

MINOOKA FIRE PROTECTION DISTRICT

NEWSLETTER

SMOKE **SIGNALS**

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Water Safety

In the time it takes to reply to a text, check a fishing line, or apply sunscreen, a child or weak swimmer can drown. Death and injury from drownings happen every day in home pools and hot tubs, at the beach or in oceans, lakes, rivers and streams, bathtubs, and even buckets.

Keep your family safe by following these safety tips:

- The whole family should learn or know how to swim.
- Everyone should learn and know how to do CPR.
- Children, inexperienced swimmers, and all boaters should wear U.S. Coast Guard approved life jackets.
- Always swim in a lifeguarded area.
- Provide close and constant attention to children in or near water, even if there is a lifeguard on duty.
- Pools and spas should be fenced with adequate barriers and locked gates.
- Everyone should read all posted safety signs before entering the water.



Summer Heat Safety Tips for Older Adults



Heat Exhaustion Vs Heat Stroke

Heat exhaustion is a warning that your body can no longer keep itself cool. Symptoms include feeling thirsty, dizzy, weak, uncoordinated, rapid pulse, and nausea. You may be sweating a lot even though your body temperature may stay normal. Skin may feel cold and clammy. Rest in a cool place and get plenty of fluids. If you do not feel better soon, get medical care. Be careful—heat exhaustion can progress to heat stroke.

Heat Stroke

Older people living in homes or apartments without air conditioning or fans are at most risk. People who become dehydrated or those with chronic diseases or alcoholism are also at risk. Signs of heat stroke are:

- Fainting (possibly the first sign) or becoming unconscious
- A change in behavior—confusion, agitation, staggering, being grouchy, or acting strangely
- Body temperature over 104°F (40°C)
- Dry, flushed skin and a strong, rapid pulse or a slow, weak pulse
- Not sweating even if it is hot
- If heat stroke is suspected, call 9-1-1 immediately. Cool them off as best as you can until emergency services arrives.

Too much heat is not safe for anyone. It is even riskier if you are older or have health problems.

The elderly are more vulnerable to heat for several reasons.

- The ability to notice changes in your body temperature decreases with age.
- Many seniors have underlying health conditions that make them less able to adapt to heat.
- Many medicines seniors take can contribute to dehydration.
- Seniors may not feel the urge to drink and can forget to hydrate.

Preparation is key to maintaining a healthy balance of fun and sun.

- Drink plenty of liquids to avoid dehydration
- Wear appropriate clothes to prevent heat exhaustion
- Stay indoors during midday hours
- Pay attention to the heat index and dew point
- Take it easy and avoid heat exposure
- Check in regularly with elderly loved ones

Keep your loved one safe this summer by learning how to prevent heat strokes, heat exhaustion, and sunburns.

TRAVEL SAFETY



On the Road

- Become familiar with your travel route before you start. Map it out and study it. Let someone know where you are going/staying and approximate destination time.
- Make sure your car is in good operating condition.
- Keep your purse, camera bag and other valuables concealed, not lying on the seat where it is visible to someone walking by.
- Keep car doors locked while you are driving. Store luggage in the truck.
- Park in well-lighted areas only, close to building entrances and walkways.
- Have car keys ready when approaching your car. Check the back seat and the floors before you get in.
- If you are bumped by another car, think before you get out. If you are in doubt or uncomfortable, signal the other driver to follow you to a nearby police station or a busy, well-lighted area where it's safe to get out.

Hotel/Motel Fire Safety

Vacations and business travel make hotels and motels our home away from home. It is just as important to be prepared and know what you would do in a hotel/motel emergency as it is in your own home.

- When you enter your room, review the escape plan posted in your room.
- Take the time to find the exits and count the number of doors between your room and the exit.
- Make sure the exits are unlocked. If they are locked, report it to management right away.
- Keep your room key by your bed and take it with you if there is a fire.
- If the alarm sounds, leave right away, closing all doors behind you. Use the stairs — never use elevators during a fire.
- If you must escape through smoke, get low and go under the smoke to your exit.
- If you can't escape:
 - SHUT off fans and air conditioners.
 - STUFF wet towels in the crack around the doors.
 - CALL the fire department and let them know your location.
 - WAIT at the window and signal with a flashlight or light colored cloth.



