

WPOD

Weekly Report



June 20,

Through

June 26,

2022

Officer Ron Strehle
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WEST PATROL OPERATIONS DIVISION

A weekly summary of targeted crimes that have occurred in the West Patrol Operations Division of the Dayton Police Department.



POLICE STATS:

	COMPARED TO 2021	COMPARED TO 2020
PART 1 VIOLENT	-9%	-21%
PART 2 VIOLENT	+22%	+32%
PART 1 PROPERTY	+8%	-12%
PART 2 PROPERTY	-9%	-14%
TOTAL CRIME	+5%	+5%

PART 1 VIOLENT MURDER RAPE ARMED ROBBERY UNARMED ROBBERY AGGRAVATED ASSAULT	PART 2 VIOLENT KIDNAPING SIMPLY ASSAULT MENACING	PART 1 PROPERTY ARSON BURGLARY BREAKING & ENTERING MOTOR VEHICLE THEFT THEFT FROM MOTOR VEHICLE	PART 2 PROPERTY RECEIVING STOLEN PROPERTY CRIMINAL DAMAGING COUNTERFEITING EXTORTION BAD CHECKS
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Weapons Violations	21
Drug Arrests	10
Felony Arrests	25
Traffic Citations	33

POLICE INFORMATION:

Visit the website: <https://www.daytonohio.gov/>

Under Government, click Police. From here you will be able to sign up for crime alerts, view an incident report (via report number), get crime tips, and other useful information.

OBTAIN A TRAFFIC CRASH REPORT:

<https://ohtrafficdata.dps.ohio.gov/crashretrieval>

CRIME REPORTING:

Citizens can file reports online for certain crimes by following the guidelines on the website:

<https://www.daytonpolicereports.com/apps/citizenreporting>

AGGRAVATED ASSAULT

DATE	TIME	LOCATION	NEIGHBORHOOD	SYNOPSIS
6/26/2022	1929	4100 W SECOND ST	RESIDENCE PARK	Uncooperative victim was shot by his ex-girlfriend's new boyfriend.
6/25/2022	2101	2800 MCCALL ST	LAKEVIEW	Victim's girlfriend was arrested after she had run over his feet with her car.
6/20/2022	1100	5021 ROCKLAND DR	NORTHERN HILLS	Suspect arrested after stabbed the victim after a fight.
6/23/2022	0008	2014 CORNELL RIDGE DR	WESLEYAN HILL	Suspect attempted to run over officers during a traffic stop.
6/24/2022	2350	2423 N main ST	HILLCREST	Very intoxicated victim was shot trying to break up a fight between 2 other individuals and got beat himself.
6/22/2022	0100	252 BROOKLYN AV	WESTWOOD	Victim beat by her child's father.
6/24/2022	1409	2208 N GETTYSBURG AV	WESLEYAN HILL	Victim was shot in the leg during an alleged Agg. robbery.
6/20/2022	1557	520 ALAMEDA PL	DAYTON VIEW TRIANGLE	Suspect arrested after stabbed the victim after a fight.
6/25/2022	0018	451 BRIGHTWOOD AV	RIVERDALE	Uncooperative victim shot in the hand. Poss. connected with 2423 N Main St.
6/21/2022	2320	253 SANDHURST DR	NORTH RIVERDALE	Victim hit by a car driven by his child's mother.
6/26/2022	0400	811 OLDFIELD PL	MIAMI CHAPEL	Victim was shot in the leg by her boyfriend while at the Blue Note Bar
6/21/2022	1415	4115 FREE PI		Victim stabbed by her sister after argument.
6/26/2022	0000	1404 WESLEYAN RD	CORNELL HEIGHTS	Victim was shot by an unknown white male in an unknown vehicle as he approached the female passenger.

