



Watch Works

Charles County
Sheriff's Office

Sheriff Rex W. Coffey
August 2014

Wow, it's hot outside!

During extremely hot and humid weather the body's ability to cool itself is affected. When the body heats too rapidly to cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, body temperature rises and heat-related illnesses may develop.

Heat-related illnesses can range from heat cramps to heat exhaustion to more serious heat stroke. Heat stroke can result in death and requires immediate medical attention. Factors or conditions that can make some people more susceptible to heat-related illnesses include age (older adults and young children), obesity, fever, heart disease, mental illness, poor circulation, prescription drug and alcohol use, and sunburn. Sunburn, caused by ultraviolet radiation from the sun, can significantly retard the skin's ability to shed excess heat.

Heat Cramps Symptoms:

Painful muscle cramps and spasms usually in legs and abdomen.

Heat Exhaustion

Symptoms:

- * Heavy sweating
- * Weakness
- * Cool, pale, clammy skin
- * Weak pulse
- * Possible muscle cramps
- * Dizziness
- * Nausea and vomiting
- * Fainting
- * Normal temperature possible

Heat Stroke Symptoms:

- Altered mental state
- Possible throbbing headache, confusion, nausea
- shallow breathing
- High body temperature (106 or higher)
- Skin may be hot and dry, or patient may be sweating
- Rapid pulse
- Possible unconsciousness

SEEK MEDICAL ATTENTION IMMEDIATELY FOR ANY OF THESE SIGNS OF A HEAT-RELATED ILLNESS.

Safety Tips for Adults:

Slow down. Reduce, eliminate or reschedule strenuous activities until the coolest time of the day. Children, seniors and anyone with health problems should stay in the coolest available place, not necessarily indoors.

Dress for summer.

Wear lightweight, light-colored clothing to reflect heat and sunlight.

Put less fuel on your inner fires: Foods, like meat and other proteins that increase metabolic heat production also increase water loss.

Drink plenty of water, non-alcoholic and decaffeinated fluids.

Your body needs water to keep cool. Drink plenty of fluids even if you don't feel thirsty.

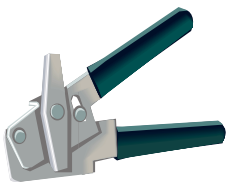
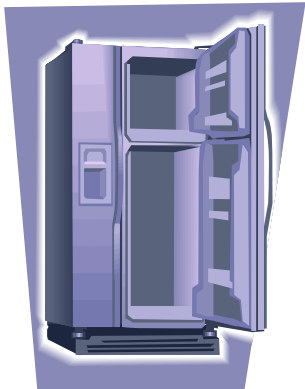
During excessive heat periods, spend more time in air-conditioned places.

Air conditioning in homes and other buildings markedly reduces danger from the heat.

August 5



Preparing for an Electric Outage



Below is information from SMECO's website in case of a power outage.

- * If someone in your household depends on electricity to operate life support systems, make plans for alternate sources of power or alternate lodging. Call their special needs information number 1-866-524-9402. In addition, you can check with your local fire department, which may offer temporary shelter.
- * Have an alternate source of light. Keep flashlights and extra batteries where they can be found easily. Lanterns and candles are not recommended because they can cause fires.
- * Stock emergency food and related items. Ideal choices are nonperishable foods that require no cooking, such as canned fruit, peanut butter, crackers, cereals, cereal bars, canned soup, tuna, and bread.
- * Do not stock your refrigerator or freezer with foods that may perish during a power outage.
- * Keep a manual can opener handy, along with disposable plates and utensils.
- * If you plan to use a charcoal or gas grill for cooking, keep the grill outdoors.
- * If your water at home is supplied by a well, store extra water in clean jugs, bathtubs, or laundry tubs. During an outage, you may flush a toilet, then pour water into the toilet tank (not the bowl) before flushing again. Turn off the water supply to the toilet before flushing. Toilet tanks hold several gallons of water, so plan accordingly.
- * If you plan to use a portable generator, place the generator outside, not a crawl space, basement, or attached garage. Make sure your generator is connected safely; an improperly connected generator can cause serious injury or death. When the power comes back on, turn off and disconnect your generator immediately.
- * Make sure that you have a standard phone available. Cordless phones do not work without electricity. If you use a cell phone, an auto adapter may be needed to recharge your phone.
- * Keep a battery powered radio with fresh batteries and stay tuned to local news bulletins and weather reports.
- * Keep fresh batteries in your smoke detectors.
- * Fill up your car's gas tank.
- * Maintain a supply of cash. Credit cards and ATM machines may not work if the power is out.

During an Outage

- * Turn off all major appliances in your home, especially the heat pump. This will prevent damage to the appliances once the power is restored. Then, try not to turn everything back on at once; turn on appliances gradually so the electricity demand does not jump suddenly.
- * Make sure the oven and stove are off to prevent fires if the power comes back on while you're away.
- * Leave the freezer and refrigerator closed so food will stay cold longer.
- * Never touch downed power lines or attempt to remove trees from power lines. Contact with live lines may result in serious injury or death.

A word from your Community Organizer, Connie Gray

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Well we are all geared up and ready for NNO. I have heard from neighborhoods that have been doing this for a long time and others that are going to have their first celebration this year. Please get out in your neighborhood and meet

your neighbors. This is what the night is all about. Once you get to know your neighbors and their habits and schedules, you will know when things are out of place or just not right. When neighbors look out for neighbors, your

neighborhood becomes a safer place to live. Remember if you see something, say something. I hope you all have a chance to get out and celebrate this year. Also, school will be starting soon so drive safely.

School Bus Safety

Very soon children will be going back to school. Please talk to them about school bus safety.

Getting on the school bus:

- * When waiting for the bus, stay away from traffic and avoid roughhousing or other behavior that can lead to carelessness. Do not stray onto streets, alleys or private property.
- * Line up away from the street or road as the school bus approaches.
- * Wait until the bus has stopped and the door opens before stepping onto the roadway.
- * Use handrail when stepping onto the bus.

Behavior on the bus:

- * When on the bus, find a seat and sit down.

Loud talking or other noise can distract the bus driver and is not allowed.

- * Never put head, arms or hands out of the window.
- * Keep aisles clear - books or bags are tripping hazards and can block the way in an emergency.
- * Before you reach your stop, get ready to leave by getting your books and belongings together.
- * At your stop, wait for the bus to stop completely before getting up from your seat, then walk to the front door and exit, using the handrail.

Getting off the school bus:

- * If you have to cross the

street in front of the bus, walk at least ten feet ahead of the bus along the side of the road until you can turn around and see the driver.

- * Make sure that the driver can see you.
- * Wait for a signal from the driver before beginning to cross.
- * When the driver signals, walk across the road keeping an eye out for sudden traffic changes.
- * Do not cross the center line of the road until the driver has signaled that it is safe for you to begin walking.
- * Stay away from the bus's rear wheels at all times.





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Sheriff's Office**

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