



Summer Fun!

2023 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:

- 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 try to re-light or pick up fireworks that have not ignited fully.
- Never point or throw fireworks at another person.

HEAT EXHAUSTION	HEAT STROKE
Symptoms <ul style="list-style-type: none">• faint or dizzy• headache• profuse sweating• irritability• weak, rapid pulse• shallow breathing• pale, cool, clammy skin• nausea or vomiting• muscle cramps	Symptoms <ul style="list-style-type: none">• absence of sweating• pulsating headache• hot, red, dry skin• high body temp (above 103°F)• nausea or vomiting• strong, rapid pulse• confusion• convulsions• may lose consciousness
Treatment <ol style="list-style-type: none">1. Lie down in a cool shaded or air conditioned area2. Drink water3. Use caution when standing up, apply cold compress	Treatment <ol style="list-style-type: none">1. Dial 9112. Take action to cool by any means. Place in a cool area. Wrap in wet towel, sponge with cool water.

Newsletter continues on next page...



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.

Wildfire Smoke Readiness

- Monitor air quality levels in your area using a reliable source.
- If air quality is poor, limit your outdoor activities and stay indoors as much as possible.
- Wear a mask rated N95 or higher if you need to go outside.
- Keep your car windows closed and use the recirculate setting on your air conditioner.
- Use an air purifier to improve indoor air quality.
- Have a plan in place for evacuation in case of wildfires.
- Keep important documents and belongings in a safe place in case of evacuation.



Volunteers Wanted

If you are interested in joining our volunteer group, we'd love to have you! Please email emergencymgmt@tulaliptribes-nsn.gov for more information.