



Kay Four Quarterly

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Fire Prevention

October is Fire Prevention Month, and even with Covid 19 interfering with our lives, we are reminding you of important fire safety information to remember. This year's Fire Prevention Week campaign is named "Serve Up Fire Safety in the Kitchen!".

Cooking is the number one cause of fires and injuries in the home. Unattended cooking is the leading cause of these fires. Please read the article to the right which details kitchen fire safety tips taken from the Province of Manitoba's fire safety week brochure for 2020.

A few more fire safety tips include:

- ◆ Regularly clean your stove, oven, and all surfaces near them to prevent grease build up which can ignite.
- ◆ If your suite has a range hood, clean the hood and filter to ensure that grease is not accumulating and to improve air flow.
- ◆ Keep matches and lighters away from children of all ages, especially young children.
- ◆ Never leave burning candles unattended in your suite.
- ◆ Do not place anything within 1 foot (30 cm) of the radiators or of any supplemental heater that you may plug in, in your suite.
- ◆ Do not overload plugs or electrical circuits. Minimize use of extension cords and anything that turns one outlet into many, such as power bars.

Remember to always practice good fire safety. The life you save may be your own or of a loved one.

Kitchen Fire Safety Tips

Never throw water on a grease fire, as it can explode and can make things worse.	Make sure pot handles are turned inwards.
If a fire starts in a microwave, turn it off, make sure the door is shut, and unplug it if you can.	If a fire starts in the oven, turn off the oven and close the door.
Test smoke alarms at least once a month using the test button.	
Never go to sleep while cooking something.	Never leave things that are cooking unattended.
Look while you cook!	Keep a 1-metre (3-foot) area, free of kids and pets, around cooking spaces.
If someone is burned, run the burn under cool water for 20 minutes maximum. If the burn is severe, contact emergency services.	

Wear a mask

Recently provincial regulations made wearing a mask required in your building's common areas including entranceways, hallways, laundry rooms, storage and locker rooms. Below you will find information copied from the Government of Canada's website, in the COVID prevention area, which explains why you need to do this:

The best thing you can do to prevent spreading COVID-19 is to wash your hands frequently with warm water and soap for at least 20 seconds (sing Happy Birthday to You twice, that takes 20 seconds). If none is available, use hand sanitizer containing at least 60% alcohol.

To protect others, you should also:

- stay at home if you are ill
- maintain a 2-metre physical distance from others
- avoid touching your face, mouth, nose or eyes
- Wearing a homemade non-medical mask/facial covering in the community **is recommended** for periods of time when it is not possible to consistently maintain a 2-metre physical distance from others.