

SEASONAL SAFETY CHECK-IN

MENTAL HEALTH

September is National Suicide Prevention Month. All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness. In 2025, the Suicide Lifeline received nearly 8 million crisis calls across the United States, and 140,246 calls were from Washington. In Snohomish County, suicide is ranked one of the leading causes of death among residents aged 15-24 years old. Statistics like these highlight the importance of sharing important tips and resources with our community. In 2022, the phone number 9-8-8 became active across the United States. This new, shorter phone number makes it easier for people to remember and access mental health crisis services. Please note, the previous 1-800-273-TALK (8255) number will continue to function indefinitely.

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how people's problems are affecting them, provide support, and connect them to resources if necessary.



FALLS PREVENTION

During autumn and winter, the likelihood of falls increases with slippery sidewalks and parking lots. Washington Department of Health states that, "one in three older adults in Washington falls each year. Falls can cause moderate to severe injuries, such as hip fractures and head injuries, and can increase the risk of early death." Although they are a common public health problem, fortunately, falls are largely preventable.

Here are some steps you can take to prevent a fall:

Stay Active

- Do exercises that make your legs stronger and improve your balance (like Tai Chi).
- Join a local exercise class to improve your strength, balance, and confidence to give you greater independence. Find a class you enjoy and bring a friend.

Learn more at:
<https://988lifeline.org/>



SCAN ME



Make Your Home Safe

- Get rid of trip hazards. Keep floors clutter free.
- Add grab bars in the bathroom.
- Have handrails and lights installed on all staircases.

Speak Up & Learn

- Talk openly with your doctor about fall risks and prevention.
- Tell your doctor right away if you have fallen, if you're afraid you might fall, or if you feel unsteady.
- Review all of your medicines with your doctor or pharmacist, and discuss any side effects like feeling dizzy or sleepy. Some medicines, even over-the-counter medicines and herbal supplements, can increase your fall risk.
- Have your eyes checked annually and update your glasses, as needed.
- Have your feet checked. Discuss proper footwear with your doctor, and ask whether seeing a foot specialist is advised.
- Take an Aging in Place or Falls Prevention Class with SRFR.



Register for a class
at: www.SRFR.org/

SCAN ME

UPCOMING EVENTS & CLASSES

- **September 23rd:** Hands Only CPR Class at Station 31
 - Registration required
- **October 3rd:** Fire Prevention Week Open House at Station 31
- **October 21st:** Hands Only CPR Class at Station 82
 - Registration required
- **October 31st:** Lake Stevens HarvestFest
- **November 10th:** Hands Only CPR Class at Station 31
 - Registration required
- **December 2nd:** Hands Only CPR Class at Station 82
 - Registration required

New!

Sign up for our Digital Mailing List!
<https://bit.ly/SRFRNews>



SCAN ME



SNOHOMISH REGIONAL
FIRE & RESCUE
FALL 2026 NEWSLETTER

Fire Prevention Week: October 4-10, 2026
www.SRFR.org

OPEN HOUSE
SNOHOMISH REGIONAL FIRE & RESCUE

CHARGE INTO FIRE SAFETY!
Bring the entire family to our fire station open house and enjoy a fun-filled afternoon with SRFR!

SATURDAY, OCTOBER 3RD
12:00PM-4:00PM

Station 31
163 Village Court, Monroe

Large Open House, Fire Engine Tours, and Fun Activities for Kids
Extinction Demo, Fire Engine Tours, and Fun Activities for Kids

SAVE THE DATE

- ✓ **YOU ARE INVITED TO JOIN US AS WE CELEBRATE FIRE PREVENTION WEEK 2026!**
- ✓ **Join us at our Open House on Saturday, October 3rd at Station 31 in Monroe!**
- ✓ **Learn about fire safety and about our fire district!**
- ✓ **Participate in fun activities the whole family will enjoy!**
- ✓ **See and tour our fire engines and aid units.**
- ✓ **Meet and greet our fabulous crews and support staff!**

FPW OPEN HOUSE

CONNECT WITH US: www.SRFR.org [@SnoRegionalFire](https://www.facebook.com/SnoRegionalFire) [Instagram](https://www.instagram.com/SnoRegionalFire) [TikTok](https://www.tiktok.com/@SnoRegionalFire) [YouTube](https://www.youtube.com/SnoRegionalFire) 360.794.7666

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SNOHOMISH REGIONAL FIRE & RESCUE

MESSAGE FROM THE CHIEF

As we head into fall, I want to begin with a sincere **thank you** to our community.

