



LOMPOC FIRE DEPARTMENT

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Fire Chief

Hot weather is making a *welcome* return to the Lompoc area. When the temperature soars, you might plan on making some changes in your usual routine. Babies, young children, the elderly, and those with chronic illnesses are most at risk. *Pets can be at risk too.*

ENJOY THE WEATHER BUT BE CAREFUL!

Reminder for parents and providers: open windows can be hazardous for toddlers and young children. They often climb up on the furniture to feel for a cool breeze. Screens **may not hold** securely if children push or fall against them. **Window stops that allow windows to open only 4 to 6 inches let the breezes in but prevent children from "falling out".** Children can also squeeze through the bars and railings on balconies and decks. Take time to check for potential hazards and correct them. While taking precautions can prevent injury, **nothing takes the place of watchful supervision!**

SOME SUGGESTIONS TO PREVENT HEAT STRESS:

- Reduce strenuous physical activity as much as possible. Take frequent rest breaks (Stay in the shade during the hottest part of the day, 10 AM - 4 PM).
- **Drink plenty of water and offer water to the children frequently.** Children can be dehydrated even before they ask for water. Pets need plenty of water too.
- Wear loose-fitting, lightweight clothing. Use sunscreen. Wear a wide brimmed hat and sunglasses to help block the sun.
- Pull the drapes or shades to keep the "cool" air in. If you are using fans to move the air around be sure they are out of reach of children.
- If you are around water **remind the children about safe water play rules.** *Nothing takes the place of close supervision.*
- **Be prepared to call for medical advice or immediate help if necessary.**