

Vehicle Security

There has been an increase in vehicle burglaries in the City. Everyone needs to remember to "harden the target." The knuckle-heads that are looking for victims look for easy targets, therefore we need to "harden the target."

Most vehicles are broken into by amateurs which could be stopped fairly easily. Here are some steps you can take to protect your vehicle against a vehicle burglary:

- **Do not** leave valuable items in open view to say "Here I am. You can break-in and steal me." Remove cellular phones, stereo faceplates, GPS devices, wallets from the glove compartment and other valuable possessions. Do not leave loose change, gift-wrapped packages or cameras lying on the seat. Do not leave your garage door opener in your vehicle, because your car registration is in your car, with your address on it, right?
- **Do not** arrive at your destination, get out of your vehicle, take your items of value and secure them in your trunk, because the bad guy is probably watching as you are putting them in the trunk, which makes your items not secure!
- Lock the trunk and tailgate.
- Close all windows -- professional thieves have tools that unlock cars through the smallest openings.
- Lock your car even if you are making a quick stop at the gas station, convenience store, or mini-malls.
- When doing errands in the evening, always park in well-lit areas.

Summer Safety Tips

Riding Safe

- Always wear a helmet when riding a bike, scooter and skateboard or roller blading.
- Wear knee and elbow pads for scooter riding, and add wrist guards for roller blading or skateboarding.
- When traveling always strap children in a properly fitted car seat, booster seat or seat belt.
- The back seat is the safest place for children.
- Never leave children alone in a car, even for a minute. Children left in cars are at risk for heat stroke, which can lead to death. Other risks are setting the car in motion and getting injured by playing with power controls. Keep empty cars locked at all times.

Fun in the Sun...

- Protect your children from too much sun. The sun's rays are strongest between 10 a.m. and 4 p.m., so be extra careful during that time.
- Whenever your child is outside, use sunscreen with a sun protection factor (SPF) for 10 to 30. Choose one that protects against UVA and UVB rays.
- Apply sunscreen 30 minutes before going outside. Reapply every two hours and after being in the water or sweating.
- Keep children under 1 out of the sun as much as you can. Dress your baby in lightweight light-colored clothing with long sleeves and long pants. Always cover their head. Children under 6 months of age can have small amounts of sunscreen on their faces and backs of their hands, but be careful not to get it in their eyes or mouth.
- Most of the sun's burning rays go right through clouds, so use sunscreen even on cloudy days.
- When it is 90 degrees or above and humid, children should not exercise or play outside for more than 30 minutes at a time.
- Make sure your child drinks plenty of fluids even if he/she is not thirsty. Water is best.

- Take breaks to cool off in the shade.

Water Safety....

- Never leave children alone in or near water, even for a minute. Watch children with care in and around water.
- Toys and mattresses that inflate will not keep children safe. Life jackets are the only flotation aid you can rely on.
- Pools need a fence that has four sides, is at least four feet high, and is self-latching and secured.
- Cover your spa when not in use.
- Ponds, five-gallon buckets and wading pools are drowning hazards for very young children. Empty water from buckets and wading pools, and make sure children are supervised around water.

Playgrounds...

- Watch children while they play at the playground.
- Keep children away from the front and back of swings while in use.
- Make sure metal slides are cool to prevent burns.
- Check play equipment for exposed bolt heads, sharp edges and places where fingers can get pinched. Cover these with rubber.
- Place new play equipment over wood chips, sand or another soft surface.
- Avoid riding double on swings and slides.
- Teach children to take turns and not push or roughhouse on play structures.

Bites and Stings....

- Teach your children how to deal with dogs outside your home. Teach them to never surprise or scare a dog and never approach a dog they don't know.
- Check eaves and under decks for bee or wasp nests.
- Avoid using insect repellent on babies younger than 2 months.
- Use repellent that contains no more than 30 percent DEET.
- Use repellent on the outside of clothing and on exposed skin. Avoid putting it on cuts. Be careful to avoid their eyes and mouth.
- Avoid dressing your child in brightly-colored and floral print clothing.
- Avoid using scented soaps, perfumes, and hair products. Source: www.seattlechildrens.org

Senior Sumer Safety Tips....

- Drink plenty of water, at least 8 glasses of water in hot weather to avoid dehydration and heatrelated illnesses.
- Be careful of drinks with alcohol or caffeine in them. They actually deplete the body of its water.
- Wear sunscreen when outdoors. Make sure the SPF is at lease 30-50 and time spent in the sun would be limited from 10 a.m. to 4 p.m.
- Wear loose fitting, light colored clothing and a hat when in the sun.
- Be aware of symptoms of heat stroke and heat exhaustion, such as: high body temperature, red skin with no sweating, rapid pulse, or headache, nausea or confusion.

Family Vacation Tips.... Preventing crime during family travel starts with making sure your home is protected while you are away. The key is to make it look like you never left.

- Keep shades and blinds in their normal positions.