



Here are a few tips to keep fireworks fun for your family.

- Children should never use fireworks without direct adult supervision. Don't let children carry live or "dud" fireworks.
- Alcohol and fireworks do not mix. Save your alcohol for afterwards.
- Make sure to buy only from legitimate fireworks vendors.
- The possession of M-80 or M-100 explosives is illegal.
- Make sure purchased fireworks come with clear instructions for use.
- Only light one firework at a time and move away quickly.
- Have a bucket of water at hand, or a garden hose. Soak fireworks in water for 20 minutes and then dispose of properly in a metal trashcan.
- Never try to relight a dud. Soak it for 20 minutes and dispose of it.
- Always wear safety glasses when shooting fireworks to avoid eye injuries.
- Don't carry fireworks in your pocket or shoot them out of metal or glass containers.
- Pets and fireworks do not mix. Animals have better hearing than humans. If it is loud to you, it is painful and frightening for them. Make sure your pets have proper identification in case they run away during the fireworks.



## CONTACT Us:

**9-1-1 FOR EMERGENCIES**

352-955-1818 FOR NON-EMERGENCIES

### *ACSO Important Phone Numbers*

ACSO Main Administration	352.367.4000
Crime Prevention Unit	352.374.1800
Crime Stoppers & Gun Bounty	352.372.7867
Dept. of the Jail	352.491.4444
Evidence Section	352.367-4076
Human Resources	352.367.4040
Narcotics Tip Line	352.374.1849
Patrol	352.367.4101
Public Information	352.367.4050
Property Unit	352.367.4078
Records Bureau	352.367.4006
Victim Advocate Unit	352.367.4193



BROUGHT TO YOU BY:

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**ALACHUA COUNTY SHERIFF'S OFFICE**



**SUMMER SAFETY**



Summertime in Florida often brings brutally hot weather with temperatures soaring into the high 90s and low 100s, but it also brings summer pool parties and Independence Day, which is often celebrated with cookouts and fireworks. Let's address three summer-related safety concerns: heat-related illness, pool safety for kids, and fireworks safety.

## HEAT EXHAUSTION

Heat exhaustion occurs when the body can no longer cool itself. Normally, the body cools itself through the evaporation of sweat. High humidity levels slow that evaporation and cause the body temperature to rise. The symptoms of heat exhaustion are weakness, dizziness, headache, muscle cramps, nausea and vomiting, a worried feeling, dehydration and/or rapid heartbeat.

If you believe you have heat exhaustion, get out of the heat and rest in a cool place. Drink lots of fluid. Do **NOT** drink alcohol. If you are not better in 30 minutes, contact a doctor because heat exhaustion left untreated can become heat stroke.

## HEAT STROKE

Heat stroke is more serious than heat exhaustion. Untreated, heat stroke can be fatal. Heat stroke victims may seem confused. They may also have seizures or go into a coma. If you think someone has heat stroke, move them to a cool place

quickly and call 9-1-1 to get medical help.

Heat-related illness can be prevented by staying indoors in air-conditioned areas when possible. If you go outside, wear light-colored loose-fitting clothing, wear a hat or use an umbrella, apply sunscreen, and drink plenty of water or other non-caffeinated beverages.

If you experience any of the following symptoms, get medical help immediately: skin that feels hot and dry, but not sweaty; confusion or loss of consciousness; frequent vomiting; and shortness of breath or trouble breathing.

## POOL SAFETY

Here are some drowning statistics from the CDC. Some may surprise you.

- Drowning is the leading cause of death for children ages 1-4. In fact, drowning causes more deaths among children in this age group than any other cause except birth defects.
- Of the 10 people who die each day from unintentional drowning; two of them are under age 14.
- Children on the Autism Spectrum are 160% more likely to experience nonfatal and fatal drowning than their non-autistic peers.
- For every child who dies from drowning, another five are treated for non-fatal near drowning injuries that can leave lifelong disabilities.



The most common site for drowning incidents in young children is the backyard swimming pool. If your children will be spending time in a pool this summer, please follow these tips:

- Never, **EVER**, leave your child unattended in or near the water, even for a moment. If you must leave the pool area, take your child with you.
- Post and enforce rules such as: No running, No pushing, and Never Swim Alone.
- If a child goes missing, check the pool first. Seconds count in preventing death by drowning. 69% of child drowning victims were not expected to be near water.
- Install a fence to separate your house from the pool. Use self-closing gates that self-latch, with the latches higher than your toddler's reach.
- Never leave a pool cover partially in place while swimming. Children can get trapped beneath it.
- Keep rescue equipment and a telephone with emergency numbers by the pool.
- Avoid air-filled swimming aids. They are not a replacement for a certified life vest.
- Teaching your child how to swim does not ensure your child's safety in the water. ALWAYS supervise children in the pool.

For more on pool safety, please visit <https://www.poolsafely.gov/>.

## FIREWORKS SAFETY

Used responsibly, fireworks can add exhilaration and fun to your 4th of July party or family outing. However, irresponsible use can lead to serious injury or death. Improper use of fireworks, like throwing them at others or shooting them out of glass bottles, can lead to serious injuries or death.