



4th of July Safety

The 4th of July is one of the biggest holidays of the year. People enjoy barbeques, picnics and huge fireworks displays. Unfortunately, in the pursuit of fun, safety often gets overlooked. This is when accidents happen such as bodily injuries, severe burns, structure fires and/ or wild land fires. However, many of these accidents are preventable by taking very simple precautions and by making safety a top priority.

The Moreno Valley Fire Department would like to remind all residents and visitors that personal use of fireworks is illegal in Riverside County. The sale, purchase, transportation, storage or use fireworks in the County are very strictly prohibited.

The cities of Blythe, Coachella, Cathedral City, Desert Hot Springs and Indio are the only Riverside County cities that allow the sale and use of State Fire Marshal approved "Safe and Sane" fireworks. Fireworks purchased in these cities must not be transported, used or possessed outside of the cities in which they were purchased.

To report the use of illegal fireworks in non-emergency situations: 951.247.8700 or 800.950.2444. During the first week in July, please visit Riverside County Fire www.rvcfire.org and follow the link to view a list of approved public fireworks shows for the 2015 July 4th holiday.

The Moreno Valley Fire Department Offers the Following Water Safety Information: ABCs of Water Safety

Children drown without making noise. Learning the ABCs of pool safety could help prevent this senseless tragedy. Drowning is the nation's number one killer of children under the age of 5 and it's the second leading cause of death from unintentional injuries for ages 1 to 14. The majority of these accidents occur in residential swimming pools and spas.



Drowning incidences happen not only in pools and oceans, but also in areas such as bathtubs, mop buckets, toilets, and even in standing water as shallow as 2 feet. They happen year round! Please be diligent not to have unattended children around the water. Looking away for just a few seconds could be worth a lifetime of regret. The following ABCs of water safety are:

- “A”- Adult Supervision: It is important that the “water watcher” must be somebody who is capable of swimming. Also, have more than one water watcher who can swim if possible and make sure that there is a phone nearby to call 9-1-1 in an emergency.
- “B”- Barriers: In addition to barriers/ layers, you should have multiple layers of protection such as safety covers, door alarms, gate alarms, and motion detectors to warn you of possible problems. For toilet safety, there are toilet latches to prevent small children from lifting the cover.
- “C”- Classes: Learning CPR is important. It is also important to teach children to swim.

In the event of an emergency, stay calm when calling 911 and be sure to clearly and calmly state the information and listen for instructions as those vital seconds could save your child’s life. Inform children of the dangers and of water safety rules.

The Office Of Emergency Management Offers the Following Information About Heat Related Illness:



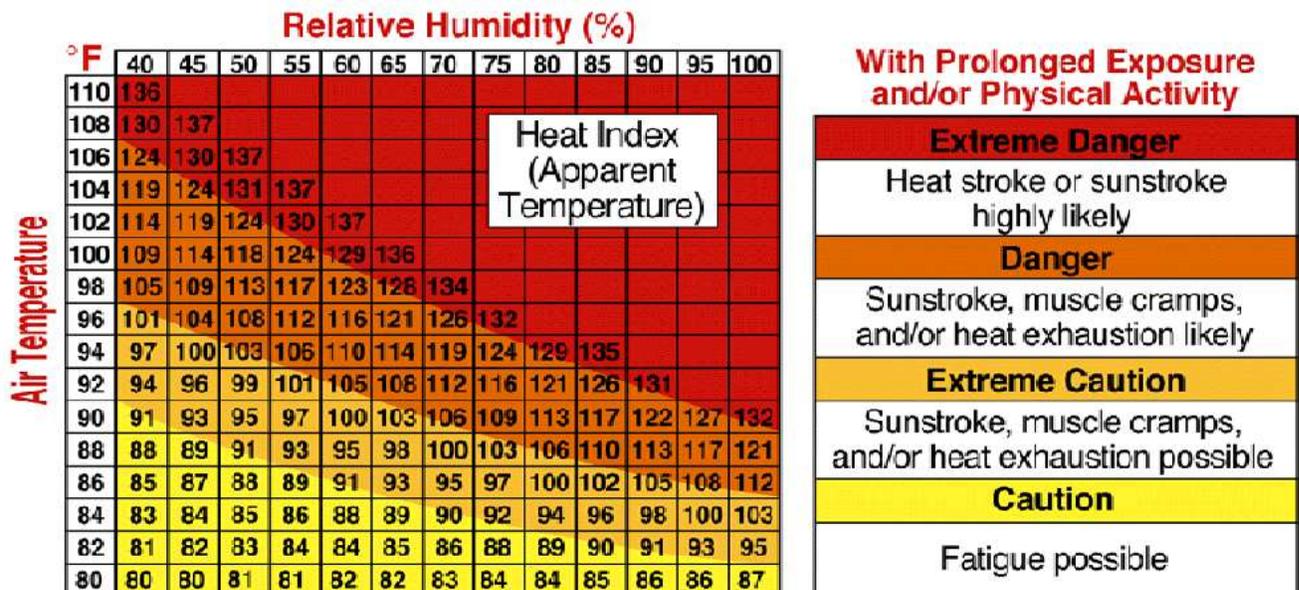
As temperatures rise and we move closer to summertime, the Office of Emergency Management would like to inform everyone that heat related illness and deaths are highly common and typically, preventable. People suffer heat-related illness when their bodies are unable to compensate and properly cool themselves. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs. Since heat-related deaths are preventable, people need to be aware of who is at greatest risk and what actions can be taken to prevent a heat-related illness or death.

The elderly, the very young, and people with mental illness and chronic diseases are at highest risk. However, even young and healthy individuals can succumb to heat if they participate in strenuous physical activities during hot weather. Air-conditioning is the number one protective factor against heat-related illness and death. If a home is not air-conditioned, people can reduce their risk for heat-related illness by spending time in public facilities that are air-conditioned.

The best defense is prevention. Here are some prevention tips:

- Drink more fluids (nonalcoholic) regardless of your activity level. Don't wait until you're thirsty to drink.
- Don't drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.
- An “Excessive Heat Warning” is issued when the heat index or real temperature is expected to reach 110 degrees or more in our area. Call your local health department or visit the Riverside County website at <http://www.rivcocob.org/cooling-centers/> to find the nearest heat-relief shelters in your area.
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- **NEVER** leave anyone in a closed, parked vehicle.
- Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on infants and young children

For more information, please call the Office of Emergency Management at 951.413.3800



Community Emergency Response Team (CERT) Training

The City of Moreno Valley Office of Emergency Management will be conducting a 3-day Community Emergency Response Team (CERT) training course. CERT is a program managed by Office of Emergency Management that trains members to respond to disasters and work effectively with emergency responders by utilizing medical, triage, light search and rescue, disaster fire suppression, damage assessments, cribbing and leveraging techniques.



To become certified, sign up for a CERT class today! Registration forms available at www.moval.org or contact the Office of Emergency Management at 951.413.3800 or email oem@moval.org

The upcoming 3-day CERT course will be held in the Emergency Operations Center at 22870 Calle San Juan De Los Lagos on the following days:

Friday, June 26, 2015 - 6:00pm to 9:00pm
Saturday, June 27, 2015 – 8:00am to 5:00pm
Sunday, June 28, 2015 – 8:00am to 5:00pm