



EMERGENCY PREPAREDNESS BULLETIN

SUMMER SAFETY • JUNE 2025

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Summer Safety for Individuals and Families

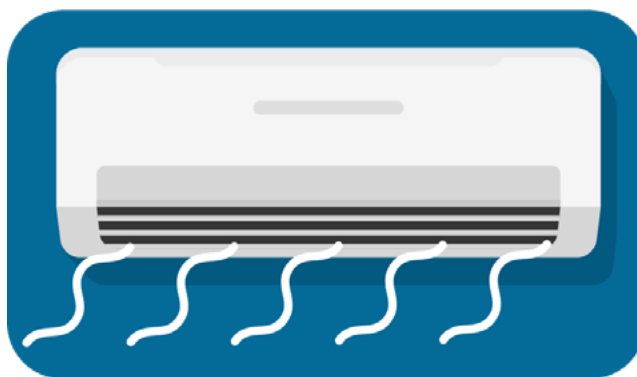
Summer is a great time to get outside and enjoy the sunshine—but as the temperatures rise, it's important to take extra steps to enjoy the warmer months safely. Here are some tips to stay active and healthy all season long!

Heat & Fireworks Safety

Staying Cool in Extreme Heat

[Ready.gov – Beat the Heat](https://www.ready.gov/beat-the-heat)

- **Fans are not enough.** Try to stay indoors in air-conditioned spaces. If you don't have A/C, check the CalOES website for [cooling centers](#) near you. Ask your service coordinator or staff to help locate one.
- **Don't leave children, pets, or anyone in a hot car**— even for a few minutes.
- **Reduce use of heat-generating appliances** like ovens during the hottest parts of the day.
- **Check in with your support team** if you need help staying cool.
- **Ask your doctor** if any medications you take increase your risk in the heat. See how this happens from [Yale Climate Connections](#).
- **Plan for power outages.** If you use refrigerated medication or power equipment (like a CPAP, ventilator, or power wheelchair), talk to your service coordinator about backup power options.



● Know the signs of heat-related illness:

- *Heat cramps:* Muscle pain or spasms (usually in arms, legs, or stomach)
- *Heat exhaustion:* Sweating, weakness, nausea, dizziness, headache, fainting
- *Heat stroke:* Body temp of 103°F or higher, confusion, dry/hot/red skin, unconsciousness



If you notice signs of heat stroke, call 9-1-1 right away.

Fireworks are Fun! Watch from a Safe Spot

FEMA – Firework Safety Tips

- According to [Sensory Friendly Solutions](#), fireworks can be distressing for people sensitive to sound or sensory input. Talk with your service coordinator about **sensory-friendly event options** in your area.
- Fireworks are **illegal** in most California cities. Instead, consider attending a **professional fireworks or drone show**.
- **If legal in your area and you plan to use fireworks:**
 - Keep a bucket of water and a fire extinguisher nearby
 - Only adults should handle fireworks—**sparklers can still burn skin**
 - Light one firework at a time and move back quickly (ask for help if you can't do this safely)
 - Never try to relight or pick up a firework that did not go off (it could go off in your hand)
 - Avoid fireworks if under the influence of drugs or alcohol
 - Fully cool and soak used fireworks before throwing them away



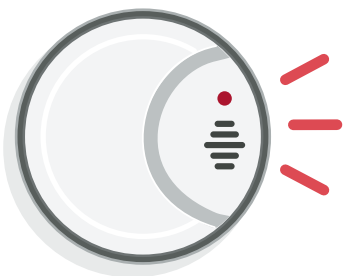
Look out for Wildfire and Make a Plan!



- Fire at any time of year can spread quickly and put our homes and communities in danger. You can prepare now to protect yourself and your loved ones from wildfire. [Sign up to receive local emergency alerts directly to your phone.](#)
- Talk with your support team and create an [evacuation plan](#)
- Check and refresh your [emergency go-kit](#).
- [Prepare your home](#) and create [safety zones](#) to help protect it.

Stay Fire Aware in Your Home Space

[USFA: Fire Safety for People with Disabilities](#)



- **Smoke Alarms:** Place them on every level of your home, in every bedroom, and outside sleeping areas. Test monthly. Ask your service coordinator about visual or vibrating alarms if you're deaf or hard of hearing. [Learn more from the NFPA.](#)
- **Escape Plans:** Know at least two ways out of each room. Practice your plan with your support team. *If you use a wheelchair or walker, check that your exits are accessible. Consider installing ramps or widening doorways.*
- **Stay Low:** Smoke rises—try to crawl low to the ground to avoid inhaling it.



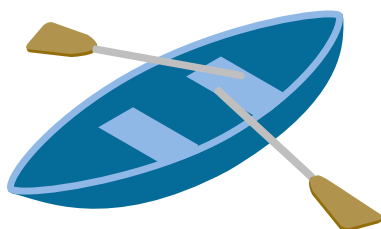
Call 9-1-1: Get to a safe place and call for help if there's a fire.



Tip: You can include fire safety planning in your Individual Program Plan (IPP). Ask your service coordinator to help create an evacuation plan. Download "[Fire Safety for Wheelchair Users at Work and at Home](#)" from the United Spinal Association for more planning tips.

Water & Boating Safety

Boating Safety – National Safety Council



- **Life Jackets:** Always wear a U.S. Coast Guard-approved life jacket on a boat. Make sure it fits properly. *Adaptive life jackets are available for those with limited mobility—ask your service coordinator or support provider about options. [Learn more at CerebralPalsy.org!](https://www.cerebralpalsy.org/)*
- **Bring the Basics:** A first aid kit, whistle or horn, and a fire extinguisher should be on board the boat.
- **Check the Weather:** Don't go out if there's bad weather or high winds.
- **Leave a Float Plan:** Tell someone where you're going and when you expect to return.
- **Skip the Alcohol:** Drinking while boating puts you and others at risk.
- **Learn the Rules:** [Review safe boating rules](#) from the Coast Guard Foundation before heading out. You and your staff or support person should go over them ahead of time.

Additional Resources

[DDS Drowning Resources](#)

[DDS Emergency Preparedness](#)

[Listos California Power Outage Readiness](#)

[Cal OES – Access & Functional Needs](#)

Work with your service coordinator to update your **Emergency Plan** as part of your IPP.

Bookmark our
Emergency Preparedness
webpage in your browser!



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