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Winter Fire Safety Tips

- Be sure space heaters, fireplaces and wood stoves are in good working condition.
- Clean chimneys at least once a year.
- Remove combustible materials for safe clearance around heating devices.
- Do not close the damper when hot coals remain in the fireplace or stove.
- Use the proper fuel for each type of heater.
- Be sure house wiring is in good condition and do not overload circuits.
- Never use an electric space heater in the bathroom and never touch one when your body is wet.
- Maintain proper venting to the outside in order to prevent deadly fumes when burning kerosene and/or propane.
- Always use a screen in front of a fireplace.
- Keep children away from space heaters and other sources of ignition.

It is both safer and cheaper to plan ahead for fire safety. If a fire starts, it's too late for planning.

Health Notes

By Audeen Wagner

Things are going well at Providence Family Medicine-Vernonia these days, and the staff and Providence management are looking forward to a successful 2001. Providence will be focused on improving health and wellness here in our community in the coming year. In addition, the team is working on the development and implementation of a strategic plan with a goal to providing the best possible health care in 2001 and beyond.

In the time that Providence has been a presence on the Vernonia healthcare scene, we have seen many improvements in the quality and scope of care delivered to local patients. "The clinic has seen many new patients this past year and has enjoyed being a part of your healthcare. We wish everyone in the Vernonia area a happy and healthy new year," says Tricia Roscoe, Project Manager for Providence Health Systems.



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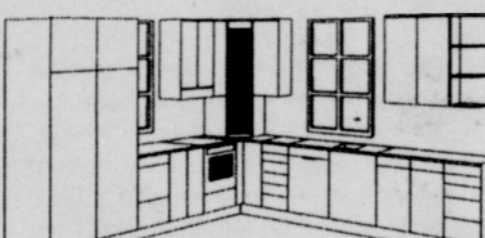
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