

EPCOR ESSENTIALS

JULY 2024

Water Resources to Stay Safe this Summer

Did you know that in New Mexico, drowning is the leading cause of death for children ages 1-4? 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.



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:

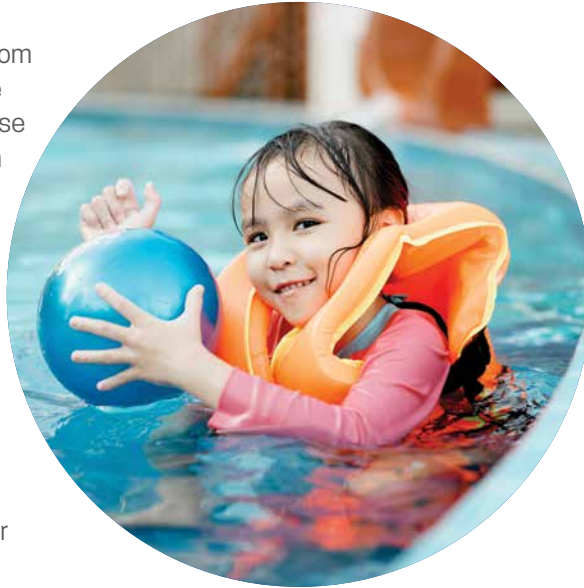
- Step on your lawn. If the grass springs back, it doesn't need water.
- Leave grass longer in the summer to promote drought resistance, reduce evaporation and decrease weeds. Mow less frequently for these benefits.
- Look for WaterSense-labeled products for your home and contact professionals if you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



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.
- Brush up on your CPR skills using your local Red Cross.



HYDRATION IS KEY IN HOT WEATHER

Here in New Mexico, 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.

Preparing for Severe Summer Weather

New Mexico's summer can bring powerful thunderstorms, hail and flash floods. Here's how to be weather-wise in case of severe summer weather:

- Monitor weather reports and listen for warnings. Sign up for local alerts!
- Gather flashlights, batteries, non-perishable food and a first-aid kit.
- Identify low-lying areas prone to flooding and plan escape routes if needed.
- Bring in furniture and decorations to prevent wind damage.
- Remember, "Turn Around, Don't Drown!" Never drive through flooded roadways.



QUESTIONS?

We're here for you.

Emergencies
1-800-383-0834

**Customer Service – Billing
and Service Questions**
1-800-383-0834

Email:
mywater@epcor.com

LET'S CONNECT



EPCOR