Summer Safety Tips: Keeping Officers and Families Safe

**During a Heat Wave:** Heat-related illness happens when the body’s temperature control system is overloaded. Infants and children up to 4 years of age are at greatest risk¹.

- **Never** leave children or pets alone in enclosed vehicles.
- Stay hydrated by drinking plenty of fluids, even if you do not feel thirsty. Avoid drinks with caffeine or alcohol.
- Avoid extreme temperature changes. Postpone outdoor games and activities.
- Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the sun’s rays.
- Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.
- Use a buddy system when working in excessive heat. Take frequent breaks if you must work outdoors.

**Water Safety Tips:**²

- **LEARN TO SWIM!** This is the best gift you can give a child, as drowning is the leading cause of injury death for young children ages 1 to 4. Always swim in lifeguarded areas.
- Provide close and constant supervision to children you are supervising in or near water.
- Learn water safety skills. Always swim in lifeguarded areas.
- Wear approved life jackets, especially children, inexperienced swimmers and boaters.

**Keeping Mosquitos/Ticks Away** (Zika, Lyme Disease, West Nile Virus)³.

- Use an effective insect repellent while playing outdoors.
- Check yourself and your children for ticks. Ticks are easy to remove.
- Zika symptoms include mild fever, skin rash, conjunctivitis, muscle and joint pain, malaise or headache. These symptoms normally last for 2-7 days³.
- Lyme Disease symptoms include may present as a flu-like illness (fever, chills, sweats, muscle aches, fatigue, nausea and joint pain). Some people also have a rash or Bell’s palsy (facial drooping)⁴.
- West Nile Virus may not exhibit any signs. 20% of population have symptoms including fever, headache, body aches, vomiting, diarrhea, fatigue, and skin rash³.

1. [www.americanredcross.org](http://www.americanredcross.org)
2. [http://www.cdc.gov/family/kids/summer](http://www.cdc.gov/family/kids/summer)
4. [https://www.lymedisease.org/](https://www.lymedisease.org/)