

## THE RIVER FRONT MASTER

92 SW 3rd Street, Suite 100 Miami, Florida 33130

#### **ASSOCIATION OFFICERS**

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#### **IMPORTANT NUMBERS**

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#### **OFFICE HOURS**

Monday - Friday .... 9:00 am - 5:00 pm



# Hurricane Season is Fast Approaching. ARE YOU PREPARED?

Hurricane preparedness is a natural part of living in Miami-Dade County. Below are some key tips to include in your personal hurricane plan. Make sure everyone in your household knows what they are supposed to do.

#### Have disaster supplies on hand.

- Flashlight and extra batteries
- Portable, battery-operated radio and extra batteries
- First aid kit and manual
- Emergency food and water
- Non-electric can opener
- Essential medicines
- Cash and credit cards
- Sturdy shoes

Check your insurance coverage and be sure it includes replacement coverage, especially for renters.

#### **Evacuation Plans:**

- Rehearse your evacuation plan with your household and leave extra time for traffic.
- If you live in an evacuation zone, make plans to move inland to a friend or family member's home.
- If you are electrically dependent you should evacuate for any category of tropical storm or hurricane.
- Emergency Evacuation Assistance Program. Residents who may need assistance evacuating from disaster should register for the Emergency Evacuation Assistance

Program by calling the Office of Emergency Management at (305) 513-7700 or download and application from the OEM website: https://www.miamidade.gov/global/service.page?Mduid\_service=ser1470238193996672.

#### **Communications:**

Develop an emergency communication plan. In case family members are separated from one another during a disaster, have a plan for getting back together.

#### Water Is Life:

The most important part of your hurricane kit is water. Have 1 gallon per person per day. Your water heater can store several gallons of fresh water to use if there is no water pressure, especially in high-rise buildings.

#### **Protect Your Windows:**

Permanent shutters are the best protection. A lower-cost approach is to put up plywood panels. Use 1/2-inch plywood--marine plywood is best--cut to fit each window.



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## Have a Safe Memorial Day Weekend!

Memorial Day marks the beginning of the summer recreation season. It is also a time for accidents. Make sure that you and your family are safe this Memorial Day weekend by remembering these simple safety tips.

#### **Drive Safely**

More people will be on the road on Memorial Day weekend, making for congested roads and highways. Don't forget to always wear your seatbelt, and observe all posted traffic signs and speed limits. It is especially important for children to be in proper child safety seats in your car. And never drink and drive!

#### **Play Safely**

If you are going to be spending time near or on the water, don't forget to be safe. If you will be on a boat, wear a life jacket, follow all boating rules, and don't operate a boat while drinking. If you will be swimming, remember to swim with a buddy, swim only in safe water, and never dive into shallow water. All children should be supervised at all times around any type of water. If you will be spending any time in the sun, don't forget to use sunscreen and wear a hat.







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Inside D5 Newsletter

## DETECT-A-LEAK WEEK

Detect-a-Leak Week is held annually every May. This is the perfect time to give your home a once over, checking for leaks that may be costing you money! Even a small leak can add up to hundreds of dollars a year, and could damage surrounding fixtures, cabinets, or floors.

One of the biggest culprits is the toilet. You often cannot tell if your toilet is leaking simply by examining it. Place a few drops of food coloring, just enough to slightly color the water, in the main tank. Let it sit for several hours, then check the toilet bowl. If you see the color in the bowl, you have a leaky toilet and it needs to be repaired. Check for dripping faucets, pipes, and connections by examining all plumbing in your home. Use a lightweight cloth to wipe around each connection. If your cloth becomes wet, you have leaky plumbing that needs to be repaired.

Don't forget to stop those leaks that you can control! Turn faucets off all the way. Don't let water run when you brush your teeth. And don't use your toilet as a wastebasket. Instead of throwing items such as tissues in the toilet and flushing, use a small wastebasket in your bathroom instead.





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### **KEEPING YOUR COOL**

## Protecting Yourself from the Dangers of Sunstroke

Warmer weather is just around the corner. Along with the fun of outdoor activities comes some dangers, too. Among those dangers is sunstroke, also called heat stroke. To protect you and your loved ones from this hazard, keep these tips in mind this summer.

Early symptoms of heat stroke are dizziness, headache, rapid pulse and breathing, and fatigue. Warning signs that indicate a serious condition of sunstroke are hot, flushed skin, a decrease or stoppage of sweat production, an elevated body temperature, confusion, and eventually, a loss of consciousness. Extreme temperatures can cause the body's temperature to rise. Dehydration can cause a decrease in sweat evaporation, which is the

body's mechanism for cooling itself. Without this, you have no way of bringing down the high temperature.



Severe sunstroke can lead to shock and eventually failure of the body's vital systems, including the heart, lungs, kidney and brain. Rapid treatment is the key. The sooner the victim receives assistance, the better. To assist someone showing symptoms of sunstroke, first call for help by dialing 911. While waiting for medical assistance, take steps to cool the body. Move the victim to a cooler place. Remove tight fitting or heavy clothing and use cool, wet cloths to cool the victim down. Give fluids slowly and continually.

To avoid getting sunstroke in the first place, remember to drink plenty of fluids on warm days or when your activity level is up. Avoid caffeine and alcohol, both of which can dehydrate you. Wear light colored, loose clothing and always wear a hat in direct sunlight. Try to stay in the shade and take breaks as needed. If you do find that you are experiencing any symptoms of heat stroke, get help immediately.



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