



# News Release

**Sunrise Fire-Rescue Department**

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[www.sunrisefl.gov](http://www.sunrisefl.gov)

For Release: IMMEDIATE

## Stay Safe This Summer!

(SUNRISE, FL)- The air is warm and the days are long. Beat the heat and stay safe this summer with these tips from Sunrise Fire-Rescue:

**Hurricane season** starts June 1. Don't wait for the first storm to appear before getting ready. **Now** is the time to discuss your plan with every member of your household, prepare your supplies, and safeguard your home. Hurricane kits should include essentials - nonperishable food, water, and medical supplies - to last three to five days after a storm. A full list of suggested supplies is available on the Fire-Rescue Department of Emergency Management and Hurricane Preparedness [page](#) on the on the City of Sunrise website: [www.sunrisefl.gov](http://www.sunrisefl.gov).

While South Florida's lucky streak without a recent hurricane may or may not continue, we definitely still will see frequent **thunderstorms**. Florida is the lightning capital of the country, with 39 people injured and 5 killed by lightning strikes in 2015, according to the National Weather Service. Even indirect strikes can cause cardiac arrhythmias and seizures in victims. Don't risk it – "**when thunder roars, go indoors**". If you can see lightning or 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.

The warm summer months create concerns beyond just storms. **Heat-related illnesses** pose a serious threat – especially for small children, older adults, and pets. Hot cars are especially dangerous. If the air conditioner is off, even with the windows partially open, temperatures inside at car can increase by 20 degrees in just 10 minutes. "Never leave a child or your pet unattended inside a vehicle," said Sunrise Fire Chief Thomas DiBernardo.

Anyone can be overcome by the heat if unprepared. Take basic precautions to prevent dehydration, heat-stroke and sunburn:

- Avoid strenuous outdoor activities during the hottest part of the day - between 10 a.m. and 3 p.m.
- Drink plenty of water throughout the day.
- Avoid beverages with alcohol or caffeine, which are dehydrating.
- Wear sunscreen with an SPF of 30 or higher, as well as physical barriers such as a hat and sunglasses.

Lastly, as people seek relief from the heat in pools and at the beach, remember that **water safety** is everyone's responsibility. Always provide dedicated adult supervision wherever children may have access to water, and use multiple layers of protection such as swimming lessons, door locks & alarms, pool fencing, and CPR lessons. A wealth of water safety resources is available at [www.watersmartbroward.org](http://www.watersmartbroward.org).

For more information, visit our webpage on [www.sunrisefl.gov](http://www.sunrisefl.gov), 'Like' us on Facebook at Sunrise-Rescue, and follow us on Twitter @SunriseFRD.

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