

COMMUNITY IMPROVEMENTS

COVID-19 brought additional challenges to our community, and while our long term planning and capital expenditures are in place, your support is important for our forward progress. If you can help, as many of our residents already have, make a voluntary donation to support our community improvement.

Call MCA 941-377-2300

What can I do to keeping our neighborhood safe?

MCA has provided tips and etiquette on numerous safety concerns within our community through The Meadoword and email communications. You play a vital role in making our community safe. Following community rules keeps you safe and being a good neighbor adds to the quality of life and safety too. Below are some common concerns and reminders.

BIKE SAFETY—Care about others. Whether you have the right of way or not, **DO NOT** startle walkers, **DO NOT** SPEED. Cyclists and walkers need to be aware of their surroundings and be alert and **KIND**. Remember, walkers may not hear you approaching, your warning bell, or you calling out a warning in a pleasant tone, so be a good neighbor, be kind.

OBEY THE SPEED LIMITS—Speeding but your neighbors and their families at risk as well as you.

LEASH YOUR DOG— You are not an exception to this Sarasota County law and this Meadows rule. If you see someone violating this rule, call Animal Control at 941-861-9500 and call the Meadows safety patrol 941-809-0084. Making reports with both of these resources creates a record for future decisions on repeat offenders.

WALKING MULTIPLE DOGS—To all residents or dog walking services who may walk multiple dogs at a time, we ask that you yield to your neighbors who are walking a single animal by choosing to walk on the opposite side of the street, to avoid potential conflict.



STAY OFF THE MEADOWS GOLF COURSE— It is a **CONSTRUCTION ZONE** and is not a safe place to take a leisurely walk.

WEAR YOUR MASK IN PUBLIC—It protects you and your neighbors. Wearing a mask is smart and shows you care.

SEE SOMETHING, SAY SOMETHING— If you see it, report it. Remember you have a responsibility too.

SPECIAL EDITION




PREVENTION AND AWARENESS

Jan Lazar— MCA Board President










Coping with COVID-19 this summer has not been easy for any of us, nor have the decisions associated with it. MCA continues to operate with your health and well-being front of mind in addition to our desire to prepare our residents for other challenges this time of the year traditionally brings. This edition is designed to help you with prevention and awareness, and what you can do to keep our neighborhood a safe and happy place to live. As we move toward fall, we continue to focus our efforts making progress toward achieving our vision of improving the quality of life, enhancing our amenities and preserving property values and green space here in The Meadows.

FLORIDA—A Lightning Rod

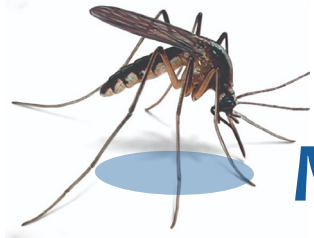
Florida is the lightning capital of the U.S., averaging thunderstorms of 70-100 days per year and accounting for 16% of the average annual fatalities in the U.S. Lightning injures many more people than it kills and can cause permanent lifelong injuries. Most people are struck by lightning before it starts raining or after it stops raining. No place outside is safe from lightning.

REMEMBER WHEN IT ROARS, GO INDOORS!

Below are some quick helpful tips in preventing lightning strikes.

-  30-30 rule. After seeing lightning, start counting to 30. If you hear thunder before you reach 30, go indoors. Suspend activities for at least 30 minutes after the last clap of thunder.
-  Stay away from concrete floors or walls. Lightning can travel through metal wires or bars in concrete walls/flooring.
-  Avoid electronic equipment of all types. Lightning can travel through electrical systems and radio and television reception systems.
-  If no shelter is available, crouch low, with as little of your body touching the ground as possible. Lightning causes electric currents along the top of the ground that can be deadly over 100 feet away.
-  Move into a non-concrete structure if possible.
-  Avoid corded phones. However, cordless or cellular phones are safe to use during a storm.
-  Being indoors doesn't always protect you from lightning. One-third of lightning-strike injuries occur indoors.
-  If someone is struck by lightning, call 911. Victims do not carry an electrical charge. CPR or an AED may be needed. If possible, move the victim to safety, inside away from the threat.
-  Avoid water during a thunderstorm. Lightning can travel through plumbing.

