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Press Release

For Immediate Release

Rural/Metro Encourages Summer Water Safety

June 20, 2011 (Syracuse, NY)- **With the official start of summer just a day away and many hot days ahead, Rural/Metro Medical Services encourages people to take advantage of the region's beautiful natural water resources and pools, and to stay safe when enjoying the beautiful Central New York summer.**

Get Wet!

- Enjoy area resources – area parks and pools are plentiful and offer safe places for swimming and water recreation.
- Never swim alone! Share the fun with a friend, and make sure others know where you are.
- Drink plenty of water even if you're not thirsty.

Be Prepared

- Learn CPR! The American Heart Association has a free 60-second instructional video that could save a life. Visit www.heart.org for more information.
- Take the time to learn how to swim! Swim courses are readily available and inexpensive. Contact the American Red Cross chapter to enroll in one.
- Learn the basics of first aid and water safety response.
- Carry a cell phone with you, and make sure you let someone know where you are going to be.

Know your Environment

- Swim only in attended areas, with appropriate life saving equipment and qualified lifeguard staff
- Maintain constant supervision of children and non-swimmers
- Follow posted water safety rules
- Be mindful of weather conditions

General Safety Precautions

- Don't mix alcohol with water fun. More than half of all drownings involve alcohol.
- The sun is the hottest between noon and 4 p.m. Limit vigorous activity during the hottest part of the day.
- Heat related injuries range from dehydration, to exhaustion, to the most serious form, heat stroke. Watch for the following signs and symptoms, and seek attention right away:

- Dizziness, fainting, confusion
- Nausea and/or vomiting
- Heavy sweating or, in severe cases, no sweating at all
- Headache, clammy or unusually dry skin
- Rapid pulse, heat cramps



***Rural/Metro[®]
Medical Services***

Rural/Metro has been an integral part of the region's healthcare delivery system since 1953, and is the only accredited ambulance service in the region. With a current staff of more than 250, it responds to over 50,000 calls for help each year throughout Central New York. Rural/Metro Medical Services operates throughout a six county local region.