AGGRAVATED ROBBERY

DATE	TIME	LOCATION	NEIGHBORHOOD	SYNOPSIS
6/25/2022	2000	2231 SALEM AV	FAIRVIEW	Uncooperative victim was robbed at gunpoint while at a gambling at an unknown location.
6/21/2022	1401	1200 PRINCETON DR	UNIVERSITY ROW	Victim robbed at gunpoint of his wallet.
6/20/2022	1129	414 NEAL AV	FIVE OAKS	Victim robbed at gunpoint after meeting the suspect on LetGo
6/24/2022	1409	2208 N GETTYSBURG AV	WESLEYAN HILL	Victim was shot in the leg during an alleged Agg. robbery.

ROBBERY

DATE	TIME	LOCATION	NEIGHBORHOOD	SYNOPSIS
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RESIDENTIAL BURGLARY

DATE	TIME	LOCATION	NEIGHBORHOOD	SYNOPSIS
6/25/2022	0108	2913 HOOVER AV	WESTWOOD	Unknown suspect was apprehended by victim and held on the ground until police arrived.
6/23/2022	2235	1203 HOOK ESTATE DR	PHILADELPHIA WOODS	An unknown suspect entered the home, stayed there and was arrested.
6/24/2022	1330	15 RIDGE AV	NORTH RIVERDALE	An unknown suspect entered the home and took jewelry.
6/24/2022	1800	2224 SALEM AV	FAIRVIEW	A known suspect entered the home and took a gun.
6/20/2022	0000	4625 CHRISTOPHER AV	NORTHERN HILLS	A known suspect entered the home and damaged TV.

RESIDENTIAL BURGLARY

DATE	TIME	LOCATION	NEIGHBORHOOD	SYNOPSIS
6/22/2022	1910	4724 W HILLCREST AV	GREENWICH VILLAGE	A known suspect entered the home and assaulted victim. Suspect later arrested.

BREAKING & ENTERING

DATE	TIME	LOCATION	NEIGHBORHOOD	SYNOPSIS
6/25/2022	0611	1413 N MAIN ST	FIVE OAKS	Business was entered and Vape Products were taken
6/25/2022	0900	57 KNECHT DR	NORTH RIVERDALE	A vacant home was entered and tools were taken.
6/24/2022	2347	1651 VANCOUVER DR	PRINCETON HEIGHTS	A vacant home was entered, but it is unknown if anything was taken.
6/23/2022	1700	109 E HUDSON AV	NORTH RIVERDALE	A known suspect entered the vacant home and took a video game system.

MOTOR VEHICLE THEFT

DATE	TIME	LOCATION	NEIGHBORHOOD	SYNOPSIS
6/25/2022	0900	2765 WENTWORTH AV		The victim's car was towed from this location.
6/24/2022	2030	1845 N MAIN ST	SANTA CLARA	The victim's car was stolen from this gas station after it was left running at the pump.
6/26/2022	1315	2651 MCCALL ST	LAKEVIEW	The victim's car was towed from this location.
6/22/2022	1930	869 CLARKSON AV	WESTWOOD	The victim's car was towed from this location.
6/22/2022	0530	3205 ATHENS AV	CORNELL HEIGHTS	The victim's car was taken from this location, after the keys were left in it.
6/22/2022	0200	2102 PICADILLY AV	WESLEYAN HILL	The victim's car was taken from this location, after the keys were left in it.
6/22/2022	2100	25 N UPLAND AV	WESTWOOD	A known suspect took the victim's keys and car.
6/21/2022	2000	808 KAMMER AV	WESTWOOD	A known suspect took the victim's keys and car.
6/21/2022	0800	4047 KAMMER AV	RESIDENCE PARK	The victim's car was taken from this location, after the keys were left in it.
6/20/2022	0317	1947 ELSMERE AV	DAYTON VIEW TRIANGLE	The victim's car was taken from this location, after the keys were left in it.
6/20/2022	1300	3613 N MAIN ST	HILLCREST	The victim's car was taken from this location, after the keys were left in it.

