



P.O. Box 2710, Manassas, VA 20108  
novec.com | 703-335-0500

 @novec  @novec  @novec\_electric



### Tip of the Month

Go to [NOVEC.com/SmartHub](https://www.novec.com/SmartHub) to sign up for SmartHub. It's the most convenient way to pay your bill, check your energy use, report an outage, personalize alerts and more!

# What's Current

---

JULY 2023

## SEVEN WAYS TO KEEP COOL, COMFORTABLE, AND HEALTHY AS THE SUMMER HEATS UP

NOVEC provides power for air conditioners and fans on summer's hot days, but your co-op reminds you to stay cool, comfortable, and healthy when you go outdoors or somewhere extremely hot.

1. Drink plenty of water, even if you don't feel thirsty. Take a water bottle in an insulated drink tote, or carry it in a canteen or insulated hard-plastic cup. Cups with metal exteriors keep cold water cold for a long time. Caffeinated drinks — including iced tea, iced coffee, and sodas — can actually dehydrate you. So can alcoholic beverages.
2. Wear lightweight, light-colored, and loose-fitting clothes. Cotton and linen “breathe” well. Don't wear jackets or pants with linings; linings trap heat.
3. Walk under an umbrella or wear a hat with a wide brim. Don't forget to wear sunscreen.
4. Carry a portable, battery-operated fan and spray mister.
5. Tuck a dry washcloth or handkerchief in your pocket. Wet the cloth with water you're carrying and pat your face, wrists, ankles, and the back of your neck. Ice packs work even faster to cool you down.
6. Before a planned trip or outing, spend short bursts of time outdoors to build up your heat tolerance. If you're not used to the heat and you spend the day at a beach or at a ballpark, you're more likely to get a heat-related illness.
7. Pay attention to your body's signals. The warning signs of heat exhaustion, and the more serious heat stroke/sunstroke, can include: fatigue, headache, confusion, dizziness, light-headedness, muscle or abdominal cramps, and rapid heartbeat — either strong or weak.

## PROTECT YOUR FAMILY

### Beware of the risks of electricity near water

Electric Shock Drowning (ESD) severely injures and kills people every year. ESD occurs when faulty wiring sends electric current into water. The electricity then passes through any body in the water and causes paralysis, which could ultimately result in drowning. Whether you own a boat, are visiting a marina, or have a pool in your backyard, you should know how to avoid ESD:

- Locate and label all power switches to pool, hot tub, spa equipment, or strand lighting.
- Make sure all pools, hot tubs, and spas are at least 25 feet from power lines.
- All wiring and repairs should be performed by a qualified electrician.
- Have your pool, spa, or hot tub inspected annually by a qualified electrician.
- Install Ground Fault Circuit Interrupters (GFCIs), which can prevent electrocution, on all receptacles within 20 feet of a pool, spa or hot tub.

### What to do if you suspect an electric shock drowning situation

- Do **not** enter the water.
- Turn off the source of power.
- Call 911.
- Use an insulated device (such as fiberglass rescue crook) to attempt to remove the victim from the water.

Source: *Electrical Safety Foundation International*



Example drawn by Emma Khamsivone | Grade 4

### DEADLINE FOR YOUTH ART CONTEST IS AUG. 1

NOVEC invites children 12 years old and younger to submit an original piece of art showing an example of how their family enjoys electricity. From toasters to video games to automatic cat-feeders and beyond, kids can explore the limits of their imaginations. The deadline to submit entries is Tuesday, August 1, 2023.

These young artists can use crayons, colored pencils, or markers, or even create something on a computer or tablet. There is no limit to how many entries a child can submit.

The contest is open to any child who lives in a home whose electricity is provided by NOVEC. Some of the art will be included in the October edition of NOVEC's *Cooperative Living* magazine. A committee will evaluate all submissions, and the top three participants will receive prizes.

Mail entries to: Youth Art Contest, NOVEC Public Relations, P.O. Box 2710, Manassas, VA 20108, or email [rearl@novec.com](mailto:rearl@novec.com).

*Please include this entry from with every submission.*

**NOVEC ART CONTEST ENTRY FORM | DUE: AUGUST 1, 2023**

Artist's name: \_\_\_\_\_

Artist's age: \_\_\_\_\_

School and grade: \_\_\_\_\_

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_

Email (optional): \_\_\_\_\_

if you'd like to receive a confirmation that the entry was received