Camping Safety



If a camping trip is in your plans, know the level of ability of the people in your group and the environment around you. Plan accordingly.

- Pack a first aid kit to handle insect stings, sprains, cuts and bruises and other injuries that could happen to someone in your group. Take a First Aid and CPR course so you will know what to do in case help is delayed. You will learn how to treat severe wounds, broken bones, bites, stings, and more. Sprains and falls are some of the most common misfortunes travelers may face. Falls are the biggest threat, many due to poor decision-making, lack of skill, or not being properly prepared.
- Share your travel plans and locations with a family member, neighbor or friend.
- Make sure your phone is fully charged before you leave. Carry a battery operated phone charger for emergencies.
- Bring nutritious food items and water, lightweight clothing to layer, and supplies for any pets. Dehydration can also be a danger.

Before leaving the campsite, ensure the fire is completely extinguished. For more information on campfire safety, visit <https://smokeybear.com/campfire-rules>

Picnic Safety

Summer is a great time to get outside for a picnic. Follow these tips to prevent illness and keep everyone safe:

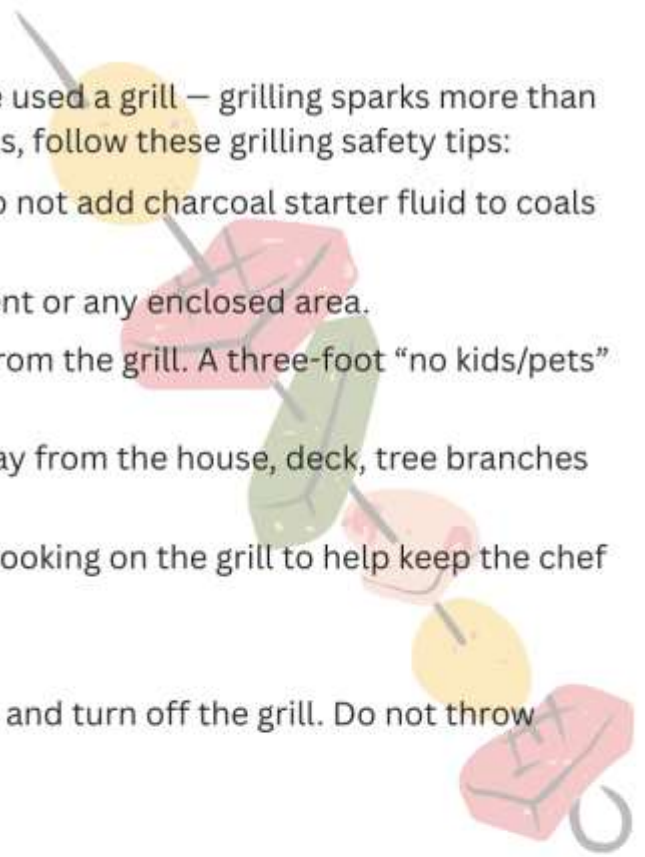
- Wash your hands, utensils, and workstation before preparing the food.
- Separate uncooked meats, poultry, and seafood from ready-to-eat foods like salads, fruits, vegetables, cheeses, and desserts. Use separate plates and utensils to prevent cross-contamination.
- Bring hand sanitizer if your picnic site does not have hand-washing facilities.
- If you are going to cook on the grill, bring a food thermometer to be sure grilled foods are cooked to the correct temperature.



