

## June – National Safety Month

June is here and so our thoughts turn to baseball, hot dogs, and swimming. It’s also National Safety Month, a reminder that there are a host of easily manageable strategies for keeping your family and friends happy and healthy as we move into warmer weather.



### Intense Heat

Stay out of the worst heat, take time to rest and cool down after heat exposure, drink water all day long, and watch for signs of heat-related illnesses. The Oregon Health Authority has money set aside to provide free air conditioner units for people who qualify. [Visit their website](#) or call 800-273-0557 for more information.



### Water Safety

Don’t leave – or look away from – a swimming child. Make sure they wear life jackets and don’t solely rely on lifeguards. Find age-appropriate swim lessons and get CPR training.



### Fireworks

Fireworks are fun but can also be dangerous. Don’t allow younger kids to handle fireworks and make sure older kids use them with adult supervision. Don’t point fireworks at a person, don’t hold lighted fireworks in your hands and don’t use them when you’re impaired by drugs or alcohol. Keep a bucket of water nearby to soak fireworks once they are used.



### Wildfires

Know all evacuation routes in your area. Follow instructions from authorities, and if you are asked to evacuate, do so immediately. If the air gets smoky, try to stay indoors, use filtered air cleaners or invest in a N95 or P100 masks.



Do you have your emergency supply of water and food, and have taken other steps to prepare for emergencies?

[Click here for past editions of the emergency preparedness tip newsletters.](#)

