

2nd Quarter  
**2017**

**5 QUICK TIPS FOR A  
SAFE SUMMER**

Temperatures are climbing and the days are getting longer. Summer is quickly approaching, and that means more people will be hitting the great outdoors.

Here's a quick look at five important summer-safety topics:

**Sun Exposure** — Wear hats and opaque long-sleeved shirts and pants while outdoors. Use sunglasses with UV protection. Stay in the shade when possible. Try to stay out of the sun between 10 am and 2 pm. Use sunscreen with SPF of 16 or higher, and reapply every 3 to 4 hours or immediately after swimming or exercising.

**Exercise** — Drink water before, during and after exertion. Stay in the shade and avoid exercising in the middle of the day.

**Insect bites and stings** — Wear clothing that covers the skin, and when needed, apply insect repellent containing DEET to clothing, shoes and exposed skin. For children, use products with no more than 10 percent DEET and do not apply to hands.

**Water safety** — Drowning is the leading cause of death and injury for children under 5 in CA. Never leave a child unattended near a pool or other body of water for even a minute, even if the child knows how to swim. All pools are required to be fenced and have a self-latching gate.

**Poison oak** — Poison oak grows all over Southern CA. It is important to know what it looks like and avoid it. The leaves grow in clusters of three, usually green or red in color and typically appear in the spring and summer months. If you come into contact with the leaves, flush exposed areas with cold water for 20 minutes. Wash everything exposed.

**NO TIME FOR SIESTAS,  
COME JOIN OUR FIESTA!**

**2017 ANNUAL MEETING**

**May 4, 2017 • 5:00 pm and 7:00 pm**  
**LCMH, Center for Health Education Building**

Join us for



Snacks



Raffle for a 43" TV  
and many other prizes!



Review of 2016

Everyone who attends will receive a \$5 Starbucks® gift card!

RSVP by **May 1, 2017** by emailing Debbie Chang at  
[dchang@calcomcu.org](mailto:dchang@calcomcu.org) or calling us at **855.922.5266**.



**CALCOM**  
**OUT AND ABOUT**

**April 22** – Northridge CATS

**May 4** – Annual Meeting

**May 7** – Downey Street Fair

**May 25** – Downey Member Meeting

**June 8** – South Gate Member Meeting



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- 7/4 Closed - Independence Day

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**Main Branch Office**  
20723 Hawthorne Boulevard  
Torrance, CA 90503  
Phone: 310.371.4242

**Hours:**  
Monday-Thursday: 9:30am-5:30pm  
Friday: 7:30am-5:30pm

**Downey City Hall Branch Office**  
(Downey City Hall, Second Floor)  
11111 Brookshire Avenue  
Downey, CA 90241  
Phone: 562.862.0301

**Hours:**  
Monday-Friday: 8:30am-4:30pm  
Closed 1:00pm-2:00pm for lunch

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