THEFT FROM MOTOR VEHICLE

DATE	TIME	LOCATION	NEIGHBORHOOD	SYNOPSIS
6/22/2022	2200	1617 TENNYSON AV	COLLEGE HILL	The victim's wallet was taken from an unlocked car.
6/23/2022	0330	1507 SHELLY DR	CORNELL HEIGHTS	The victim's gun and money was taken from an unlocked car.
6/22/2022	0100	1434 N JAMES H MCGEE BL	WESTWOOD	The victim's gun was taken from an unlocked car.
6/20/2022	1828	1504 N GETTYSBURG AV	WESTWOOD	A known suspect took tools from victim's truck.

2022 Class Line-up



All classes offered are instructed by Dayton Police Community Engagement Officers and their associates.



Free informative classes offered to the community:



Surviving an Active Shooter Incident

This class is a must for anyone wanting to learn and practice what actions to take to increase their chance of not becoming a victim of an active shooter.



Interaction with Police

In this class, we will explore the dangers of the "routine" police traffic stop that exist for a police officer, as well as the public. We will discuss what rights that a citizen has when involved in a traffic stop or police inquiry.



Frauds and Scams Against Seniors

Seniors can make easy targets for fraud for many reasons. In this class we discuss the current scams directed towards the senior population and actions to take if you or someone you know has become a victim.



Personal Safety Awareness

It has never been a more important time to learn to take control of your personal safety. This class is designed to help women of every age avoid and deal with difficult and potentially dangerous situations.



Kid Safe

Your child's well-being and safety are extremely important to you, particularly when they are under your care- at home, in the car and elsewhere. This class will help you take every step possible to ensure that they are safe in most situations.



A Firearm in the Home

As a firearms owner, we are responsible for knowing how to properly handle and secure firearms in a safe manner. This class will help underscore the responsibilities each of us must accept when we bring firearms into our homes.

Classes Promoting Workplace Safety

- Workplace Violence
- Delivery Safe
- Realtor Safe
- Bank Teller Safe

All classes are **FREE** to the community for groups of 10 or more attendees.

- Religious groups / Churches
- Businesses
- Clubs and civic groups
- Neighborhood Associations

All classes shown are held at **YOUR** location and are usually held evenings and weekends for your convenience.

Due to subject matter, attendees must be at least 16 years of age to attend.

For information or to set up a class for your organization, please contact:

Off. Ron Strehle DPD
937-333-8990
Ronald.strehle@daytonohio.gov



Professionalism
Integrity
Respect
Fairness



www.JoinDaytonPD.com



REQUIREMENTS

- Must be 20 to apply
- Must not have reached 69 years of age by date of appointment
- Must have high school diploma or G.E.D
- Must have and maintain a valid driver's license

BENEFITS

- Medical, Dental, and Vision Insurance
- Paid Vacation and Sick time
- Police and Fire Pension Plan
- Starting salary \$28.90 per hour



Contact us for more info - Ph. 937.333.1024 - Email DPD-RecruitmentUnit@DaytonOhio.gov

WESTWOOD, WE NEED YOUR INPUT!



HOW WOULD YOU LIKE US TO ADDRESS:

**BLIGHT
SAFETY-CRIME
BOARDED UP HOMES**



We need your opinions and ideas on a Westwood neighborhood safety plan to address residential crime concerns, vacant boarded up homes, and vacant lots.

Please complete the enclosed survey and return in the pre-paid envelope or at a block party.

**FREE FOOD!
MUSIC!
GIVEAWAYS!**



BLOCK PARTIES, 2-4PM

JUNE 4.

WESLEY DAYTON, 3730 DELPHOS AVE

JUNE 25.

OPERATION REACHBACK, 100 BROOKLYN AVE

JULY 16.

WESLEY DAYTON, 3730 DELPHOS AVE

SEPTEMBER 17.

WESTWOOD ELEMENTARY, 2805 OAKRIDGE DR

OCTOBER 8.

