



Staying safe at home

WHAT YOU NEED TO KNOW

This information sheet was created to help you stay safe in your home.

At CISSS de la Montérégie-Ouest, your safety at home is important to us. If one of our healthcare professionals notices any risks, they will talk about them with you.

Are you being followed by one of our healthcare professionals?

Before each visit, you also have a responsibility towards your healthcare professional. For example, keep your pet in another room, or throw away any used needles in the designated yellow container.



Make your home safe to enter

- Outdoor stair railings should be in good condition. Stairs should be free of clutter, snow, and ice. Stairs should also have a non-slip surface.
- Your mailbox should be easily accessible.
- The bottom of the doorframe should not be too high.
- Your house number should be visible from the street and well-lit at night. Your entrance should also be well-lit outside.

Safety starts with small actions!

For you, your loved one, or your child

- Avoid wearing clothing or shoes that could cause you to fall.
- Contact your healthcare professional if you or your loved one:
 - Have vision, hearing, or balance problems
 - Are confused or disoriented
 - Are concerned about alcohol or drug use
 - Notice a decline in physical or mental health
- Call **911** or **The Mistreatment Helpline** if you are experiencing abuse or mistreatment.
- Call the **Youth Protection Services** if you are concerned about a child's safety or development.



Useful resources

- **Info-Santé and Info-Social: 811**
- **Emergency services: 911**
- **Community resources : 211**
- **Suicide prevention centre: 1-866-APPELLE (277-3553)**
- **Complaints and service quality commissioner: 1-800-700-0621, ext. 2462**
- **Mistreatment Helpline: 1-888-489-2287**
- **Youth Protection Services: 1-800-361-5310**
- **Poison control centre: 1-800-463-5060**
- **I QUIT NOW helpline: 1-866-JARRETE (527-7383)**

Other useful numbers:

Your equipment and medication

- Keep your oxygen equipment in a safe place, away from any heat source. Contact your healthcare professional if needed.
- Do not smoke indoors if you have oxygen at home.
- Check your medications regularly and make sure you know where they are.
- Talk to your doctor or pharmacist if you have trouble taking your medications as prescribed.
- Check your food expiration dates often. Throw away any food that is past its date.
- Read food labels to know to store items properly.
- Keep cleaning products away from food.
- Store chemical or corrosive products away from heat sources.
- Never leave burning candles unattended.
- Keep the top and inside of your stove free of clutter.

Your environment

- If you smoke, or live with someone who smokes, make sure cigarettes are completely out.
- Keep all exits and walkways clear.
- Test your smoke detectors twice a year and replace the batteries.



- Do not place objects near electric baseboards.
- Do not overload electrical circuits.
- Keep any dangerous objects or products out of reach of children or vulnerable individuals. Make sure areas such as stairs and pools are secure.
- Verify the identity of anyone who comes to your door.
- Make sure you have access to a phone in different rooms.
- Keep a list of emergency numbers in a visible place.