



## SUMMER SAFETY TIPS



### Enjoying the Outdoors

1. Drink plenty of water on warm days to replenish fluids lost through perspiration. Remember that in this relatively dry climate you may not experience moisture on your skin, but your body is still losing moisture.
2. Drink extra water during exercise or physical exertion, like lawn mowing.
3. Remember that tea, coffee and alcoholic beverages dehydrate your body. Be sure to drink two cups of water for every cup of such beverages during hot weather.
4. Avoid exercise or physical exertion during the hottest times of the day from 11:00 am through 3:00 pm.
5. Wear a hat, and sunscreen on all exposed skin to avoid sunburn and lessen the likelihood of developing skin cancer. People with thinning hair should use special scalp sunscreen. The tops of your ears and the sides of your neck are very vulnerable and often forgotten! Put on sunscreen 30 minutes before going outdoors.
6. **Special considerations for infants under 6 months:** during hot days avoid the sun. If you must go outdoors with an infant have the child wear a hat with a brim and long sleeves shirts and long pants in lightweight cotton fabric. Avoid synthetic fabrics as they do not breathe and cause excessive sweating.
7. West Nile Virus, encephalitis and malaria are carried by mosquitoes. To deter bites, wear long sleeves and long pants, and DEET (30% concentration), in mosquito-infested areas, and at dusk and after dark. **DO NOT USE DEET ON INFANTS UNDER 3 MONTHS OLD!**

### Water Safety

1. **Never leave children unattended around water!!!** A child can drown in a few inches of water, such as in a wading pool, bucket or shallow bathtub. A responsible teenager or adult should be within arms reach of children around water **at all times!!**
2. Never use a swimming pool alone. Always have a buddy, an available approved flotation device, and a cell phone or payphone available to summon help.
3. At a lake or at the ocean, swim only at guarded beaches and obey the lifeguard.
4. When boating, **EVERYONE** should wear an approved flotation device at all times.



### Heat Emergencies (high heat sustained over several days)

1. Stay indoors as much as possible with freely circulating air. If air conditioning is not available, stay on the lowest floor, out of the sunshine, with the windows open a few inches at the top and bottom, and shielded from the sun with awnings or blinds. Try to go to a public building with air conditioning during the hottest part of the day for several hours. Malls, movie theaters, libraries, restaurants and community centers are good choices. Remember, electric fans do not cool the air, but they do help sweat evaporate, which cools your body.
2. Eat small meals and eat more often. Avoid foods that are high in protein, as they increase metabolic heat.
3. **Special considerations for older people:** drink extra water, ensure that air is freely circulating within the home, and get adequate exercise, such as walking during the early morning (the first 3 hours after sunrise), or during the evening if it is safe, to avoid swelling in legs and ankles. Avoid salty and high sodium foods, which encourage water retention, and alcohol, which causes dehydration.

For further information on heat related safety and summer safety go to [www.fema.gov](http://www.fema.gov);  
<http://www.aap.org/advocacy/releases/summertips.htm>; and  
<http://www.redcross.org/services/disaster/keepsafe.htm>

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