Grilling Safety

Though more than three-quarters of U.S. adults have used a grill — grilling sparks more than 10,000 home fires on average each year. To avoid this, follow these grilling safety tips:

- Always supervise a barbecue grill when in use. Do not add charcoal starter fluid to coals already ignited.
- Never grill indoors — not in the house, camper, tent or any enclosed area.
- Make sure everyone, including pets, stays away from the grill. A three-foot “no kids/pets” area around the grill is good practice.
- Keep the grill out in the open. At least 15 feet away from the house, deck, tree branches or anything that could catch fire.
- Use the long-handled tools especially made for cooking on the grill to help keep the chef safe.
- Do not leave perishable food out in the sun.
- If a fire should flare up, close the lid immediately and turn off the grill. Do not throw water onto a grease fire.



General First Aid for Burns

The American Heart Association recommends these guidelines:

- Remove the source of the burn (e.g., remove clothing if it's on fire).
- Place the burned area under cool, not cold, running water for at least 10 minutes. If water isn't available, use a cool, wet cloth or compress.
- Do not apply ice to the burned area. You can injure the skin.
- Cover the burn with a clean, dry bandage or gauze. Wrap it loosely to avoid pressure on the burned area.
- Do not apply creams, ointments, sprays or other home remedies.
- Remove any clothing or jewelry that is not stuck to the burn. Be gentle and don't try to remove anything stuck to the skin, as it could cause further damage.
- If the burn is severe, involves large areas of skin, or if you are concerned, seek medical attention immediately.
- If blisters form, do not break them. Blisters help protect the burn from infection.



Stop the burn



Cool the burn



Cover the burn

Mosquitoes and Ticks

Don't let mosquitoes and ticks ruin your carefree summer fun. As we spend more time outdoors for activities like camping, hiking, swimming, picnicking and barbecuing, there is a greater chance of being bitten by mosquitoes and ticks. According to the American Mosquito Control Association, there are 176 known species of mosquito in the U.S.—putting Americans at risk from coast to coast. In addition, while mosquitoes may be the most obvious detractor from summer fun – ticks are silent but dangerous. Most active during warmer months (April to September), it is especially important to be vigilant of blacklegged ticks, more commonly known as deer ticks, especially if you live in the Northeast, Mid-Atlantic, North-central or Northwest.



Mosquitoes and ticks are more than just itchy and annoying – if infected, these pests can pose a major health risk to people by possibly transmitting diseases. Follow these tips to prevent mosquito and tick bites this summer:

- Use insect repellents containing DEET (N, N-diethyl-meta-toluamide) when you are outdoors. Be sure to follow the directions on the package.
- Consider staying indoors at dusk and dawn, when mosquitoes are most active.
- Wear long-sleeved shirts and long pants and tuck your pant legs into your socks or boots.
- Use a rubber band or tape to hold pants against socks so that nothing can get under clothing.
- Tuck your shirt into your pants. Wear light-colored clothing to make it easier to see tiny insects or ticks.
- When hiking in woods and fields, stay in the middle of trails. Avoid underbrush and tall grass.
- If you are outdoors for a long time, check yourself several times during the day. Especially check in hairy areas of the body like the back of the neck and the scalp line.
- Inspect yourself carefully for insects or ticks after being outdoors or have someone else do it.
- If you have pets that go outdoors, spray with repellent made for their breed/type. Apply the repellent according to the label and check your pet for ticks often. Ask your vet about the oral medications made specifically for repelling ticks.
- Get rid of mosquito breeding sites by emptying sources of standing water outside of the home, such as from flowerpots, buckets and barrels.

Fireworks Safety



Each July 4th, thousands of people, most often children and teens, are injured while using consumer fireworks. Despite the dangers of fireworks, few people understand the associated risks - devastating burns, other injuries, fires, and even death.

The safest way to enjoy fireworks is to attend a public firework show put on by professionals, at least 500 feet away from the show. Many states outlaw most fireworks and it is best to leave any area where untrained amateurs are using fireworks.

CLASSES OFFERED
FOR 2025



CPR CLASS



SAFE SITTER

BLS HCP

August 2
November 8

1st Aid/CPR

June 7
September 6
December 6

Babysitting

June 2

For more information or to register online, visit our
website: www.minookafire.com

To ask questions about our classes, contact us at:

info@minookafire.com