

The Moreno Valley Fire Department offers the following 4th of July Safety information:



The 4th of July holiday is one of the largest celebrated days of the year. Families get together to enjoy barbeques, picnics, and watch large fireworks displays. Unfortunately, in the pursuit of fun, safety is often overlooked. Accidents such as bodily injuries, severe burns, structure, and wildland fires can be prevented by taking a few simple precautions.

The Moreno Valley Fire Department would like to remind residents and visitors that personal use of fireworks is illegal in Riverside County. This means, you may not sell, purchase, transport, store, or use fireworks in Riverside County.

The cities of Blythe, Coachella, Cathedral City, Desert Hot Springs and Indio are the only cities that allow the sale and use of State Fire Marshal approved “Safe and Sane” fireworks. Fireworks purchased in these cities may not be transported, used or possessed outside of those city limits.

To report the use of illegal fireworks in non-emergency situations please call: 951.247.8700 or 1.800.950.2444.

During the first week in July, please visit our website at www.rvcfire.org to view a list of approved public fireworks shows in Riverside County and www.moval.org/fourth for details regarding the City of Moreno Valley’s 4th of July Fun Fest and Parade.

The Moreno Valley Fire Department Offers The Following Water Safety Information:

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. Children and adults can drown without making a sound; the majority of these accidents occur in residential swimming pools and spas. Learning the ABC’s of pool safety could help prevent these tragedies.



The Moreno Valley Fire Department, CALFIRE/Riverside County Fire Department, Riverside City Fire Department and the Orange County Fire Authority, support the ABC’s of water safety:

“A” is for Adult Supervision: It is important to have somebody who is capable of swimming watching the water activity. Whenever possible, having more than one person available who can swim is encouraged. Make there is a phone nearby to call 9-1-1 in case of an emergency.

“B” is for Barriers: In addition to adult supervision, you should install and maintain proper fencing around the pool and spa to isolate swimming areas from other areas of the home. Make sure to use multiple layers of protection such as fences, gate/door alarms, and safety covers.

“C” is for Classes: The proper classes such as learning to swim, first aid, and CPR can help you be better prepared in the event of an emergency. Do not rely on swimming aids such as water wings, rafts or noodles for safety. Inform your children about the dangers of improper water play and set guidelines and safety rules. Always keep a phone nearby to call 9-1-1.

Drowning incidents do not only happen in pools, lakes and oceans, but can also occur in bathtubs, mop buckets, toilets, and water as shallow as 2 feet. Water safety should be adhered to year-round. Please be diligent to not have unattended children around the water; looking away for just a few seconds could result in a tragedy.

The Office Of Emergency Management Offers The Following Information:



As the temperatures begin to rise and we move closer to summer, 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, however 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 should 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 (non-alcoholic) regardless of your activity level. Don't wait until you're thirsty to drink. If you plan to be outside, take steps to hydrate well before the outing.
- 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 anyone at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on infants, young children, and the elderly.

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

		Relative Humidity (%)												
°F		40	45	50	55	60	65	70	75	80	85	90	95	100
Air Temperature	110	136												
	108	130	137											
	106	124	130	137										
	104	119	124	131	137									
	102	114	119	124	130	137								
	100	109	114	118	124	129	136							
	98	105	109	113	117	123	126	134						
	96	101	104	106	112	116	121	126	132					
	94	97	100	103	106	110	114	119	124	129	135			
	92	94	96	99	101	105	106	112	116	121	126	131		
	90	91	93	95	97	100	103	106	109	113	117	122	127	132
	88	88	89	91	93	95	98	100	103	106	110	113	117	121
	86	85	87	88	89	91	93	95	97	100	102	105	108	112
	84	83	84	85	86	88	89	90	92	94	96	98	100	103
	82	81	82	83	84	84	85	86	88	89	90	91	93	95
	80	80	80	81	81	82	82	83	84	84	85	86	86	87

Heat Index (Apparent Temperature)

With Prolonged Exposure and/or Physical Activity

Extreme Danger
Heat stroke or sunstroke highly likely
Danger
Sunstroke, muscle cramps, and/or heat exhaustion likely
Extreme Caution
Sunstroke, muscle cramps, and/or heat exhaustion possible
Caution
Fatigue possible