

May  
2011

Issue 9



**Kit Care Corporation**  
6358 Viscount Road  
Mississauga, ON Canada  
L4V 1H3

Tel: 416 243-3030  
or 1 800 387-1858

Fax: 416 243-3082  
or 1 866 777-0787

[Info@kitcarecorp.com](mailto:Info@kitcarecorp.com)  
[www.kitcarecorp.com](http://www.kitcarecorp.com)

# Care

**PUBLISHED BY KIT CARE CORPORATION**

*SPECIALISTS IN FIRST AID, SAFETY, SPILL & FIRE EQUIPMENT FOR OVER 49 YEARS.*

## Epidemics **on the Rise**

*To all our valued customers,*

**M**ore than one-quarter of all deaths worldwide are caused by infectious diseases. In the US, more than 170,000 people die from these diseases each year — and the number is likely to get much higher.

### **Reemerging Diseases**

Diseases that were nearly eradicated in the US, such as measles, malaria and tuberculosis, now are occurring in increasing numbers.

### **Bird (Avian) Flu**

The Avian Flu has killed more than half of those infected — though none of these cases has occurred in Canada or the US to date (as of March 16, 2011 — according to the World Health Organization — [www.who.int](http://www.who.int)) and most cases have resulted from people having direct contact with infected birds or contaminated surfaces. Should the virus mutate to permit human-to-human transmission, the death rate could rise into the millions.

### **Methicillin-Resistant Staphylococcus Aureus (MRSA)**

MRSA is a strain of bacteria that causes an infection — often called “staph” — that can be deadly even when patients are treated with state-of-the-art antibiotics.

### **Are Epidemics On The Rise?**

Yes. Every two or three years, there’s a new epidemic somewhere in the world. The term “epidemic” means that a particular health-related issue — an infectious disease, obesity, even car accidents — is occurring more often than expected. The frequency of epidemics seems to be increasing.

One of the reasons for the increase is that global warming has extended the population and range

of mosquitoes, leading to increases in malaria, dengue fever and other mosquito-borne diseases.

In addition, human and animal populations worldwide are living in closer proximity than in the past. More than half of all infectious diseases can infect species other than their original hosts. Many of the most dangerous pathogens, including the virus that causes AIDS, originated in animals and only later developed the ability to infect humans.

A century ago, a disease in a remote area might sicken or kill a few dozen people and then “burn out”. Now more than two billion people fly on airplanes every year. A deadly pathogen, such as Ebola virus, easily could spread into more populated areas and infect thousands — or worse.

### **How Dangerous Is The Next Epidemic Likely To Be?**

It depends on the organism. In the best-case scenario, something such as a cold virus could mutate and gain the ability to infect more people than it had in the past. But because this virus isn’t lethal, it would be more of a nuisance.

*This information courtesy of Georges Benjamin, MD, professional lecturer at George Washington University School of Public Health, May 1, 2009.*

### **All our best... The Kit Care Team**

## What's **INSIDE**

*FireCare Caddy*

*Why Aspirin?*

*Know the Symptoms!*

*Industry Events & Care Tips*

Kit Care proudly introduces the **FireCare Caddy**

# A great way to promote Fire Safety



## The FireCare Caddy (N3-FS1)

The FireCare Caddy is designed to be easily stacked and moved from jobsite to jobsite. This fire extinguisher caddy weighs only 14 lbs and holds a 5, 10, or 20 lb extinguisher. The FireCare Caddy is ideal for construction sites, parks, sporting events, exhibit halls, workshops or wherever a fire extinguisher is required but cannot be permanently mounted.

The FireCare Caddy can also be customized for First Aid and Emergency Environmental Spills. The FireCare Caddy can also be customized with your company Logo (Eg. "Property of ...").

Each FireCare Caddy is shipped with with one FIRE or CAUTION decal on the front.

N3-FS1



The FireCare Caddy is available in Red, Yellow or Orange.

## SPECIFICATIONS

Measures 34" in height.  
Measures 21"x21" at the base.  
7-1/4" x 7-1/4" x 8" holding area for fire extinguisher.  
Durable HDPE plastic.  
Designed to nest and stack for efficient mobility.  
Knock over resistant.  
Holds 5 lb., 10 lb., or 20 lb. Extinguishers (please measure diameter of extinguisher, must be 7-1/4" or less).  
14 lbs in weight.  
Used at construction sites, exhibit halls, shops or wherever a fire extinguisher is required but cannot be permanently mounted.  
Available in red, yellow or orange.  
Custom logo available (Eg. "Property of ...").