This August, voters supported our EMS levy lid lift, providing Snohomish Regional Fire & Rescue with the resources necessary to maintain the emergency medical services our communities depend on every day. That support is something we do not take for granted. These resources will help us maintain current service levels, strengthen our EMS system, and continue investing in the people, equipment, training, and capabilities necessary to meet the growing needs of our communities.

Your support also comes with an expectation that we use those resources responsibly. We understand that, and we remain committed to being good stewards of the trust our community has placed in us.

This summer has also provided a powerful reminder of the importance of preparedness. The devastating wildfires affecting communities across Eastern Washington demonstrate how quickly conditions can change and how significantly an emergency can impact families and entire communities. While our risks may look different from one part of the state to another, the lesson is the same: **preparedness matters.**

As we transition into fall and eventually winter, we encourage every household to take a few simple steps to prepare. Know how you will receive emergency information, have essential supplies available, talk with your family about what you would do if you needed to evacuate or remain at home for an extended period, and take the time to understand the risks where you live. A little preparation before an emergency can make an enormous difference when one occurs.

I also want to recognize the tremendous commitment of our employees and our regional partners. Public safety is truly a team effort. Every day, our firefighters, paramedics, dispatchers, law enforcement partners, emergency management professionals, healthcare providers, neighboring fire agencies, city and county partners, and many others work together to serve our communities. During major emergencies, that cooperation becomes even more important.

I am incredibly grateful for the professionalism and dedication I see from our people and our partners throughout this region. Whether responding to an everyday medical emergency, a significant fire, or deploying resources to assist another community, their commitment to public service is something our entire region can be proud of.

As Fire Chief, I remain grateful for the opportunity to serve this community and for the trust you place in Snohomish Regional Fire & Rescue. Thank you for supporting your firefighters and paramedics, for supporting strong emergency medical services, and for being our partners in creating a safer and more prepared community.

Have a safe and enjoyable fall.
Fire Chief, Brian Park



PLUG IN. POWER UP. STAY SAFE.

Snohomish Regional Fire & Rescue (SRFR) is teaming up with the National Fire Protection Association® (NFPA®)—the official sponsor of Fire Prevention Week (FPW)—to promote this year’s FPW theme, “Charge into Fire Safety: Safe Charging Is a Superpower.” The campaign focuses on the simple steps people can take to recharge safely. Safe charging means making smart choices every time you plug in.

Many devices used in our daily lives—phones, tablets, laptops, tools, toys, e-bikes, and scooters—run on rechargeable lithium-ion batteries, which store a lot of energy in a small space. If they are damaged or charged the wrong way, they can overheat, start a fire, or even explode.

“The way you charge your lithium-ion battery devices can make a difference in helping prevent home fires,” said Kaitlin King, Public Information and Education Officer at SRFR. “It comes down to using simple habits each time you plug in.”

- Use the cord and charger that came with your device or one approved by the manufacturer. Using the wrong charger can damage the battery and increase the risk of fire.
- Charge devices on a table, desk, or other hard, flat surface. Do not charge them on beds, couches, or under pillows. Devices and chargers produce heat during normal charging. Soft surfaces can trap heat and block airflow, which can cause the battery to overheat.
- Stop using your device if it feels very hot, starts to swell, is smoking, or has a strange smell. These are warning signs that the battery may be damaged or failing.
- Unplug your device when it is fully charged. Do not leave it plugged in longer than needed. Leaving a device plugged in too long can increase heat and stress on the battery.
- Charge larger items like e-bikes, scooters, and power tools outside and away from exits. These batteries are larger and store more energy. If they fail, fires can grow quickly and spread.
- When on a plane, keep your device where you can see it while charging. Do not charge devices in overhead compartments. Do not charge e-cigarettes or vapes on a plane. If a battery overheats or fails, it is important for the flight crew to respond quickly.

