

Summer Safety

As summer arrives, it brings sunshine and outdoor fun but also potential hazards such as extreme heat, bees, and other insects. Please take a moment to review the following safety tips to help you and those around you stay safe and healthy during the warmer months.

Heat Safety

- **Stay Cool:** Seek air-conditioned spaces, wear loose, light-colored clothing, take cool showers, and stay in shaded areas when possible.
- **Stay Hydrated:** Drink plenty of fluids throughout the day. Avoid sugary or alcoholic beverages as they can contribute to dehydration.
- **Check on Others:** Keep an eye on neighbors, friends, and family especially the elderly and those with medical conditions.
- **Never Leave Anyone in a Parked Car:** Even with windows cracked, interior temperatures rise quickly and can be life-threatening.
- **Know the Signs of Heat-Related Illness:** Watch for symptoms such as dizziness, nausea, confusion, or a body temperature above 103°F. Seek medical attention immediately if heatstroke is suspected.

Bee and Wasp Awareness

- **Be Mindful:** Bees and wasps are drawn to flowers and sweet scents. Pay attention to your surroundings outdoors.
- **Minimize Attraction:** Wear light-colored clothing, avoid scented products, and clean up food promptly.
- **React Calmly:** If approached by a stinging insect, remain still or lie face down. Swatting may provoke a sting.
- **First Aid for Stings:** Remove the stinger with a fingernail or gauze avoid tweezers. Wash the area, apply a cold compress, and consider antihistamines or pain relievers as needed.
- **Recognize Allergic Reactions:** Symptoms such as swelling, hives, difficulty breathing, or fainting may indicate anaphylaxis. Call 911 immediately if these occur.

Other Insect Protection

- **Mosquitoes:** Use repellent with DEET or picaridin, wear long sleeves and pants, and eliminate standing water near your home.
- **Ticks:** Dress in protective clothing when in wooded or grassy areas. Check yourself and pets for ticks promptly after exposure.
- **Tick Removal:** Use tweezers to pull straight upward and remove ticks as soon as possible.
- **Home Protection:** Seal entry points, trim back vegetation, and store food properly to deter insects indoors.

By following these precautions, we can all enjoy a safe, healthy, and enjoyable summer.

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Public Safety

