



MONROE FIRE DISTRICT #3

163 Village Court • Monroe, WA 98272

NEWS RELEASE **FOR IMMEDIATE RELEASE**

DATE: July 29, 2009
CONTACT: Richelle Risdon, Public Education & Information Officer
PHONE: (360) 805-0338
EMAIL: risdon@monroefire.org

Monroe Fire District #3 Invites You to Cool Off With Firefighters at Lake Tye or Borrow A Life Jacket!

Monroe, WA—The City of Monroe and Monroe Fire District #3 firefighters are combining efforts to help everyone keep cool. Firefighters will be squirting water and cooling you off at Lake Tye Park from 2:00 pm to 3:00 pm on Wednesday, Thursday, and Friday of this week. Firefighters will be on-hand to offer fire engine and aid car tours during the hose down hour so bring the kids and cool off with the firefighters!

Summer and swimming go hand in hand. Monroe Fire reminds everyone to be safe during the hot weather and drink plenty of water. Here are some tips offered by Monroe Fire and the American Red Cross:

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone.
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
- Maintain constant supervision and make sure everyone in your family learns to swim well.
- Avoid distractions when supervising children around water.
- If a child is missing, check the water first. Seconds count in preventing death or disability.
- Have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.
- Watch for signs of heat stroke - hot, red skin; changes in consciousness; rapid, weak pulse; rapid, shallow breathing. If you suspect someone is suffering from heat stroke, call 9-1-1 and move the person to a cooler place. Quickly cool the body by applying cool, wet cloths or towels to the skin (or misting it with water) and fanning the person. Watch for signs of breathing problems and make sure the airway is clear. Keep the person lying down.

As the temperatures soar, more and more of us will take to the water for some summer fun. For more information on Red Cross swim courses, or on how to keep you and your loved ones safe this summer, visit <http://www.redcross.org>.

Throughout the summer, Monroe Fire will appear at various swimming locations throughout the district offering free life jacket loaners. If you see the Monroe Fire "PIO 31" vehicle, please feel free to ask Richelle to borrow a life jacket. After a proper fitting, simply sign for the jacket and return it to the fire station when you are finished!

#