

EPCOR ESSENTIALS

JULY 2024

Water Resources to Stay Safe this Summer

Did you know that in Arizona, drowning is the leading cause of death for children under 4? That's a sobering statistic. But with solid safety measures in place, you and your little ones can enjoy days of fun in the water this summer by remembering these key points:

- A baby or young child can drown quickly in just a few inches of water.
- Never leave a child alone around water, even for a second.
- Outdoor pools and spas should have four-sided isolation fencing with self-closing and self-latching gates.
- Formal swimming lessons can reduce the risk of drowning, even for very young children.

The Arizona Department of Health Services (ADHS) has lots of water safety resources, including information on affordable or free swimming lessons. Learn more at www.adhs.gov or call ADHS at 602-542-1025.



SMART IRRIGATION MONTH

Outdoor water use rises sky-high in the summer months. Follow these simple tips to cut down on the 50% of water that's wasted, partially due to overwatering:

- Step on your lawn. If the grass springs back, it doesn't need water.
- Leave grass longer in the summer to promote drought resistance, reduce evaporation and decrease weeds. Mow less frequently for these benefits.
- Look for WaterSense-labeled products for your home and contact professionals if you need water-related assistance.
- Inspect your irrigation systems for leaks. If your meter runs when your sprinklers are off, you might have a leak.



Summer Safety Tips

We know water is essential to summer, from landscaping to swimming! Whether you're looking for ideas on reducing your water use or how to take sensible precautions when you're around water, check out these water smart tips:

- Stay hydrated.
- Avoid sunburns and serious heat-related illnesses by using sunscreen and covering up.
- Never swim alone, and make sure you can see lifeguards.
- Wear a life vest.



HYDRATION IS KEY IN HOT WEATHER

Here in Arizona, getting dehydrated doesn't take long — especially in the summer. The average person can lose up to 10 cups of water during a regular day, so the best time to hydrate is before you feel thirsty. Eight glasses of water is still a good rule of thumb for most people. Electrolyte drinks can help replenish missing minerals, but be sure to drink regular water in addition to them.

BE MONSOON READY

Arizona's monsoon season brings much-needed rain but can also lead to flash floods and property damage. Here are some tips to be prepared:

- Clean gutters and check your roof for signs of weakness.
- Bring in outdoor furniture and decorations to avoid wind damage.
- Fill containers with enough water to last your family for 72 hours.
- Monitor weather reports and watch for signs of flooding.

For more monsoon preparedness resources, visit the Arizona Emergency Information Network online at www.ein.az.gov.



QUESTIONS?

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