



Summer Fun!

2020 SUMMER ISSUE



Brought to you by:



Preventing Heat Illness

- Dress for the heat by wearing lightweight, light-colored clothing. Light colors will reflect some of the sun's energy. Wear a hat if you can.
- Drink plenty of water. Carry a water bottle with you and drink even if you aren't thirsty. Avoid alcohol and caffeine, which can be dehydrating.
- Slow down and avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, usually in the morning.
- Stay indoors whenever possible.
- Take regular breaks when doing physical activity on warm days. If you notice someone showing the signals of a heat-related illness, help them stop the activity and find a cool place.
- Never leave a child, adult, or animal alone inside a vehicle on a warm day.

Fireworks Safety

Remember, fireworks can be dangerous and cause severe burn and eye injuries.

Follow these safety tips when using fireworks:

- Never allow young children to play with or ignite fireworks. Always have an adult supervise fireworks activities. Even sparklers burn at about 2,000 degrees—hot enough to melt some metals.
- Never place any part of your body directly over a fireworks device when lighting the fuse. Back up to a safe distance immediately after lighting fireworks.
- Never try to re-light or pick up fireworks that have not ignited fully.
- Never point or throw fireworks at another person.
- Keep a bucket of water or a garden hose handy in case of fire. After fireworks complete their burning, douse the spent device with plenty of water to prevent fire.
- Never shoot them off in metal or glass containers.
- Make sure fireworks are legal in your area before buying or using them.

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Ready for a Road Trip?

There are lots of things to love about road trips. Here are a few tips to ensure that everything is taken care of before you hit the road.

- Ensure your car seats are correctly installed if you have young children.
- Take your car in for a checkup. It should include tires, engine oil, and windshield wipers. Bring along a set of jumper cables, just in case.
- Plan your route. A search on a website such as Google Maps or MapQuest will give you a good idea of how long your trip should take and the best way to get you to your destination.
- Pack plenty of snacks and drinks.
- Check your first aid supplies and replace items that may have expired.

What You Can Do to Prevent COVID-19

There is currently no vaccine to prevent coronavirus disease (COVID-19). The best way to prevent it is to avoid being exposed to the virus which is thought to spread mainly from person to person:

- Between people who are in close contact with one another (within about 6 feet).
- Respiratory droplets produced when an infected person coughs or sneezes can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- It's possible to contract COVID-19 by touching a surface or object that has the virus on it and then touching their face, but this is not thought to be the primary way the virus spreads.

Teach Your Kids Emergency Preparedness

- Teach your child how to dial **911** *before* an actual emergency happens.
- Make sure the kids know who your family's emergency contact is and how to reach them. Practice until they can do it on their own.
- Practice how to communicate in an emergency with kids. Find ways here: <https://www.ready.gov/kids/family-emergency-planning>
- Practice evacuation plans and other emergency procedures with children regularly. Know the emergency plan for your child's school and child care facility.
- Learn the building blocks of preparedness— *Be Informed, Make a Plan, Build a Kit, and Get Involved.*