SHILOH CHURCH, 3801 FAIRBANKS AVE

TAKE A LOOK AT WHO'S WORKING IN WESTWOOD NEIGHBORHOOD!



CITY OF DAYTON

Westwood Neighborhood Safety Plan. Our purpose is to help residents of Westwood develop a holistic safety plan to raise awareness of residents' crime concerns, increase safety, and give residents a voice in determining the focus of police activity. The project aims to promote community assets and identify community-based crime solutions. Please complete the enclosed survey and return in the postage paid envelope or return at one of the block parties. Contact information, Human

Relations Council, 371 W 2nd St., Suite # 100, Dayton, Ohio 45402

937-333-1400 or Email: westwoodsafetyplan@gmail.com

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CONTINUED



WESLEY DAYTON

Wesley Dayton serves as a catalyst, convener, and connector in support of the citizens, businesses and organizations of the Westwood neighborhood and West Dayton to improve and enhance the physical, financial, social, emotional and spiritual wellbeing of the community. Wesley Dayton offers programs for the entire family including outreach case management, personal assistant and social and physical activities. The Food Distribution Center provides those in need with five days every month for as long as they need with food.

Contact us @ 937-263-3556 or www.wesleycenterdayton.org

WESTWOOD-RIGHT PROJECT



*The Westwood Right Project CDC (WRPCDC) is a 501 C 3 nonprofit organization in Westwood. We were successful in getting the city of Dayton and the Montgomery County Land Reutilization Corporation to approve a planning grant for Westwood. The overall goal is for the residents and stakeholders to give input for the stabilization and improvements of the Westwood neighborhood, focusing on housing, strategic development, and open spaces areas. To give your thoughts, opinions for the community plan, **please contact WRPCDC at 937-263-0076 , Website:***

www.westwoodrightproject.org, Facebook: Westwood Right Project, CDC, Email: riseupdayton@yahoo.com



I LOVE WEST DAYTON

*I Love West Dayton (ILWD) is a nonprofit organization organized and operated for beautification and developmental purposes. ILWD will focus on environmental, and social dimensions of the West Dayton area in Dayton, Ohio. The areas of activities will be small beautification developments in neighborhoods, vacant property redevelopment, and the development of social engagement. The primary mission is to develop and improve low to moderate-income communities and neighborhoods through mass cleaning and related development **Contact us @ ilovewestdayton@gmail.com or visit www.ilovewestdayton.com***

OPERATION REACH BACK



*Operation Reach Back (ORB) is a 501 C 3 nonprofit Westwood-based organization. We are recruiting individuals for a future workforce/entrepreneurship training program in landscape, and lawn management. Please contact us if have any employment barriers. We can assist you with expunging your record. Our goal is to provide individuals and families with a hand up in developing skills in a high demand field. We have a mentorship to leadership to Entrepreneurship program. **Contact us at Kevin Walters @ 937-250-1770 or email: Kevin@operationreachback.org***

Summer Safety Tips to Share

1. Learn CPR

With 88% of cardiac arrests happening at home, it's wise to be trained in Cardiopulmonary resuscitation (CPR) to help loved ones immediately. Many people who suffer from cardiac events appeared healthy at the time and didn't have any known heart risk factors. Whether you're enjoying time outdoors, at a friend's home, or in your own home, knowing CPR can buy an individual precious minutes until professional medical help arrives.

2. Change Your Smoke Alarm Batteries

When was the last time you changed your smoke alarm batteries? Make it a priority for your summer to-do list. Don't forget to set a calendar alert for checking your smoke alarms monthly, too.

3. Remember Your Mask

Yes, the Centers for Disease Control and Prevention (CDC) recently stated fully vaccinated folks could go mask-less for the most part. But don't ditch the mask just yet. Crowded areas and venues — think a bustling train station or market — may still require you to wear a mask even if you're fully vaccinated.

