | 1  | 2        | 49 | 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 45       | 3  | 4  | 5  | 6  | 7  | 8  | 9        | 50 | 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 46       | 10 | 11 | 12 | 13 | 14 | 15 | 16       | 51 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 47       | 17 | 18 | 19 | 20 | 21 | 22 | 23       | 52 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 48       | 24 | 25 | 26 | 27 | 28 | 29 | 30       | 1  | 29 | 30 | 31 |    |    |    |    |

### HIV/Syphilis testing dates

Testing's will take hold @ 10-30am each event

In-clinic testing

Library testing

Gym testing

Admin testing

2025

January

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| S  | M  | T  | W  | T  | F  | S  |
|    |    |    | 1  | 2  | 3  | 4  |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 |    |

February

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| S  | M  | T  | W  | T  | F  | S  |
|    |    |    |    |    |    | 1  |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 |    |

March

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| S  | M  | T  | W  | T  | F  | S  |
|    |    |    |    |    |    | 1  |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 |    |    |    |    |    |

April

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| S  | M  | T  | W  | T  | F  | S  |
|    |    | 1  | 2  | 3  | 4  | 5  |
| 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 |    |    |    |

May

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| S  | M  | T  | W  | T  | F  | S  |
|    |    |    |    |    | 1  | 2  |
| 3  | 4  | 5  | 6  | 7  | 8  | 9  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 |    |    |    |    |    |    |

June

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| S  | M  | T  | W  | T  | F  | S  |
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 |    |    |    |    |    |

July

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| S  | M  | T  | W  | T  | F  | S  |
|    |    | 1  | 2  | 3  | 4  | 5  |
| 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 |    |    |

August

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| S  | M  | T  | W  | T  | F  | S  |
|    |    |    |    |    | 1  | 2  |
| 3  | 4  | 5  | 6  | 7  | 8  | 9  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 |    |    |    |    |    |    |

September

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| S  | M  | T  | W  | T  | F  | S  |
|    | 1  | 2  | 3  | 4  | 5  | 6  |
| 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 |    |    |    |    |

October

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| S  | M  | T  | W  | T  | F  | S  |
|    |    | 1  | 2  | 3  | 4  |    |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 |    |

November

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| S  | M  | T  | W  | T  | F  | S  |
|    |    |    |    |    |    | 1  |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 |    |    |    |    |    |    |

December

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| S  | M  | T  | W  | T  | F  | S  |
|    |    | 1  | 2  | 3  | 4  | 5  |
| 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 |    |    |

## Farm Walking Group

EVERY SATURDAY  
Starting at 10 AM at the  
Clinic's Farm Property

Walking can help people feel less stressed and can improve mood, it increases strength, balance, and flexibility, it can improve blood sugar, blood pressure, and cholesterol levels, as well as help to maintain a healthy weight.

If you have any questions, please reach out to Stephanie Matthews at StephanieM@ctsi.nsn.us or 541-272-0396

## Walking Group

EVERY THURSDAY  
Starting at Noon at the Rec Center

Walking can help people feel less stressed and can improve mood, it increases strength, balance, and flexibility, it can improve blood sugar, blood pressure, and cholesterol levels, as well as help to maintain a healthy weight.

If you have any questions, please reach out to Stephanie Matthews at StephanieM@ctsi.nsn.us or 541-272-0396