

DeLuz News

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POOL SAFETY TIPS

1. Make sure floating devices fit your children properly.
2. Monitor your children while they are swimming, it only takes a second for them to be in danger.
3. Prevent sunburns by applying the appropriate sunscreen.
4. Instruct children to never run; wet pavement can be very slippery.
5. Take the Pool Safety Pledge at: www.poolsafely.gov/pledge

DATES TO REMEMBER

08.02 Ice Cream Sandwich Day
08.03 Back Pack Give Away
08.13 First Day of School
08.15 Early Out
08.17 Family Movie Night
08.19 Homeless Animals Day
08.23 Women's Potluck Bingo
08.29 Early Out



IT'S SUMMER TIME

SIGNS OF HEAT EXHAUSTION

include nausea, dizziness, irritability, fatigue and cramps.

PREVENT HEAT EXHAUSTION

Wear loose-fitting clothing, drink plenty of fluids, take it easy during the hottest parts of the day.

REMINDER!

Tuesday, August 21st,
is SOS FOOD
DISTRIBUTION
2pm-4pm
Bring your shopping bags.



MAINTENANCE TIP:

1. Keep AC at 76. Lowering it too much will cause the system to freeze, and thawing it out can take an entire day.
2. Change your HVAC filters every 30-60 days. Visit our Self Help for free filters.
3. Use your fans to help circulate the air.

