

## Dehydration

Dehydration occurs when a person's body loses more fluids (like sweat or urine) than he or she consumes. Dehydration is most common during the summer, when the hot weather causes people to sweat more often and not enough water is consumed.

### Symptoms of Dehydration

It is important to recognize the signs of dehydration, because without treatment, it can lead to a life-threatening heat stroke.

- Frequent thirst
- Dry lips and tongue
- Muscle cramping
- Bright-colored or dark urine

### Preventing Dehydration

By keeping your body rested and full of fluids, you can help prevent dehydration.

- Drink plenty of water, even if you are not thirsty.
- Avoid caffeinated, carbonated, and alcoholic beverages, which can dehydrate the body.
- Wear light-colored, absorbent, loose-fitting clothing and a hat.
- Stay in the shade when possible.
- Avoid strenuous outdoor activity, especially in the middle of the day.

### Treating dehydration

If you think you are dehydrated, drink plenty of water and sports drinks and rest as much as you can. If your symptoms continue, see your primary care physician.



## Sun Safety

### Sunburn

According to the American Cancer Society, half of all new cancers are skin cancer. This means that protection from the sun is more important than ever this summer, especially if you and your family spend more time outdoors. Keep these simple preventative steps in mind, and make sure your family stays protected this summer.

### Preventing Sunburn

- Avoid prolonged periods of time in the sun, especially between 10 a.m. and 3 p.m. when the sun is the strongest.
- Apply waterproof sunscreen of at least 15 SPF often throughout the day. You should reapply sunscreen after swimming, toweling off or exercising.
- Keep babies out of the sun.
- Wear sunglasses with UVA and UVB protection.
- Wear a hat, long-sleeved shirts and pants when possible.

### Treating Sunburn

- If you've developed sunburn, go to a shaded area, cool the burned area with water or a cold pack.
- Call 911 immediately if you become severely burned or if you are suffering from shock.

Emergency: 9-1-1

Lake Chelan Hospital: 509-682-3300

Lake Chelan Clinic: 509-682-2511

Poison Control: 800-222-1222

Pharmacy:

Lake Chelan Pharmacy: 509-682-2751

Safeway: 509-682-4087

Walmart: 509-682-4291

Chelan County PUD: 509-682-2581

## Hot Summer Days

### Safety Tips



**Stop In and See Us**

**Chelan Fire and Rescue,  
Station 71**

**232 E. Wapato  
Chelan, WA 98816**

**(509) 682-4476**

**Chelan7.com or**

**Facebook: Chelan Fire and Rescue**

## Be Safety Smart While Swimming:

**Supervision is a must.** Follow the 10/20 rule when you're at the pool. The 10/20 rule states the supervising adult needs to position themselves to be able to scan the pool every 10 seconds and reach the water within 20 seconds.

**Always have rescue devices,** such as UL-Listed life preservers, nearby.

**Flotation devices, toys and inflatable swimming aids are not safety devices.** They are toys and can easily puncture and deflate.

**Always drain wading pools after children are done playing.** Infants can drown in just a few inches of water.

**Have a telephone nearby and appropriate emergency numbers posted.**

**Remove all toys when you leave the pool.** Toys may attract children to the unattended pool.



## Safe Boating Tips

1. **Be Weather-Wise:** Always Check local weather conditions before departure.
2. **Follow a Pre-Departure checklist:** proper boating safety includes being prepared for any possibility on the water.
3. **Use Common Sense:**
4. **Designate an Assistant Skipper:** Make sure more than one person on board is familiar with all aspects of your boat's handling, operations and general boating safety.
5. **Develop a Float Plan:** Whether you choose to inform a family member or staff at your local marina, always be sure to let someone else know your float plan.
6. **Make Proper Use of Lifejackets:**
7. **Avoid Alcohol:** Practice boating safety at all times by saving the alcohol for later.



8. **Learn to Swim:**
9. **Take a Boating Course:**



## Life Jackets

### Everyone Gets a PFD

Ensure you have at least one U.S. Coast Guard-approved/UL-Listed personal flotation device (PFD) for each person on board. Look for the UL Mark on the inside of each life jacket.

**Fit the Whole Family:** Read the life jacket's label to make sure the device is appropriate for each individual's height and weight. Check the fit on children before purchasing by gently pulling up on the PFD's shoulders. A properly fitted life jacket should keep a child's chin and ears from slipping through the neck holes. Also, routinely check the fit of your child's life jacket to make sure it continues to be the correct size for their height and weight.

**Use the Real Thing:** Inflatable toys & swimming aids are not substitutes for PFDs. Choose a US Coast Guard inspected/UL Listed device.

**Store Safely:** Do not leave PFDs in the sun for long periods or dry on a radiator or heater. That can weaken some synthetic fabrics & degrade buoyancy.

**Stand Out in a Crowd:** Orange may not be your best color, but it's the easiest one for rescuers to spot.