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Preparing for Summer

It is time to get ready for the Summer and the challenges summer activities can bring.

This bulletin provides tips for dealing with extreme heat, pool safety and how to avoid heat-related illness.

Click [here](#) for resources to stay safe during the warmer months.

EXTREME HEAT

Extreme heat (also called a heat wave) happens when temperatures get really high during the day and stay very high. Below are tips to prepare for dealing with extreme heat:

- Wear loose & lightweight clothes.
- Try to stay inside with air conditioning, including libraries and [cooling centers](#).
- If you have to go outside, try to do that in the morning and late evening when it is not as hot.
- If outside, try not to be active for more than a few minutes at a time.
- Wear sunscreen.
- Drink plenty of water throughout the day.
- Try not to drink alcohol and sugary or caffeinated drinks (like sodas and energy drinks) if it is really hot outside. These drinks can make you dehydrated.

POOL SAFETY TIPS

Swimming can be an excellent way to stay healthy, active, and cool during the summer. Below are some tips to help keep you safe while swimming:

- Read all signs posted by the pool.
- Don't run, always walk when you are by a pool.
- Be careful when you get in and out of the pool. The ground around a pool can be slippery.
- Never swim by yourself. Always make sure you have other people with you when you are swimming.
- Protect your skin with sunscreen and stay in the shade as much as you can.
- Drink water regularly.

More information on pool and swim safety:

- [For people living with a disability](#)
- [For people who are Deaf and Hard of Hearing](#)
- [General pool safety tips from the CDC](#)

PREPARE FOR WILDFIRE SEASON

Be prepared for possible evacuation due to wildfires - especially in the summer. Do you know the difference between an evacuation warning and evacuation order?

- **Evacuation Warning:** If you need extra time to evacuate or have pets you have to gather, leave now. You and your property might be in danger.
- **Evacuation Order:** Leave immediately. Staying where you are is very dangerous.

Prepare before a fire happens and create an emergency go-kit: [Wildfire Evacuation preparedness and resources](#).

More information on creating an emergency go-kit is here: [What Do You Need In a Survival Kit](#)



This Emergency Preparedness Bulletin is produced by the Department of Developmental Services to alert and educate individuals and direct service providers to specific risks identified with our community. Please provide feedback on this bulletin and what we can do better through this survey: [Bulletin Survey](#)



SUMMER TIPS FOR WHEELCHAIR USERS

Summer is a great time to get outside and enjoy the fresh air. For wheelchair users, it is also a time to be extra careful. Here are some tips to help wheelchair users stay safe in the summer:

- **Bring Gloves:** Wheels and handles get hotter the longer you are outside, and gloves can protect your hands from burning.
- **Have an Umbrella on Hand:** An umbrella can help protect you and your chair from the sun.
- **Charge Your Battery:** Extreme heat can cause a power wheelchair battery to drain quicker than normal. Think about how long your battery might last while you are planning your trip, and charge your battery often.
- **Work with your caregivers** to make sure you are not sitting in your wheelchair for too long a. This helps avoid skin irritation and sores.
- **Thoroughly clean** your wheelchair weekly and note any necessary repairs to seat cushions, wheels, batteries, and handles.

For more summer tips, check out this [blog](#).



FOR INDIVIDUALS WITH DIFFERENT HEARING LEVELS

It is important that you have necessary items during an emergency like a wildfire. Below are some items to consider adding to your emergency go-kit:

- Extra batteries for hearing-aids
- Pen and paper to communicate with someone who does not know sign language
- Battery-operated lantern
- Communication device(s) for your needs
- Apps for video relay interpreting or speech to text

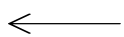
If you use a communication device or other assistive devices, have a list of model numbers, company name(s), and phone number(s) in case you have to replace your device(s).

It is also important to plan for how you can communicate with others if your equipment is not working. Your regional center will have laminated cards with phrases and/or pictures you can use. Ask your service coordinator what is available to help you.

PET SAFETY: Our pets need our help getting ready for summertime too.

- Give pets plenty of water.
- Know the symptoms of overheating in pets.
- NEVER leave a pet alone in a parked vehicle.
- Do not leave pets alone around a swimming pool.
- If it is hot for you, it is hot for your pets.
- Do not let your pets walk on hot sidewalks or parking lots.

For more information on how to help your pet during hot weather, click [here](#).



Consumer QR Code

Provider QR Code



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