

JULY 2014

FORCECOM NEWSLETTER

HAPPENINGS AND INFORMATION FOR FAMILIES



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Howdy!

This newsletter will again focus on some summer issues.

Wish y'all a fun and safe 4th!

Thanks,
Holly



FORCE READINESS COMMAND



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RIP CURRENTS

A few tips as you head to the beach during the summer:

- Swimming in surf is not the same as in a pool or lake. Know how to swim.
- Obey warning signs and instructions from lifeguards
- Ask lifeguards about surf conditions, or look up surf conditions from National Weather Service
- Keep a close watch on children and friends who are weak swimmers
- If you get caught in a rip current, try to remain calm. Do not fight the current. Swim parallel to shore. If you can't get out of it, try to float or tread water. Draw attention to yourself by waving arms and yelling.
- Don't try to go after someone caught in a rip current. Alert a life guard, call 911 if no lifeguard. Throw the person something that floats
- Visit <http://www.ripcurrents.noaa.gov> for more information

IMPORTANT REMINDERS

- Make sure you have a plan for hurricane season!
- Take precaution when using fireworks, and know local laws regarding use of fireworks
- Drink water and use sunscreen when out during the heat of the day
- Make sure any pets outside have plenty of water and a place to get out the sun
- Do not leave dogs (or pets) in the car. On an 80-degree day, the temperature can quickly rise to over 100 in minutes. It can reach 150 inside the car after 10 minutes with an outside temperature of 90. Cracking the windows does not provide enough relief. And leaving your car running puts the car at risk for theft, or the dog putting it into drive.

Visit

<http://www.weather.com/outlook/homeandgarden/pets/articles/d139> for more information

- As with pets, do not leave a child in the car, even if just for a few minutes. Also, check the backseat before locking the car. If you are going somewhere with a child, put the diaper bag or shoes in the seat next to your purse, in your lap, or anywhere that will remind you a child is in the car- especially small babies, who tend to fall asleep. Also, teach children that playing in cars is not safe. For more information visit

<http://www.kidsandcars.org/userfiles/dangers/heat-stroke/heat-stroke-safety-tips.pdf>





USEFUL LINKS

www.achievementsolutions.net/achievementsolutions/en/cgsuprt/Home.do

www.uscg.mil/worklife/default.asp

www.uscg.mil/hrwr

www.uscg.mil

www.tricare.mil

www.Ready.gov

<http://www.uscg.mil/worklife/ready.asp>

Celebrate Responsibly

As you celebrate this holiday weekend, please remember to celebrate responsibly (as you should anytime you drink). Do not drink and drive, do not drink and boat. Remember to have a designated driver; if you do not have one, have the number to a cab company in your phone. Also, remember alcohol dehydrates you, so drink plenty of water while celebrating in the heat of the day. Know your limit. Remember the CG policy on drinking. Also, be a good friend- don't allow a friend who has had too much to drink get behind the wheel. Do not ride with someone who has had too much to drink. If for some reason you and friends find yourself needing a ride, AAA has some areas offering safe ride programs, and provides a link to find all safe ride services in different states (that they know of). Visit

<http://newsroom.aaa.com/safety/holiday-safe-ride-program/>

LINKS TO INFORMATION

Coast Guard Support: available 24 hours a day, 7 days a week. Toll free number: 1-855-CGSUPRT (247-8778)

Confidential professional counseling, education, and referral services to help you with variety of issues:

- marital problems
- work concerns
- child care
- K-12 education concerns
- pet care
- depression and anxiety
- career transitions
- adoption
- moving and relocation

<https://www.achievementsolutions.net/achievementsolutions/en/cgsuprt/Home.do>

Health, Safety, and Work Life Service Center (HSWL) There is an app available at the app store (iPhone and Android). The app has lots of great information to get you connected to many resources, as does the website.