



News Release

Sunrise Fire-Rescue Department

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For Release: IMMEDIATE

SUMMER SAFETY

(SUNRISE, FL)- As balmy spring temperatures give way to sizzling summer heat this month, Sunrise Fire-Rescue encourages you to keep your cool with the following safety tips.

Hurricane season starts June 1. Now is the time to review your plan and gather necessary supplies well ahead of any potential storms. Hurricane kits should include essentials for all members of your home - including your pets - such as non-perishable food, water, and medical supplies to last three to five days after a storm. A full list of suggested supplies is available on the City of Sunrise website, located under the Fire-Rescue Department of Emergency Management and Hurricane Preparedness, www.sunrisefl.gov.

The same summer weather patterns that create hurricanes also are responsible for the frequent thunderstorms we see at this time of year. Florida is the lightning capital of the country, with an average of 30 people being injured and 10 killed each year. If you can hear thunder, immediately seek shelter inside a building or vehicle. Stay away from large trees and open bodies of water. Once indoors, avoid corded phones, computers, sinks, showers, and windows.

Storms are not the only concern during this season, according to Chief DiBernardo of the City of Sunrise Fire Department: "Hot temperatures can cause heat related medical emergencies such as heat exhaustion or heat stroke if the proper precautions are not taken. It is important to stay hydrated and drink plenty of water throughout the day. Stay away from beverages with alcohol or caffeine, which can actually dehydrate the body."

The American Heart Association cautions that not sweating during vigorous physical activity can be a red flag that you are dehydrated to the point of developing heat exhaustion or worse. Avoid strenuous outdoor activities during the hottest part of the day between 10 a.m. and 3 p.m.

Older adults, small children, and pets are among the most vulnerable to heat injuries. Never leave a child or pet inside a parked vehicle. Even with the windows partially open, temperatures inside can exceed 100 degrees in a matter of minutes.

Wearing sunscreen with an SPF of 30 or more and using sunshades will also help protect against overexposure to harmful UV rays and the painful sting of sunburn. Ultraviolet (UV) rays are a part of sunlight that is an invisible form of radiation; just because it is not sunny does not mean it is safe.

Swimming - in pools and at the beach - is one way to stay cool this summer. Remember pool safety is everyone's responsibility and you should always practice water safety: never leave a child unattended near any body of water, swim with a buddy, and always provide dedicated adult supervision wherever children are swimming. Water safety tips and resources are available at www.watersmartbroward.org.

For on-going safety information, 'Like' us on Facebook at Sunrise Fire-Rescue and follow us on Twitter@SunriseFRD.

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