Snohomish Regional Fire & Rescue is hosting a **an Open House on Saturday, October 3rd, from 12:00PM-4:00 PM**, to kick off Fire Prevention Week and to reinforce these messages.

To learn more about lithium-ion battery safety, visit www.FPW.org.

Learn more at:
www.FPW.org



BACK-TO-SCHOOL: PEDESTRIAN & E-BIKE SAFETY

The end of summer marks the beginning of a new school year! As students and families head back to school, Snohomish Regional Fire & Rescue wants to remind everyone to stay alert and make safety a priority whether walking, biking or riding an e-bike.

Walking to school? Stay on the sidewalk whenever possible and use designated crosswalks. Wear bright or reflective clothing, especially during early morning or evening hours, and put your phone away so you can stay aware of traffic and your surroundings.



Riding a bike or e-bike? Always wear a properly fitted helmet and ride in the same direction as traffic. Use hand signals, avoid weaving between vehicles and follow the rules of the road. Practice braking, turning and signaling before riding in traffic, especially for young or inexperienced riders. Use lights and reflective gear when riding in low-visibility conditions.

E-bike riders and parents should also know the e-bike's classification and Washington State laws. Washington recognizes Class 1, 2 and 3 e-bikes, which have different requirements and restrictions. Riders under 16 cannot operate a Class 3 e-bike. Some electric bikes and e-motos may exceed the legal definition of an e-bike and be subject to different laws. Never modify an e-bike to increase its speed or power.

E-bike injuries are also a growing concern. National pediatric research found that 97.3% of injured e-bike riders were not wearing a helmet when helmet use was documented.

This school year, slow down, stay alert and make safe choices. Being proactive helps protect you and everyone sharing the road.



Learn more at:
www.WTSC.WA.gov



DISASTER PREPAREDNESS

September is National Disaster Preparedness month. Although we love to shine a light on preparedness this time of year, we also want to make sure that people are prepared all year long! Here in Snohomish County, many of us know about the various disasters that could affect our region especially as the rainy season approaches. Some of the potential disasters that are more likely to occur in the fall include flooding, landslides, severe weather, and wildfires. It is important to know that we can’t always prevent these events from happening, but we can PREPARE for them.

Here are a few steps you can take today:



Make a Kit

- At a minimum, you should have the basic supplies listed below:
 - Water—one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
 - Food—non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
 - Flashlight
 - Battery-powered or hand-crank radio
 - Extra batteries
 - First aid kit
 - Medications (7-day supply) & medical items
 - Multi-purpose tool
 - Sanitation and personal hygiene items
 - Copies of personal documents
 - Cell phone with charger & emergency contact info
 - Extra cash & map(s) of the area
 - Emergency blankets
 - Medication & food for pets



Make a Plan

- Meet with your family to discuss how to prepare for emergencies.
- Plan what to do if you are separated during an emergency.
- Choose an out-of-area emergency contact person. It may be easier to text or call long distance if local phone lines are overloaded or out of service.



Be Informed & Learn

- Visit www.redcross.org or www.fema.gov, for more information about how you and your family can prepare for a disaster.
- Follow the QR code above to view the hazard map created by **Snohomish County DEM.**
- Take a class. Register for our next **Online Disaster Prep Class.**
- Go to www.SRFR.org to register or to request a class for your community group.



Watch Our Lesson

- Follow the QR code above to watch or visit SRFR.org/education!
- Learn about the disasters in our area and how to prepare for them!
- Complete the fun worksheets and activities.

