

# WEKIVA TERRACE

JULY 2023, Volume 88

## IT'S HOT!!



### SUMMER HEAT INFOGRAPHICS

**MOST DANGEROUS AND GOOD TIME TO BE IN THE SUN**

HEADRESS  
SUNGLASSES  
COTTON T-SHIRT  
COTTON SHORTS  
SANDALS

**INCLUDE FOODS IN THE DIET**

FISH, MEAT, POULTRY: 11%  
DAIRY PRODUCTS: 15%  
FRUITS, VEGETABLES, HERBS: 74%

✓ DRINK MORE ✓ SUNSCREEN ✓ COOL SHOWER ✓ COTTON CLOTHING ✓ SUN SAFETY

**HEAT STROKE** 62%  
SYMPTOMS: dizziness; headache; facial flushing; nausea; weakness

**SUNSTROKE** 38%  
SYMPTOMS: vomiting; shortness of breath; rapid heart rate; fever; muscle pain

✗ ALCOHOL ✗ NO SMOKING ✗ SYNTHETICS ✗ JUNK FOOD ✗ HEAVY EXERCISE

### BEAT THE HEAT

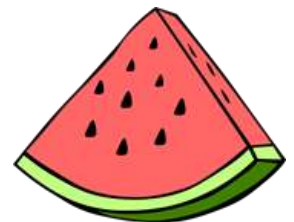
STAY HEALTHY & SAFE THIS SUMMER

- Drink water**  
Stay hydrated & don't wait until you're thirsty.
- Wear sunscreen**  
Apply sunscreen before going outdoors. Reapply every 2 hours.
- Avoid peak times**  
Stay indoors during the hottest time of the day from 10AM - 4PM if possible.
- Protect your eyes**  
Wear sunglasses to protect your eyes from UV rays.
- Keep cool**  
Protect your skin from direct sunlight to prevent sunburn.
- Look before you lock**  
Never leave children or pets inside the car. Protect them from heatstroke.
- Seek shade**  
Use a tree, umbrella or tent to protect you from the sun.

### HEAT PET SAFETY!

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- SHADE & WATER**  
Protect your pets from the sun's rays and keep them hydrated.
- NO CARS**  
Never leave a pet in the car, not even with the window cracked.
- NO ASPHALT**  
If it's too hot for bare feet, it's too hot for bare paws.
- LIMIT EXERCISE**  
Don't let playful pets over exert themselves in the heat.
- HEAT STROKE**  
Excessive panting, discolored gums, and mobility problems are signs. Seek veterinary attention immediately!



## PARKING!

Are you being a good neighbor when you park your vehicles? A few reminders of where that good neighbor's car is when parked:

- ✓ It is facing the direction of traffic (right side of the street)
- ✓ It is close to the curb but not on the grass
- ✓ It allows other cars to get around it easily
- ✓ It does not cover the sidewalk
- ✓ It does not block or crowd another neighbor's driveway

PLEASE BE A GOOD NEIGHBOR!!



*Southwest Property Management*

Address :

610 N Wymore Road, #200  
Maitland, FL 32751

Phone: 407 . 656 . 1081

(Contact is Sherry Shackelford)

**Next HOA Meeting is  
October 25 at 7:00 p.m.**

## GARBAGE CAN REMINDERS!

Garbage cans are to be stored so that they are not seen from the street! Behind a fence...or a lattice shield...or nice shrubs.

Recycle and Yard Waste are Monday...Trash on Friday. Cans are to be placed on the curb by 6 a.m. of the pick-up day...and returned to their storage place at the end of the day...not to stay at the curb!

The lid **MUST** be closed or the truck may not pick up the can! (The reason is because the trash can fly out of the can if the lid is not shut!)

(Check 311 or the OCFL website for how to prepare yard waste—bundled or bagged.)