



KPFARS MONTHLY HEALTH HUB

Neighbors Staying Informed, Staying Healthy, and Staying Safe Together



Heat Safety: Staying Cool in the Summer Sun

When temperatures soar, it's crucial to stay vigilant against heat-related illnesses like heat exhaustion and heat stroke, which can escalate rapidly and pose serious health risks.

- **Recognize Symptoms:** Watch for signs such as excessive sweating, dizziness, nausea, and confusion (heat exhaustion), or hot and dry skin with a rapid pulse (heat stroke).
- **Prevention Tips:** Stay hydrated, wear lightweight clothing, take breaks in shaded areas, and avoid strenuous activities during peak heat hours.
- **First Aid:** Move to a cooler place, loosen clothing, drink cool water, and apply cold compresses to help lower body temperature.
- **When to Call 911:** If someone shows signs of heat stroke—like confusion or unconsciousness—call 911 immediately for emergency medical help.

Click here to learn more: [CDC Extreme Heat](https://www.cdc.gov/extremehot/index.html)

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UPCOMING EVENTS

NEXT DRILL:

SEPT. 4TH AT 7PM AT THE NEW ROAD BUILDING

NEXT BUSINESS MEETING:

SEPT. 18TH AT 7PM AT THE NEW ROAD BUILDING

MONTHLY CPR CLASS:

EMAIL BNY831@GMAIL.COM FOR MORE DETAILS



Water Safety: Enjoying the Water Safely



Water-related emergencies, including drowning incidents, are a significant concern during summer activities. Quick action and preventive measures can save lives.

- **Symptoms:**
 - Distress in the water, gasping for air, inability to call for help, and struggling to stay afloat.
- **Preventive Measures:**
 - Supervise children and inexperienced swimmers closely.
 - Learn CPR and ensure life jackets are worn by all boaters and weak swimmers.
 - Avoid alcohol when swimming or boating.
- **First Aid Tips:**
 - Remove the person from the water if safe to do so.
 - Perform CPR if necessary and continue until medical help arrives.
 - Call 911 immediately for any water-related emergency.
- **When to Call 911:**
 - Call 911 immediately for any suspected drowning or water rescue situation. Prompt CPR and medical attention can improve outcomes significantly.

Click here to learn more: [CDC “Healthy Swimming”](#)

Outdoor Activity Safety: Injury Prevention During Summer Sports

Engaging in outdoor activities and sports is exhilarating but carries the risk of injuries such as sprains, strains, fractures, and head injuries.

1. **Recognize Injury Signs:** Pain, swelling, or difficulty moving for musculoskeletal injuries; headache, dizziness, or confusion for head injuries.
2. **Precautionary Steps:** Warm up properly, use appropriate safety gear like helmets and pads, and adhere to safety guidelines and rules.
3. **Treatment Recommendations:** Use RICE (Rest, Ice, Compression, Elevation) for minor injuries and seek medical evaluation for more serious injuries.
4. **When to Call 911:** For serious injuries like head trauma, spinal injuries, fractures, or any condition causing severe pain or loss of consciousness, call 911 immediately for urgent medical attention.

Click here to learn more: [NIH Sports Injuries](#)

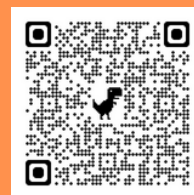


WANT TO GET INVOLVED?

Consider volunteering with us at the Kendall Park First Aid and Rescue Squad! Our team is comprised of dedicated individuals from various backgrounds, united by a shared commitment to providing quality Emergency Medical Services. Whether you're a healthcare professional, an engineer, a teacher, student, or a retiree, there's a place for you here. Join us in making a difference—responding swiftly to 911 calls, saving lives, and serving our neighbors in Kendall Park and beyond.

Visit our [website](#) to learn more about our application process.

*Thank you for
your support!!*



KPFARS Supporter Spotlight



We are thrilled to spotlight Hyundai of South Brunswick for their generous donation to KPFARS. Their support is instrumental in enabling us to continue our life-saving efforts and enhancing the services we provide to the community.

As a 100% volunteer-based nonprofit organization, donations are crucial in supporting our operations to provide essential medical care to the community of Kendall Park and neighboring towns. These funds enable us to maintain and expand our healthcare services, ensuring that residents have access to necessary emergency medical treatments and other community outreach efforts.

We are deeply grateful to Hyundai Dealership of South Brunswick for their generous support, which directly impacts our ability to fulfill our mission of promoting health and well-being within our community.



Thank you, Hyundai of South Brunswick, for your commitment to our mission and for making a positive impact on the lives of those we serve.

Click here to view their website and dealership information: [Link](#)