



Check your Summer of Safety – “Safety IQ”

Want to check out how much you’ve learned now that we’re half-way through our Summer of Safety Campaign? (The answers are at the end of the quiz, but you’re on your honor not to peek.)

- 1. What time are the UV rays the strongest?**
 - a. At night
 - b. Pre-dawn
 - c. During the midday
 - d. During periods of stress
- 2. The most effective time to plan for a storm is?**
 - a. Immediately before the storm hits
 - b. As the storm approaches
 - c. Now
 - d. Once there is an accurate estimate of possible storm damage
- 3. Which word means your body is losing more fluids than it takes in?**
 - a. Recantation
 - b. Dehydration
 - c. Evaporation
 - d. Sleeping
- 4. Don’t leave a child alone in a hot car as temperatures inside can rise to deadly levels within?**
 - a. A few minutes
 - b. A few hours
 - c. A few weeks
 - d. A few months
- 5. An important step to help your family stay safe in/around water is to?**
 - a. Teach children to always wear floaties
 - b. Enroll in age-appropriate swim lessons
 - c. Buy approved swim suits only
 - d. Swim where there are no life guards present

6. **What is the most effective way to prevent head injury resulting from a bicycle crash?**
 - a. Wear knee pads
 - b. Invest in appropriate footwear
 - c. Make sure the brakes are working properly
 - d. Always wear a fitted helmet

7. **What is the most common carrier of Lyme disease?**
 - a. Walmart
 - b. Cafeteria food
 - c. Blacklegged tick (also known as the Deer tick)
 - d. Unchlorinated swimming pools

8. **Which is the most common type of playground injury?**
 - a. Falls
 - b. Food Poisoning
 - c. Stubbed toe
 - d. Hurt feelings

9. **What is the most common bacteria found in improperly cooked foods?**
 - a. Salmonella
 - b. Mayonnaise
 - c. Probiotic
 - d. Vitamin D

10. **Where is it safe to swim in the 14-mile stretch of the Potomac River (from Great Falls to the Key Bridge)?**
 - a. Only in knee-deep water
 - b. Only where a lifeguard is present
 - c. Swimming is unsafe in this entire area
 - d. Only close to the shoreline

11. **County residents are encouraged to sign up for Montgomery County's emergency warning system, to receive important notifications of weather watches and warnings, along with information about road and facility closures, traffic signal outages and other emergency information. What is this emergency warning system called?**
 - a. Alert Montgomery
 - b. EMWS
 - c. Bring it On
 - d. Notifications Now!

12. **During hot weather you need to drink plenty of fluids when?**
 - a. In advance of activities
 - b. During activities
 - c. After activities
 - d. All of the above

(Answers below)

Answers:

1. C During the midday
2. C Now
3. B Dehydration
4. A A few minutes
5. B Enroll in age-appropriate swim lessons
6. D A fitted helmet
7. C Black legged tick (also known as the deer tick)
8. A Falls
9. A Salmonella
10. C Swimming is unsafe in this entire area
11. A Alert Montgomery
12. D All of the above

If you got one to four answers correct, you need to go to “Summer Safety School” and review the past five weeks of tips. Five to nine answers correct still puts you in the “At Risk” category for a summer safety mishap. But if you got 10 to all 12 answers correct, you can become a “Safety Ambassador” qualified to help spread the good word about how to stay and play safe for the rest of the summer!