

Preparedness Roundup

“Extreme Heat and Water Safety Tips”

Water Safety Tips

- Make sure that everyone in your household learns to swim. Contact your local Red Cross to find out about age appropriate courses in your area.
- Even if you do not plan on swimming, always be cautious around natural bodies of water including ocean shorelines, rivers, and lakes. Cold temperatures, currents and underwater hazards can make falling into these bodies of water dangerous.
- Actively supervise kids whenever they are around the water—even if lifeguards are present. Always stay within arm’s reach of young children and avoid distractions whenever supervising swimmers.
- **Life jackets save lives!** Have young children and inexperienced swimmers wear U.S. Coast Guard-approved life jackets in and around the water. If you plan to go boating, make sure that there are an appropriate number of life jackets to accommodate every passenger on board.
- Avoid consuming alcohol when you’re on the water. Alcohol impairs judgment, balance, and coordination, affecting your ability to swim and safely operate watercraft.

Heat Awareness Day

Get the jump on summer heat by following these preparedness tips:

- Listen to local weather forecasts and stay aware of upcoming temperature changes.
- Know those in your neighborhood who are elderly, young, sick or overweight. They are more likely to become victims of excessive heat and may need your help in the event of a heat wave.
- Discuss heat safety precautions with members of your household. Have a plan for wherever you spend time—home, work and school—and prepare for the possibility of [power outages](#).
- During hot weather, stay hydrated by drinking plenty of fluids even if you do not feel very thirsty. Avoid drinking caffeine and alcohol.
- Never leave children or pets alone in enclosed vehicles.



#LearnToSwim
#HeatSafety
@RedCross

5/17–5/23 is **Boater Safety Week**
5/23 is **Heat Awareness Day**



Next Week's Roundup: Hurricane Preparedness



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