

## PERSONAL SAFETY

### Sleeping in Your Car

There are health concerns for individuals and animals sleeping in cars overnight. Carbon monoxide can back up into the car and cause suffocation, even death. This is a greater concern in older vehicles.

- Always crack a window if someone is sleeping in a car that is running.
- To prevent tragedy, check for the smell of exhaust fumes while parking and starting the engine, and take heed of any symptoms of dizziness or exhaustion. Having your vehicle serviced regularly can also help minimize the chances of toxic gas leaking into the car.

***The most important thing is to avoid sleeping in a parked car with the engine running.***



### Stay Hydrated



Getting enough water every day is important for your health. In general, it is recommended to drink eight 8-ounce glasses of water each day.

- Drink more water than usual when working outside.
- Don't wait until you're thirsty to drink more fluid.
- Drink two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or liquids containing high amounts of sugar.
- Remind others to drink enough water.

### Weather Awareness

Keep a watch on the temperature, as it may get colder in the evening and early mornings. Ensure that you have adequate supplies (blankets, etc.) to keep warm.