



Safe Summer Days and Nights in Payson, AZ

School's Out! Stay Safe!

- ◆ If leaving children home alone, post your cell and work numbers, 911, a friend or neighbor's number and your home address.
- ◆ Prepare a snack or meal in advance, preferably one that does not need to be heated.
- ◆ If children use a microwave, go over its use, mindful of microwave and steam burns. Leave out potholders.
- ◆ Make sure children at home alone know what to do if the smoke alarm goes off.
- ◆ Show children where they can find basic first aid supplies. Let them help you put together a kit.
- ◆ Bicycle, skateboard, scooter safety—make sure children wear a helmet, no exceptions.
- ◆ Internet safety is important. Talk to children and youth about making safe, responsible online decisions. Monitor computer use and social networking frequently

Heat Safety—Even in Payson temperatures can reach 100 degrees during the day

- ◆ NEVER leave a child or pet unattended in a vehicle.
- ◆ Drink water and encourage family members and friends to do likewise.
- ◆ Dress for the heat—light colors and fabrics.
- ◆ Eat small meals and eat more often.
- ◆ Slow down.
- ◆ Stay indoors.
- ◆ Take regular breaks when engaging in outdoor activities—walking, hiking, sports, etc.

Going on Vacation? Good for you.

- ◆ Have someone pick up mail and newspapers or stop them. <https://holdmail.usps.com/holdmail/>
- ◆ Have someone check the house.
- ◆ Use timers to program lights and TV to turn on at random times to make the house look lived in.
- ◆ Put valuables in a safe deposit box.
- ◆ Don't talk about your trip on social media.
- ◆ Stock your car with an emergency kit. Bring extra drinks and snacks.

Forest Fire—It could happen here.

- ◆ Use propane and charcoal grills outdoors only, safely away from eaves, railings, trees, brush.
- ◆ Keep children and pets away from grills.
- ◆ Never leave your grill unattended.
- ◆ Be aware of forest campfire, cooking and smoking restrictions during fire season.
- ◆ Know how to fully extinguish a campfire.