

## The Office of Emergency Management Offers a Back to School Safety Message

There is a lot that can be done to plan for disasters, to limit risk, to increase the safety of students and teachers, and to ensure that schools recover quickly. However, the time to prepare is now!



In California, schools are required to have a disaster plan, to hold periodic “Drop, Cover, and Hold On” drills, evacuation drills, and to hold educational and training programs for students and staff. Parents should know the policies and procedures of their children’s school during times of disaster or crisis. Parents should also make sure the school has their updated emergency contact information. Keep your children’s school emergency release card current.

Parents have an important role in assuring the safety of their children whether at school or at home. The suggestions below are guidelines to help families prepare.

Prepare a “school emergency supplies” kit for each of your children. Let them help you put the kit together. What they have on hand when a disaster occurs could make a big difference in their safety and survival. A list of some of the recommended items that could be included in each child’s emergency supplies kit is as follows:

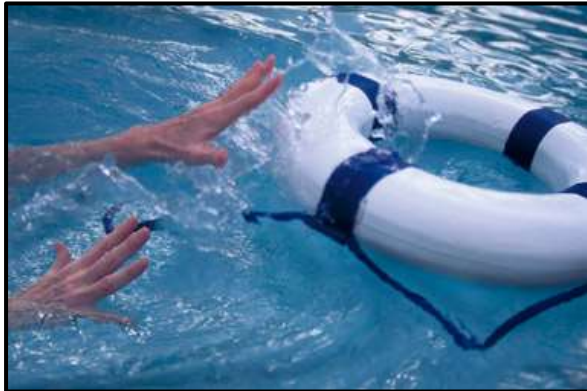
- Emergency drinking water (3-day to one-week supply)
- Non-perishable food (3-day to one-week supply)
- First aid kit and book
- Essential medications
- Lightstick or a flashlight with extra batteries
- Identification card
- Family photos
- Towelettes
- Blanket
- Medical release card
- Emergency telephone numbers
- Change of clothing
- Favorite toy

Teach your children what to do in an emergency and make sure they know their own names, addresses, and telephone numbers as well as the full names and contact information for parents and a second adult emergency contact.

Please visit [http://www.moreno-valley.ca.us/city\\_hall/departments/pub-works/transport.shtml](http://www.moreno-valley.ca.us/city_hall/departments/pub-works/transport.shtml), for information regarding Safe Routes to School.

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

## **The Moreno Valley Fire Department Offers the Following Water Safety Information**



With the warm weather upon us, it is important to stay vigilant around children and adults alike while enjoying activities involving bathing and swimming at a pool, river, lake or beach. For children younger than five, drowning is a leading cause of injury, or lifelong disability and it is the leading cause of accidental death. As toddlers begin walking and exploring, statistics show an alarming rate of pool and other drowning's. The Moreno Valley Fire Department would

like to share the following tips to keep your children safe this summer:

- Constantly keep eyes on young children playing in or near any body of water, public pool, spa, or bathtub. A child can drown in the time it takes to answer a text message. Babies and toddlers have drowned in items as seemingly harmless as shallow buckets of water when left briefly unattended.
- Never leave a child alone near water while you answer the telephone or doorbell, attend to another child or turn to household chores, even for a few seconds.
- Fence your pool on all four sides with a barrier that is at least five feet high. Move lawn chairs, tables and other potential climbing aids away from the fence to help keep out children. Any gate or door leading to the pool area should be self-closing and self-latching, opening outward, with the latch placed on the poolside and out of reach.
- Install panic alarms on all house doors and windows leading to the pool area, automatic sliding door closers and an automatic safety cover over the pool.
- Check swimming pools for new anti-entrapment grates on drain suction outlets required by new laws to prevent the physical entrapment of the bathers.
- Keep reaching and throwing aids, such as poles and life preservers, on both sides of the pool
- Swimming lessons do not ensure safety. A child who falls into water unexpectedly may panic and forget his or her swimming skills. Adults who serve as caretakers for children should know how to swim themselves, and also be

certified to perform cardiopulmonary resuscitation (CPR) in an emergency. Immediate CPR could prevent death or brain damage.

We urge you to remind your families, friends, and neighbors to be aware of drowning risks and to prevent devastating water accidents. Have a safe and happy summer!

## **The Fire Prevention Bureau would like to offer the following Hazard Abatement Information**

Is your Property Protected Against Wildfire?

Fire season is upon us once again in Southern California. Each Spring, fire inspectors from the Moreno Valley Fire Prevention Bureau begin the annual Hazard Abatement Program in accordance with the City of Moreno Valley's Municipal Code nuisance ordinance. The objectives of this program are to:



- Reduce the risk of fire hazards on identified vacant parcels in Moreno Valley by abating overgrown weeds and vegetation.
- Identify vacant parcels that are in need of maintenance.
- Provide due process by giving property owners time to abate their property.
- Abate non-compliant properties after proper notification to property owners that abatement deadline has not been met.

Though this program focuses on vacant parcels and also requires the removal of junk, trash and debris, it is designed to protect the community. A few things that property and homeowners can do to minimize their risks to wildfires are:

- Remove flammable materials including firewood stacks, portable propane tanks, and dry vegetation within 30 feet of your home's foundation, garages and other buildings.
- Dry grass and shrubs are fuel for wildfire so keep your lawn hydrated and maintained. If it is brown, trim it to reduce fire intensity, and don't let debris and lawn cuttings linger. Dispose of these items quickly to reduce fuel for fire.
- Fire can spread to tree tops. If you have tall trees on your property, prune low hanging branches 6 to 10 feet from the ground and for smaller trees, prune low hanging branches no more than a third of the tree's height. Remove tall grasses, vines and shrubs from under trees.
- Clear needles, leaves and other debris from the roof, gutters, eaves, porches and decks. This prevents embers from igniting your home.
- To prevent ember penetration, replace or repair loose or missing roof shingles or tiles, and caulk any gaps or openings on roof edges.

- Cover exterior attic vents, and enclose under-eave and soffit vents with metal wire mesh no larger than 1/8 inch to prevent embers from entering the home.
- Remove stored items and clear out any dead vegetation from under your deck or porch and within 10 feet of the house.
- Replace mulch with hardscaping, including rock, gravel or stone. If it can catch fire, don't let it touch your house, deck or porch.

***For more information, please call the Fire Prevention Bureau at 951.413.3370.***

## **The Office of Emergency Management Offers the Heat Safety 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. 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. Call your local health department to see if there are any 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

Please visit [http://www.moval.org/community/news/news\\_16/061516-cool.html](http://www.moval.org/community/news/news_16/061516-cool.html), for cooling centers in the City of Moreno Valley.

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951.413.3800***