

NEWS RELEASE

FOR IMMEDIATE RELEASE

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SUFFOLK POLICE AND SUFFOLK FIRE & RESCUE OFFER TIPS ON STAYING SAFE FOR MEMORIAL DAY HOLIDAY

SUFFOLK, VA (May 23, 2019) Memorial Day weekend is generally recognized as the unofficial start of summer. Suffolk Police and Suffolk Fire & Rescue want all residents to have a safe time during the extended weekend. As a result, they offer these steps people can take to stay safe while they have fun with family and friends:

- Whether you are at the beach, parked in front of your house, or at a local gas station, do NOT leave items of value in your vehicle. (Especially GPS Devices, Laptops, iPods, Purses, Wallets and Money)
- Password-protect your cell phones.
- Lock It...Don't Lose It! It takes just a second to lock your vehicle to avoid becoming a victim of theft.
- Avoid using ATMs at night, particularly ones located on streets. If you must use an ATM, use an indoor machine in a store. Always cover your hand when entering your PIN for extra security.
- Avoid late night walks when you are alone. Don't be a distracted driver or walker with cell phones and MP3 Players/iPods.

- Always carry a form of ID on you, especially when running and jogging.
- Do not drink and drive or let friends and family drink and drive.
- Avoid carrying large sums of cash. Now is the time to audit your wallet or purse. Remove and lock away Social Security Cards and Passports when they are not needed.
- At home, if you are traveling, tell a trusted neighbor or friend, leave lights on inside and out and set your motion and door alarms.
- At a hotel, leave valuable items in the hotel safe. Lock it and take the key

DRIVE SAFELY

With many people traveling over the holiday weekend, it's more important than ever to drive safely. People should be well rested and alert, use their seat belts, observe speed limits and follow the rules of the road. If anyone plans on drinking alcohol, they should designate a driver who won't be drinking. Suffolk Police will have extra patrols on our roadways to keep the roads safe and deter impaired driving.

Other tips for a safe trip include:

- Drivers should give full attention to the road. Avoid distractions such as cell phones.
- Leave ample room when behind other vehicles.
- Use caution in work zones.
- Make frequent stops when traveling long distances.
- Clean the vehicle's lights and windows, especially for night driving.
- Turn the vehicle's headlights on as dusk approaches, or during inclement weather.

SAFE GRILLING

The onset of grilling season often results in injuries and fires due to careless cooking practices. We offer some steps you can follow to help stay safe while enjoying those tasty cookout treats:

- Never grill indoors.
- Always supervise a grill when in use, and make sure everyone, including pets, stays away from the grill.
- Keep the grill out in the open, away from the house, the deck, tree branches, or anything that could catch fire.
- Use long-handled tools especially made for cooking on the grill to avoid burns to the hands or arms or possible issues with sleeves on clothing.
- Never add charcoal starter fluid when coals have already been ignited.
- Always follow the manufacturer's instructions when using grills.
- Be ready to close the lid and turn off the grill to cut off the fuel if necessary.
- Keep a fireproof pan under the grill to catch any falling ash or grease.

WATER SAFETY

Learning to swim is one of the best steps someone can take to be comfortable and safe around water. People can contact their local aquatic facilities to get information about swimming classes.

Other safety tips include:

- Swim only in designated areas supervised by lifeguards. Always swim with a buddy; do not allow anyone to swim alone.
- Prevent unsupervised access to the water. Install and use barriers around your home pool or hot tub.
- Maintain constant supervision. Always stay within arm's reach of young children even when lifeguards are present.

- Know what to do in an emergency. If a child is missing, check the water first. Know how and when to call 9-1-1.
- Have appropriate rescue equipment, a phone, life jackets and a first aid kit near the pool.

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