## AVAILABLE OPTIONS

Eye Wash Kit (A5-7251A / A5-7200)  
Eye Wash Sign (P2-EGA4RB)  
First Aid Kit (A1-101)  
First Aid Sign (P2-EGA3RB)  
Fire Extinguisher Sign c/w Pole (P2-FS1PS)  
Fire Extinguisher Cover 5LB (N3-906)  
Fire Extinguisher Cover 10LB (N3-906A)  
Fire Extinguisher Cover 20LB (N3-906B)  
Fire Extinguisher All-Purpose 5LB (N1-901)  
Fire Extinguisher All-Purpose 10LB (N1-902)  
Fire Extinguisher All-Purpose 20LB (N1-904)

# Why Aspirin?

## Make sure you keep some Aspirin by your bedside

There are other symptoms of a heart attack besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating, however these symptoms may also occur less frequently.

### *Did you know?*

There may be no pain in the chest during a heart attack.

The majority of people (about 60%) who had a heart attack during their sleep, did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep.

If that happens, QUICKLY dissolve two Aspirins in your mouth and swallow them with a bit of water.

Once you have done that, contact a neighbour, a family member who lives close by, or 911 and tell them you've just had a heart attack and that you've taken 2 Aspirins.

Take a seat on a chair or sofa and wait for help to arrive but whatever you do, DO NOT LIE DOWN.

## KNOW THE SYMPTOMS!

Make sure you know how to identify a heart attack

- **Pain:** Sudden discomfort or pain in your chest, neck, jaw, shoulder, arms or back that does not go away with rest
- **Shortness of breath:** Difficulty breathing
- **Nausea:** Indigestion and/or vomiting
- **Sweating:** Cool and clammy skin
- **Fear:** Anxiety and/or Denial

## What to do

- CALL 911 or your local emergency number right away
- Stop all activity and sit or lie down
- If you take nitroglycerin, take your normal dosage
- If you're experiencing chest pain, chew and swallow one 325 mg tablet or two 80 mg tablets of ASA (acetylsalicylic acid)



# Tips

## Ten Tips for a Healthy Heart

A healthy heart is important for everyone to enjoy a long and happy life. By exercising, eating healthy, and reducing the excess of daily life, you can strengthen your heart and help prevent complications down the road. Please read these ten tips for a healthy heart and pass them along to your friends and family.

**The number one cause of death in North America is Cardiac Arrest — learn to take care of your heart**

- 1 If you don't already know the signs and symptoms of a heart attack, then you need to investigate and learn them, regardless of your age. It could be someone you love that needs your help.
- 2 Similar to Tip 1, if you don't know about the signs and symptoms of a stroke, find out. What you learn now may save yourself or someone you love in the future.
- 3 See your Doctor for a full medical or physical every year. Work with your Doctor to reduce your Blood Pressure or Cholesterol levels if they are high.
- 4 If you smoke, stop. At the very least, try to reduce the amount you smoke by 50% in the next 3 months, then another 50% in the next 3 months – and so on and so forth.
- 5 Reduce your stress levels. Don't let people rent space in your head for free – learn to leave work at work. Try massage therapy or yoga, which has been shown to reduce stress levels.
- 6 Exercise and become physically active. Try to aim for 30 minutes a day.
- 7 Limit your alcohol use. You don't have to stop drinking alcohol altogether, just reduce your level of consumption to a reasonable level.
- 8 Eat healthy, low fat, low cholesterol foods. Foods rich in Omega-3 are great for your heart.
- 9 Get at least 8 hours of sleep every night.
- 10 Maintain good oral health.



Visit our  
**Web Site!**

• full listing of products  
and services  
[www.kitcarecorp.com](http://www.kitcarecorp.com)

### Upcoming Industry

## Events

May & June 2011

**May 17 & 18  
2011**

#### **Partners in Prevention 2011**

Health & Safety Conference & Trade Show  
Toronto International Centre

[www.partnersinpreventionconference.com](http://www.partnersinpreventionconference.com)

**May 14-19  
2011**

#### **AIHce 2011**

Occupational and Environmental Health & Safety Conference and Expo  
Oregon Convention Center

[www.aihce2011.org](http://www.aihce2011.org)

**June 12-15  
2011**

#### **NFPA Conference and Expo**

Fire and Life Safety Conference and Expo

Boston Convention & Exhib. Center [www.nfpa.org/conference](http://www.nfpa.org/conference)