

SUMMER SAFETY



Don't Forget the Children

As the summer temperatures rise so do concerns for the safety of children left unattended in vehicles with the windows up. A fatal tragedy can occur when parents or guardians who are not used to a new summer schedule forget their child is in the car.

- *In 10 minutes a car can heat up 20 degrees.*
- *Cracking a window does little to keep the car cool.*
- *A child's body temperature can rise up to five times faster than an adult's.*
- *A child dies when his/ her temperature reaches 107 degrees.*
- *Always look in your vehicle before locking the door and look in the front and back before walking away.*
- [Click here to learn more about child car safety.](#)



Water Safety

From swimming in the pool to playing in a lake, jumping in the water during the summer is a great way to cool off. However, parents should never leave their child in a pool or other water recreational areas unattended. Life jackets should be worn by all ages when boating and participating in other water sports. Also, be sure to keep toddlers from accidentally gaining access to swimming pools on their own.

- *Teach children basic water safety tips.*
- *Never leave your child unattended near water.*
- *Don't leave your children in the pool or spa to answer the phone inside, even for a moment.*
- *Always have a portable telephone close by at all times.*
- *Install pool and gate alarms to alert you when a child goes near the water.*
- *In open water, always swim with a buddy.*
- *Click here to learn more about [pool](#) & [water](#) safety.*



Traffic Safety

It's summer and school is out which means more children running around playing in our neighborhoods. It also means that more people will be riding bikes and taking walks. Tourists who may not be familiar with all our traffic laws will also be on our streets. Being safe on the road will require drivers to take additional precautions and planning.

- *Plan, map and estimate the duration of your driving.*
- *Expect to encounter roadwork, delays, and detours.*
- *Stop for pedestrians who are in a crosswalk.*
- *Update your emergency roadside kit to include water and other essentials.*
- *With more pedestrians on the street, don't assume that they will see you.*
- *When not in use, lock your car so kids don't play in a potentially hot and dangerous vehicle.*
- *Check your air conditioning before taking a long road trip.*
- *Click here to learn more about summer [traffic](#) & [driving](#) safety.*



Combating Extreme Heat

Heat exhaustion and heat stroke are both dangerous and serious risks when the temperatures are climbing into the triple digits. While drinking water is key to combating the effects of extreme heat conditions, there are other steps that can be taken to stay cool and safe during the summer.

- *Wear lightweight, light colored and loose fitting clothing.*
- *Wear a wide-brimmed hat when in the sun.*
- *Drink plenty of fluids.*
- *Use wet washcloths to pat the wrists, face and back of the neck for a quick cool down.*
- *A body temperature of 103 degrees Fahrenheit, orally, is a warning sign of heat stroke.*
- *Schedule outdoor activities before noon or in the evening.*
- [Click here to learn about more ways you can deal with extreme heat.](#)



Food Handling & Safety

Summer means eating outdoors. It's important to learn how to safely pack and store food for barbecues, picnics and camping out. Follow food safety guidelines to prevent harmful bacteria from multiplying and causing illness such as keeping food cold and not leaving it out for too long.

- *Refrigerate perishable food within 2 hours of purchasing. Refrigerate within 1 hour when the temperature is above 90 degrees Fahrenheit.*
- *Use an insulated cooler to keep food at 40 degrees Fahrenheit or below when transferring food.*
- *Precooking food partially in the microwave, oven or stove is a good way to reduce grilling time.*
- *Use a food thermometer to be sure food reaches a safe minimum internal temperature when cooking.*
- [Click here to learn more about safe ways to handle your food.](#)



Caring for Your Pet in Summer

The summer months provide time for outdoor fun, but extreme heat can also be uncomfortable for your pets. High humidity can be dangerous for pets who respond to heat differently than humans. Pets should never be left in cars, even with the car running and air conditioner on. Learn how and where to cool animals down during the warm summer.

- *Don't rely on a fan to cool your pet down since animals respond to heat differently than humans.*
- *A dog's temperature should not be allowed to go over 104 degrees.*
- *Asphalt can get very hot and burn your pet's paws.*
- *Prepare for power outages if you leave your animal in doors while you are away.*
- *A dog house rarely provides relief from the heat; tree shade and tarps allow air to flow to keep your pet cool.*
- [Click here to learn more ways to protect your pets this summer.](#)

