



## 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.