

JUNE 2018



## Raleigh Police Department Community Newsletter

This newsletter is produced by the Public Affairs Unit of the Raleigh Police Department. It provides Raleigh citizens with crime prevention tips, seasonal information, and upcoming RPD community activities.

The official start of summer is here! That means that people are enjoying the longer days, planning vacations, and finding ways to beat the sweltering southern heat. While it's a fun time to look forward to, there are some dangers to watch out for.

This RPD Community Newsletter features tips to keep you safe during the summer. Please share this information with family, friends, and neighbors.

### HOW TO PREVENT HEATSTROKE IN CARS

Leaving a child, senior person, or animal alone in a car can lead to serious injury or death from heatstroke, even in cooler temperatures. Here's some helpful information and tips to prevent heatstroke when the temperature rises.

Reduce the number of deaths from heatstroke by remembering to **ACT**.

**Avoid** heatstroke-related injury and death by never leaving anyone alone in a car that cannot get out on their own, not even for a minute. And make sure to keep your car locked when you're not inside so kids don't get in on their own.



**Create reminders.** Especially when you have a different routine, keep a stuffed animal or other memento in your child's car seat when it's empty, and move it to the front seat as a visual reminder when your child is in the back seat. Or place and secure your phone, briefcase, or purse in the backseat when traveling.

**Take action.** If you see a child, pet, or anyone else that should not be left alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations.

### KEEP YOURSELF SAFE IN THE WATER

Swimming is one of the most popular summer activities, but like most things in life, it comes with risk. Follow these simple safety actions whenever you are in, or around water:

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone. Even at a public pool or lifeguarded beach, use the buddy system!
- Even if you do not plan on swimming, be cautious around natural bodies of water including ocean shoreline, rivers, and lakes. Cold temperatures, currents, and underwater hazards can make a fall into these bodies of water dangerous.
- If you go boating, wear a life jacket! Most boating fatalities occur from drowning.
- Avoid alcohol use. Alcohol impairs judgment, balance, and coordination; affects swimming and diving skills; and reduces the body's ability to stay warm.
- Know your limits. Swimming in open water is much different than in a pool. Cold water, currents, and other dangerous conditions can challenge even the strongest swimmers. If you are unsure, you may want to start out slowly and not venture too far from shore.

Please call 911 if you have experienced a crime or if you want to report any suspicious activity.

## TIPS FOR KEEPING YOUR HOME SAFE WHILE ON VACATION

Don't let the anticipation of a well-deserved vacation blind you to the risks of leaving your home unprotected. Go ahead and plan your holiday, but take precautions before you leave. We subscribe to the "better safe than sorry" philosophy, so review your home safety checklist before you head out. A little extra vigilance will help keep your property and belongings safer while you're gone -- and will keep you from obsessing about security once you're on the road to fun and adventure.



- Consider hiring a house or pet sitter. The best way to make sure your house is safe while you're gone is to have someone you trust still living in it. Have someone move in temporarily and water the plants, feed the pets and pick up the newspapers.
- Make your home look lived in. Lights go on and off, and cars come and go. When you're away, everything stops. To help create the illusion that the residence is still occupied, invest in timers that turn on the interior lights for a few hours every evening.
- Hold your mail. When you're leaving for more than a couple of days, call your local post office to stop mail delivery until you get back. They can hold mail from three to 30 days.
- Lock up. This seems so obvious, but hey, it's easy to forget. If you keep a window unlocked to allow the cat easy access, or never bother to turn the deadbolt on the kitchen door, now's the time to clean up your act. Locking your home makes it less attractive to opportunistic burglars. If you don't make it easy, there's a better chance that when you get home, your house will be in the same condition as when you left it.
- Remove spare keys you may have stashed. Keeping spare keys stashed outside your house is never a great idea anyway, but if you're going out of town, now is the time to collect them all. Your hiding spots aren't as clever as you think.
- Don't advertise your vacation. Show some caution when you talk about your trip. Your social media accounts aren't the best place to announce that you'll be away from home for a month. Being aware of who's around when you discuss your trip in restaurants and even at work isn't a bad idea either. Make sure that your children are discreet, too. No one is saying that you should be suspicious of everyone you meet, but even a chance remark has the potential to lead to unintended and unfortunate consequences. The less information you put out there, the less likely it is to reach the wrong ears and eyes.

## Join us for National Night Out

August 7, 2018



National Night Out is coming up!! Our RPD officers are looking forward to visiting participating neighborhoods throughout Raleigh to get to know you, hang out, and celebrate with you! Individual neighborhoods are invited to host their own event on August 7th.

Contact your Police District's officer if:

1. Your neighborhood wants to participate
2. You would like representatives from our K-9, mounted, or motorcycle units to attend!

Learn more about NNO here: <https://natw.org/about>  
 Don't know your Police District? Enter your address here to find out: <https://www.raleighnc.gov/safety/content/Police/Articles/PoliceDistricts.html>