

# PRINCE GEORGE'S COUNTY FIRE AND EMS DEPARTMENT

*One County. One Department. One Mission. Service Is The Mission*



## SUMMER SAFETY



## TIP SHEET

### Stay Hydrated!



You need to drink enough water to prevent heat illness. An average person needs to drink about 3/4 of a gallon of water daily.

Avoid sugary, alcoholic, and carbonated drinks.

If you are sweating profusely, supplement water with electrolytes:

Sodium, calcium, magnesium, and potassium are needed.

#### Determine if you're dehydrated: Urine Color Chart

**CLEAR** - Good hydration, continue drinking current levels of water

**Yellow** - Mild or Moderate dehydration  
Drink more water

**Amber or Orange** - Moderate to severe dehydration, heat illness possible

**Brown** - Severe dehydration- Drink water, medical attention may be necessary

### HEAT EXHAUSTION

- Heavy Sweating
- Cold, pale and clammy skin
- Weak pulse
- nausea or vomiting
- muscle cramps
- Dizziness-Headache-
- Passing out

#### What to do

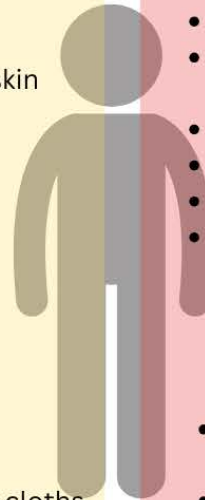
- Move to a cool place
- Loosen tight clothing
- Cool the body with wet cloths or fanning
- Sip water slowly
- Seek medical help if: vomiting occurs

### HEAT STROKE

- High body temp (104 F)
- Hot, red, dry, or damp skin
- fast, strong pulse
- headache -dizziness
- Nausea- Confusion
- Passing out

#### Call **911**, then:

- Move to a cool place
- Cool body using wet cloths or fanning
- Do **not** drink anything



## Water Safety

Nationally, 11 people die from unintentional drowning every day

**Everyone should learn first aid and CPR**  
so they know what to do in an emergency

Prevent unsupervised access to water

Install fences around home and pools

A pool fence should surround all sides of the pool and be at least four feet tall with self latching gates

Check out learn-to- swim providers in your community for children and adults

## Grilling Safety

Grilling sparks more than 10,000 home fires on average every year.

Always supervise a barbecue grill when in use.

Do not add charcoal starter once coals have been ignited.

Keep the grill **away from** the house, deck, siding, trees or anything that could catch fire.

Do not place grills on balconies.

Use long-handled tools to grill and be careful of your clothing.

Do not leave perishable food out in the sun.

