

## FORT MYERS BEACH FIRE CONTROL DISTRICT

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### For Immediate Release

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**Summer generally means fun in the sun! But be safe — don't let a heat-related illness ruin your day.**

(Fort Myers Beach, FL) – The Fort Myers Beach Fire Control District (FMBFCD) encourages the residents and visitors attending the 2008 “Taste of the Beach” take appropriate measures to ensure they have a safe and fun time on Fort Myers Beach.

As the weather turns much warmer citizens should take great care to stay safe. FMBFCD will provide an Advanced Life Support (ALS) equipped ambulance staffed by paramedics throughout the event. The FMBFCD’s Community Emergency Response Team will also be in attendance at the event providing basic first aid to the event’s participants.

FMBFCD wants residents and visitors alike to take steps to avoid heat related illness, and the best way to accomplish that is through prevention. Below are a few tips that will help prevent heat-related illness:

1. Make sure to drink fluids throughout the day instead of waiting until you’re thirsty, and avoid beverages containing caffeine or alcohol.
2. Wear light-colored, loose clothing.
3. Instruct children to do the same. Make sure they know how to recognize when they are too hot, even if they’re not with you. Teach them that in these cases, they must go indoors right away and drink water.
4. Elderly persons and young children are at a higher risk for heat-related illness, as well as people taking certain medications such as diuretics. Extra care is required to prevent an emergency.

We hope the event’s participants prepare accordingly and have a fun and safe day at the 2008 Taste of the Beach.

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