



# The 10 Things That Could Save Your Life

The following tips, taken together or alone, can help you improve your health and safety, and may ultimately save your life – or the life of someone that you love.



1

## Install smoke and carbon monoxide detectors in your home.

Have at least one smoke detector on each floor of your house and be sure to change the batteries every six months. Carbon monoxide is an odorless, colorless, tasteless gas that can be deadly when a heater or some other device fails, so it is important to have at least one of these in your house, too.



2

**Know the signs of a stroke.** When it comes to treating a stroke or heart attack, time is of the essence. If you or a loved one has any of the following symptoms, **CALL 911 IMMEDIATELY** – and whatever you do, don't lie down! You could lose important treatment time.

- Weakness or numbness in arms, legs or face – usually on one side of the body.
- Trouble forming or understanding words, slurring of speech.
- Blurred vision in one or both eyes.
- Difficulty walking.
- Severe headache.



3

**Know the signs of a heart attack.** Remember, the sooner you get help, the more heart muscle you save. If you experience any of the following symptoms, **CALL 911 IMMEDIATELY!**

- Chest pain, pressure, discomfort that is constant or that comes in waves.
- Shortness of breath.
- Pain in your jaw, back, or in one or both arms.
- Stomach upset.
- Breaking out in a cold sweat.



4

## Take all of your medications with you every time you go to the doctor.

Many of us believe that our doctors talk with one another regularly about our care, but that just isn't the case. Be sure to take all medications, even vitamins and herbs, with you to every doctor's appointment. This will help to avoid drug interactions that may hurt you and keep everyone on the same page.

*(continue over)*



5

**Move your body.** It is a fact; those who exercise regularly tend to live longer than those who don't. This doesn't mean that you need to run a marathon, but it does mean that you should find an exercise program that works for you and your fitness level. You'll be surprised at just how good you feel!



6

**Make your plate colorful.** In today's fast-paced world, it is important that we think about what we eat. Start by looking at your plate. If all you are seeing is beige, you may have a problem. Fruits, vegetables and grains come in many different colors and it is easy to use these colors as a guide to eating better. Try adding some more **green, red, orange** and **purple** to the mix of foods you eat and see how you feel.



7

**Ask questions.** You may feel as if you are taking up too much of your doctor's time, but it is important that you fully understand what your doctor is telling you. Taking the extra time during your exam to ask all of the questions that you have will make it easier for you to follow the doctor's orders.



8

**Find your "higher power."** Studies show that those who attend some type of faith-based service at least once a month tend to live longer, happier lives than those who do not. This sense of being part of something "bigger" than ourselves seems to provide a feeling of well-being and trust in the future, whatever it may hold.



9

**Take your medicine.** It is important that you take all of your medication as directed by your doctor. Many of us tend to stop taking our pills when we begin to feel better, without understanding the dangers. Even something as simple as finishing all of the antibiotics prescribed can have a big impact on your future health.



10

**Surround yourself with life.** Sometimes being alone is nice, but too much alone-time can have a negative impact on your health. Spouses, family members, friends, pets – even plants – can bring joy and love into our lives. And we can never have too much of that!



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