

The Moreno Valley Fire Department Offers the Following Tips for Staying Safe in Pools and Spas:

The Moreno Valley Fire Department experiences several preventable near drowning and drowning incidents each year. These preventable events can cause severe injuries and may lead to death. In 2015, there were 47 non-fatal submersions and 19 fatal drownings in Riverside County. Of those incidents, 5 non-fatal submersions and 3 fatal drownings occurred within the City of Moreno Valley.

The Moreno Valley Fire Department is asking for your help in preventing drowning with the following water safety tips.



Staying Close, Being Alert and Watching Children in and Around the Pool

- Always watch your children when they are in or near a pool or spa
- Teach children basic water safety tips
- Keep children away from pool drains, pipes, and other openings to avoid entrapments
- Have a portable telephone close by at all time when you and your family are using a pool or spa
- If a child is missing, look for him or her in the pool or spa first
- Share safety instructions with family, friends and neighbors

Learning and Practicing Water Safety Skills

- Learn how to swim and teach your child how to swim
- Learn to perform CPR on children and adults, and update those skills regularly
- Understand the basics of life-saving so that you can assist in a pool emergency

Having the Appropriate Equipment for Your Pool or Spa

- Install a four-foot fence around the pool and spa and use self-closing and self-latching gates; ask your neighbors to do the same at their pools
- Install and use a lockable safety cover on your spa
- If your house serves a fourth side of a fence around a pool, install door alarms and always use them
- For additional protection, install windows guards on windows facing pools or spas
- Install pool and gate alarms to alert you when children go near the water
- Ensure any pool and spa you use has compliant drain covers, and ask your pool service provider if you do not know
- Maintain pool and spa covers in good working order
- Consider using a surface wave or underwater alarm

For more information please visit <http://www.poolsafely.gov/pool-spa-safety/staying-safe-pools-spas/residential-swimming-pools/>

The Moreno Valley Fire Department would like to offer important flood preparedness information:

Summer thunderstorms

Southern California summer thunderstorms occur primarily over the mountains in the south and east and generally receive more storm activity than those ranges in the north and west.

Thunderstorm weather typically begins in early July and tapers off gradually through August and into September; usually there are alternating periods of high and low thunderstorm activity during the season.

Compounding the situation, these sudden and extreme thunderstorms carry the potential of flash floods.

What are Flash Floods?



Flash floods are the most dangerous type of floods and combine destructive power of a flood with sudden and unexpected speed. These events typically occur suddenly within 2-hours of the start of high intensity rainfall. Most damage and fatalities tend to occur in densely populated areas immediately near a stream, creek, river or flood prone areas and intersections. In addition, heavy rain falling on steep terrain can weaken soil and cause mud

slides, damaging homes, roads and property. Flash floods occur when slow moving or multiple thunderstorms happen over the same area. When storms move faster, flash flooding is less likely since the rain is distributed over a larger area.

When a flash flood **WATCH** is issued

- Watch for signs of flash flooding and be ready to evacuate on a moment's notice.

When a flash flood **WARNING** is issued

- A flash flood warning is issued when the threat of a flash flood is imminent or occurring.
- Be ready to evacuate immediately as you may have only seconds to escape.
- Move to higher ground and away from rivers, streams, creeks and storm drains. Do not drive around barricades. These are placed to keep you out of harm's way.



- If your car stalls in rapidly rising waters, abandon it immediately and climb to higher ground.

The Moreno Valley Fire Department would like to offer the following information regarding the Zika Virus:

Zika: The Basics of the Virus and How To Protect Against It

About Zika

Zika virus spreads to people primarily through the bite of an infected *Aedes* species mosquito (*Ae. aegypti* and *Ae. albopictus*). People can also get Zika through sex with a man infected with Zika and it can be spread from a pregnant woman to her fetus. People can protect themselves from mosquito bites and getting Zika through sex. This fact sheet explains who's most affected and why, symptoms and treatment, and how to protect against Zika.



How Zika Spreads

The mosquitoes that carry Zika are aggressive daytime biters, but they can also bite at night. A mosquito becomes infected when it bites a person already infected with Zika. That mosquito can then spread the virus by biting more people.

Zika virus can also spread:

- During sex with a man infected with Zika.
- From a pregnant woman to her fetus during pregnancy or around the time of birth.
- Through blood transfusion (likely but not confirmed).

Zika Symptoms

Many people infected with Zika won't have symptoms or will only have mild symptoms. The most common symptoms are fever, rash, joint pain, or red eyes. Other common symptoms include muscle pain and headache. Symptoms can last for several days to a week. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika. Once a person has been infected with Zika, they are likely to be protected from future infections.

Why Zika is Risky for Some People

Zika infection during pregnancy can cause fetuses to have a birth defect of the brain called microcephaly. Other problems have been detected among fetuses and infants infected with Zika virus before birth, such as defects of the eye, hearing deficits, and impaired growth. There have also been increased reports of Guillain-Barré syndrome, an uncommon sickness of the nervous system, in areas affected by Zika.

How to Prevent Zika

There is no vaccine to prevent Zika. The best way to prevent diseases spread by mosquitoes is to protect yourself and your family from mosquito bites. Here's how:

- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning and window and door screens to keep mosquitoes outside.
- Take steps to control mosquitoes inside and outside your home.
- Treat your clothing and gear with permethrin or buy pre-treated items.

Use Environmental Protection Agency (EPA)-registered insect repellents. Always follow the product label instructions. When used as directed, these insect repellents are proven safe and effective even for pregnant and breastfeeding women.

- Do not use insect repellents on babies younger than 2 months old.
- Do not use products containing oil of lemon eucalyptus or para-menthane-diol on children younger than 3 years old.
- Mosquito netting can be used to cover babies younger than 2 months old in carriers, strollers, or cribs to protect them from mosquito bites.
- Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors.
- Prevent sexual transmission of Zika by using condoms or not having sex.

www.cdc.gov/zika

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

The Moreno Valley Fire Department would like to offer the following safety tips:

As summer approaches, activities, gatherings and outdoor cooking become a huge family favorite. In order to keep yourself and your family safe the Moreno Valley Fire Department



would like to offer the following general barbecue safety tips:

- Propane and charcoal barbecue grills should only be used outdoors.
- Place grills away from the home, deck railings and away from eaves or overhanging branches.
- Do not wear loose clothing and watching for dangling apron strings.
- Keep children and your pets away from the cooking area.
- Remember to clean the grill regularly by removing grease or fat buildup from the grill or trays below.
- Never leave the barbecue unattended.
- Keep a fire extinguisher within reach.

Safety Tips for Propane Grills:

- Check the gas (propane) tank hose for potential gas leaks
 - Start by applying a light soap and water solution to the hose using a brush or spray bottle
 - Turn the propane tank on. If there is a gas leak, the propane will release bubbles around the hose.
 - If there are no bubbles, your grill is safe to use.
 - If there are bubbles, turn off the tank and check connections. Have your grill serviced by a professional before using again.
- If you smell gas as you're cooking, turn off the gas tank and burners.
- If the leak stops, get the grill serviced by a professional before using it again.
- If the leak continues, move away from the grill and call the fire department immediately. DO NOT move the grill.

Safety Tips for Charcoal Grills:

- Never add charcoal fluid or any other flammable liquids to the fire.
- Keep charcoal fluid out of the reach of children and away from heat sources.
- For electric charcoal grills, make sure to use an extension cord to keep the grill away from the home.
- Make sure to let the coals cool completely before disposing of them in a metal container.

For more information please visit: <http://www.nfpa.org/public-education/by-topic/outdoors-and-seasonal/grilling/grilling-safety-tips>.