



# News Release

**Sunrise Fire-Rescue Department**

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

For Release: IMMEDIATE

## BEAT THE SUMMER HEAT!

(SUNRISE, FL)- News flash: it's HOT outside! Luckily, Sunrise Fire-Rescue has some advice to help you beat the heat.

Heat-related illnesses pose a serious threat. Small children, older adults, and pets are especially vulnerable, but anyone can be overcome by the heat if unprepared. Take basic precautions to prevent dehydration, heat-stroke and sunburn:

- Never leave a child, pet, or vulnerable adult unattended inside a parked vehicle, where temperatures can increase by 20 degrees in just 10 minutes. Visit [www.broward.org/love](http://www.broward.org/love) for more information.
- Avoid strenuous outdoor activities between 10 a.m. and 3 p.m. – when it's hottest outside.
- 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.

Many people will be seeking an oasis at the pool or at the beach. Remember that water-safety is everyone's responsibility. Always provide dedicated adult supervision wherever children may have access to water - including lakes, canals, fountains, tubs, and buckets. Add multiple layers of protection: swimming lessons, door alarms, pool fencing, and CPR lessons. Free and discounted swim lesson information – plus a wealth of other water-safety resources - are available at [www.watersmartbroward.org](http://www.watersmartbroward.org).

Residents know that the hot season here in South Florida is also the wet season, with thunderstorms passing through almost daily. Florida is the lightning capital of the country. Don't risk being struck - *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.

A few of the storms that emerge are likely to be large and powerful; Hurricane Season starts June 1. Don't wait to prepare until the first major storm is named and you find yourself in its trajectory. *Now* is the time to review your plan with every member of your household, gather your supplies, and safeguard your home. A list of recommended supplies is available for you to review on Sunrise Fire-Rescue's Emergency Management and Hurricane Preparedness [page](#).

Standing water left after the rain makes an ideal breeding ground for mosquitos, increasing the risk of mosquito-borne diseases, such as Zika. Dump out any containers around your home with standing water. Be sure to wear an EPA-registered insect repellent when spending time outdoors - especially at dawn and dusk, when mosquitos are most active.

For more information, please visit [www.sunrisefl.gov/Fire](http://www.sunrisefl.gov/Fire), and follow us on Facebook and Twitter @SunriseFRD.

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