



# RADER READER

FLORIDA STATE SENATOR KEVIN RADER,  
DISTRICT 29

## DEAR FRIENDS:

Schools have come to an end and the summer has officially begun in Florida, which means that we are now entering Hurricane season. Many of us will be cooling off by the pool or beach, so I encourage you to take sun and water safety precautions. The heat can be very strong during this season, so properly preparing for outdoor activities is a vital part for enjoying your summer. I will be detailing resources and information pertaining to these topics throughout this month's newsletter.

Please do not hesitate to contact my office if you have concerns or need assistance.

*Kevin Rader*



## SUN SAFETY

Spending time in the beautiful Florida outdoors can be beneficial and provide much needed Vitamin D. However, it is recommended by the Florida Department of Health (FDOH) not to be overexposed to the sun's ultraviolet (UV) light.

### TIPS:

- Hats
- Sunglasses with UVS and UVB ray protection
- Florida Department of Health recommends using a sunscreen at least of SPF 15. Re-applying every 2 hours is key to keeping skin from burning.
- Take "Shade Breaks" to avoid harmful rays during the most harmful hours of the day.
- Swim Shirts are a good idea, most shirts carry a SPF rating of 50+ and blocks out over 98% of harmful rays.

## BEAT THE HEAT THIS SUMMER

Food preparation and food safety go hand-in-hand. Unfortunately, the rising summer temperatures can cause food-borne germs to spread, which leads to illness.

Keep raw meat and ready-to-eat food in separate insulated coolers at or below 41 degrees. The use of clean plates and utensils is imperative to avoid cross-contamination between raw and cooked food. Clean plates throughout the meal also keeps plates fresh and avoids cross-contamination between foods that have been sitting in the danger zone (41-135 degrees) and fresh foods.

Leftovers should be saved in small portions and refrigerated within two hours of cooking. If outside temperatures are greater than 90 degrees, leftovers should be refrigerated within one hour of cooking. Food left out more than two hours should be thrown out.

A food thermometer is the best tool to ensure meat is cooked hot enough to kill harmful germs. Also the FDOH reminds everyone preparing food to wash their hands with soap and hot water. Also don't forget to wash your hands after using the bathroom or changing a diaper, coughing, sneezing or playing with a pet.



## OVERHEATING SYMPTOMS TO WATCH FOR

### HEAT EXHAUSTION

- Muscle cramping
- Fatigue
- Headaches
- Nausea or vomiting
- Dizziness or fainting

### HEAT STROKE

- Rapid pulse
- Confusion
- Unconsciousness
- Body temperature greater than 103 F
- Red, hot and dry skin (no sweating)

### PREVENTION

Drink plenty of water and keep hydrated at all times, especially if you are working or spending time outside. Just as before, limit sun exposure during peak times when the sun is at its highest. During these hot summer months check on people who are at risk; the elderly, disabled and those that are homebound.

## SUMMER VEHICLE PRECAUTIONS

As per Florida Law, a parent, guardian, or other person responsible for a child younger than six years must not leave the child unattended or unsupervised in a motor vehicle for longer than 15 minutes, even if the vehicle is running. For the safety of the child and pets, never leave either a child or pet unattended in a vehicle, even for a short period of time.

If you see a child or pet locked in a hot car, please call 911 immediately as results may be fatal. Florida Law provides for the rescue of a vulnerable person or domestic animal from a motor vehicle. These good Samaritans may have immunity for damage to the motor vehicle if:

- The vehicle is locked and there is no other reasonable way the person or animal to get out.
- Has reasonable belief based upon the circumstances that entry is necessary because the person or animal is in imminent danger.
- Notifies law enforcement or calls 911 prior to or immediately after entering the vehicle.
- Uses no more force than necessary.
- Remains with the person or animal until law enforcement or other first responders arrive.


### DISTRICT

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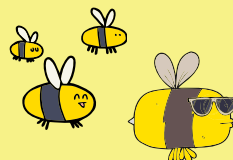
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### CAPITOL

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### DISTRICT 29 CITIES

CITY OF BOCA RATON  
TOWN OF HIGHLAND BEACH  
CITY OF PARKLAND  
CITY OF COCONUT CREEK  
CITY OF BELLE GLADE  
CITY OF SOUTH BAY  
VILLAGE OF WELLINGTON

INCLUDING PORTIONS OF:  
CORAL SPRINGS  
LAKE WORTH  
BOYNTON BEACH  
DELRAY BEACH