

STATE REPRESENTATIVE

# CRISTIN McCARTHY VAHEY

PROUDLY SERVING FAIRFIELD

## DISASTER PREPAREDNESS

It's hurricane season and severe weather can occur at any time. Be sure you are prepared for an emergency. Sign up for CodeRED emergency and non-emergency messages from the town by visiting [www.fairfieldct.org/codered](http://www.fairfieldct.org/codered).

In the event of an emergency, make sure you have a family plan to seek shelter in your home. Close all windows and doors and go to a safe area of the house. If authorities determine that evacuation is necessary, secure your home, closing all windows and doors, and shut off any unnecessary appliances. For either scenario, create a disaster supply kit consisting of:

- One gallon of water per person, per day
- 3-day supply of non-perishable, high protein, high calorie food
- Battery operated radio with extra batteries
- Flashlight with extra batteries
- Practical clothing and shoes, gloves, extra blankets
- First aid kit with reference guide
- Map of local area and list of alternative personal shelters
- 3-day supply of prescription medicine

For more information on how to prepare for a disaster, visit [www.ready.gov](http://www.ready.gov) or [www.fairfieldct.org/prepare](http://www.fairfieldct.org/prepare).



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**CRISTIN MCCARTHY VAHEY**

REPRESENTING FAIRFIELD | 133RD ASSEMBLY DISTRICT



## HELPFUL SUMMER TIPS



Dear Friends,

As we begin summer in earnest, I know that many Fairfielders will be enjoying all of the summer activities that our town has to offer. Whether it's swimming, boating, biking, or walking, we must remember to exercise safety for ourselves and those around us. I hope you find this information useful as you celebrate the beautiful weather.

It is an honor to represent the Fairfield community in the Connecticut legislature and I thank you for your continued support. Know that Fairfield's families remain at the heart of each vote I cast. As always, please do not hesitate to call my office if you have any questions or concerns.

Sincerely,

*Cristin McCarthy Vahey*

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## WATER SAFETY TIPS

With five miles of shoreline, five town beaches, Lake Mohegan and access to the Long Island Sound, Fairfielders have many opportunities to enjoy the water. Please keep these tips in mind as you do so.



### SWIMMING

- Swim in designated swimming areas with proper supervision. Town waterfronts are staffed with lifeguards through Labor Day.
- Provide “arm’s length” adult supervision for infants and toddlers in the water. Drowning can occur in just a few inches of water.
- Always swim with a buddy; don’t allow anyone to swim alone.

### BOATING

- Make life jackets a requirement.
- Don’t drink and boat.
- Get a Vessel Safety Check (VSC) for your boat.



## BIKE AND PEDESTRIAN SAFETY

Bike Walk CT’s “Share the Road CT” campaign encourages all users to “Give Respect, Get Respect.” Here’s what Bike Walk CT recommends:

### FOR DRIVERS

- Please slow down and obey speed limits.
- Yield to pedestrians in the crosswalk – it’s the law.
- Pass with care and give cyclists at least 3 feet – it’s the law.

### FOR BICYCLISTS

- Follow the rules of the road.
- Ride as far to the right as is safe.
- Be visible. Always ride with lights at night – it’s the law in CT.
- Wear a helmet correctly on every ride.

### FOR PEDESTRIANS

- Use sidewalks. No sidewalk? Walk facing traffic.
- Use crosswalks and obey crosswalk signals.
- Make yourself visible. Wear bright, reflective clothing.

Check out the new Fairfield Bike Share program housed at Zane’s Cycles. This is a great chance to practice all of your safe cycling skills and get some exercise. For more ideas and safety tips, visit Bike Walk CT at [www.bikewalkct.org](http://www.bikewalkct.org).



## THE GREAT OUTDOORS

### EXTREME HEAT

Even during moderate temperatures, the interior of a car can reach deadly temperatures in minutes. Never leave children or pets in a parked car. Even parking in the shade with a window open will not prevent over-heating or heat stroke. If you see a child or pet left unattended in a car, call 911 or the Fairfield Police immediately.



### MOSQUITO AND TICK SAFETY

Ticks and mosquitos can carry many serious diseases. Lyme disease is named for our very own Lyme, CT. Here is how you can protect yourself and your loved ones:

- Use insect repellent; those with DEET will repel both insects and ticks.
- Cover up; wear pants and long sleeves, especially in tall grass and overgrown areas.
- When returning indoors, shower using a wash cloth or buff to remove walking ticks on your body.

Summer is a time to gather and celebrate. When you do so, please keep these important tips in mind:

- Drink responsibly; never drive drunk or under the influence of drugs. Adults should plan ahead and have a designated driver if they are going to consume alcohol.
- Consider taking a boating safety course, and remember, just as with drinking and driving, alcohol and swimming or boating don’t mix.
- Avoid distractions while driving. Do not text or use your cell phone while driving.
- Take periodic breaks from the sun and heat. Drinking fluids on an ongoing basis is important to avoiding dehydration.