PREVENTION AND AWARENESS



Mosquito Prevention

Mosquitoes comprise a group of about 3,500 species of small insects that are flies. They are carriers for many diseases. Florida mosquito borne diseases include but not limited to West Nile, Eastern Equine Encephalitis, Dengue, Chikungunya virus to name a few. Prevention can be obtained by eliminating the mosquito breeding grounds through simple homeowner maintenance and the use of repellent.

Homeowner Tips to Eliminate Mosquito Breeding Grounds

1. Get rid of anything around your house and yard that collects water. One cup of water can produce thousands of mosquitoes!
2. Clean your gutter so they can drain properly.
3. Remove any water from unused swimming pools, boats or water features and cover them.
4. Change the water in bird baths at least twice a week.
5. Help your neighbors, friends and family do the same things.
6. Put screens on windows and doors and fix screens that have holes.
7. Use insect repellent—Use an Environmental Protection Agency (EPA) registered insect repellent with one of the active ingredients below and use AS DIRECTED. Read instruction on products carefully, specifically for adult vs. children usage. It is not recommended to use repellents that do not have EPA registered active ingredients, as their effectiveness is not known.

EPA Registered Active Ingredients

- Catnip oil
- Oil of citronella
- DEET
- Picaridin (known as KBR 3023)
- IR3535
- Oil of lemon eucalyptus (OLE)—DO NOT use this ingredient on children under 3 years old.
- Para-menthane-diol (PMD)—DO NOT use this ingredient on children under 3 years old.



STOP THE SPREAD WEAR A MASK

Wearing a mask protects you and others from spreading COVID-19. It protects you from someone who may not have used the best judgment in making decisions and protect them if you are an asymptomatic carrier.

- Wear a mask in public.
- Observe proper social distancing.
- Wash your hands regularly.
- Avoid touching your face.
- If you are in a high risk group, consider staying home.

For more information visit
The Center for Disease Control
and Prevention (CDC)
www.cdc.gov.

Heat Stroke Awareness

Tips on Heat Stroke Prevention

- ▶ Stay hydrated—drink more water than usual. Don't wait until you're thirsty!
- ▶ Those at high risk for heat-related illnesses—the very young and the more mature population with chronic medical conditions should stay in an air-conditioned environment.
- ▶ If you are work outside, take frequent breaks. Stay cool. Pace yourself while working or exercising in hot weather.
- ▶ Do not leave children or pets in parked cars, even if the windows are cracked open. Cars can quickly heat up to dangerous temperatures.
- ▶ Protect your skin. Use sunscreen with a SPF 15 or higher.
- ▶ Cover up with a wide-brimmed hat. Wear lightweight and light-colored clothing.
- ▶ Leave pets plenty of water in shady areas or bring them inside.
- ▶ Check your local news for extreme heat alerts and safety tips.



What to do for Heat Stroke

Symptoms of heat stroke include extremely high body temperature above 103° or higher, hot, red, dry or damp skin, no sweating, hallucinations, chills, throbbing headache, confusion/dizziness and/or slurred speech.

- ▶ Call 911 right away—heat stroke is a medical emergency.
- ▶ Move the person to a cooler place. Help lower the person's temperature with cool cloths or a cool bath. Do not give the person anything to drink.

What to do for Heat Exhaustion

Symptoms of heat exhaustion include heavy sweating, extreme weakness or fatigue, dizziness/confusion, nausea, cold clammy/moist skin, pale or flushed complexion, muscle cramps, slight elevated body temperature and fast/shallow breathing.

- ▶ Move to a cool place, loosen clothing & sip water.
- ▶ Put cool, wet cloths on body or take a cool bath.

**Get medical help right away if you are:
vomiting, your symptoms get worse, your symptoms last longer than 1 hour.**