4. Swim Smart

Kids aren't the only ones who need to practice safe swimming. Adults need to keep swimming safety in mind, too. Whether enjoying the pool, beach, lake, or river, any body of water can be dangerous if the appropriate precautions aren't taken. It's important to remember drinking alcoholic beverages and swimming don't mix. Don't overestimate your swimming abilities and avoid swimming alone, especially where there are reported strong currents in natural bodies of water. Designating an undistracted "water watcher" to keep an eye on your group can be helpful in detecting a swimmer in trouble.

5. Wear Daily Sunscreen

Reduce your skin cancer risk (and the early onset of wrinkles!) by wearing sunscreen daily. Most people spend more time outdoors enjoying summer activities, making it easy to forget to apply sunscreen. People with sensitive skin are most likely to burn easily in the sun. The American Academy of Dermatology recommends applying sunscreen with an SPF of 30 or higher. Since no sunscreen can block all of the sun's UVB rays, be sure to wear sunglasses, a hat, and cool, long-sleeved clothing when outdoors for long periods of time.

6. Stay Hydrated

Staying hydrated is always important for optimal body functioning, but especially during the hot and humid months. That's because fluids are lost through sweat which happens a lot more often in the summer. If you plan to spend a lot of time outdoors, make sure you keep water with you and drink it often. Consuming foods with high water content — think melons, lettuce, cucumbers, etc. — can also help you stay hydrated to avoid heat illnesses.

7. Prepare an Emergency Weather Kit

Summer is known for its long days, but it's also a prime time for severe weather like thunderstorms or hurricanes. Heavy area storms can easily knock out power and scatter debris, making it difficult to travel outside the home for necessities. Ensure you have a full emergency kit ready to go with non-perishable food, flashlights, water, a first aid kit, extra medications, etc. to see you through an emergency situation.

8. Be a Defensive Driver

Every summer, more drivers hit the road for vacations. With individuals still hesitant to hop aboard aircrafts, the roads are bound to be more crowded. When driving, put your cell phone away (put it in the trunk if you need to avoid temptation) and keep your eyes on the road. If you're tired, pull over for a quick nap since drowsy driving can be just as dangerous as drunk driving. And, above all, if you're under the influence, wait until you're sober before driving. In 2019, over 10,000 individuals were killed in drunk driving incidents, according to a press release from Mothers Against Drunk Driving (MADD).

9. Use Insect Repellent

Protect yourself from diseases spread by mosquitoes and ticks like dengue fever, malaria, West Nile Virus, and Lyme disease by wearing bug repellent. In addition to bug spray, you can also minimize bug bites by discarding standing water in your yard (think bird baths and kiddie pools), wearing long sleeved-clothing, and using mosquito netting, when outdoors to avoid bug bites.

10. Boat Safely

Summer is a great time for boating. A few precautions to take when boating include: ensuring enough life vests are onboard; watching the weather before and during your time on the water; skipping alcoholic beverages when driving the boat; staying hydrated throughout the day.

11. Don't Ignore Thunder

As the saying goes, “When thunder roars, go indoors.” While the odds of being hit by lightning are one in a million annually, it’s still not a good idea to hang outdoors during a thunderstorm — especially if you live in a place like Florida or Texas. Remember the 30-30 rule. Once you see lightning, count to 30. If thunder claps happen before you hit 30, go inside. Additionally, avoid bathing in the shower or bath tub during thunderstorms as lightning can travel through plumbing.

12. Move It

Physical activity is a must to stay healthy. If you have the summer off — or need to use up vacation time — consider planning an active vacation. Kayaking, swimming, paddleboarding, whitewater rafting, and hiking are great outdoor activities to hit your necessary 150 minutes of moderate aerobic exercise each week.

13. Eat Healthy Food

Summer is bountiful in its harvest of fruits and veggies. Make a stop at the local produce stand or farmer’s market to pick up fresh, seasonal produce options like watermelon, blackberries, zucchini, and okra when their nutrient counts are the highest. Plus, eating water-rich foods can keep you hydrated which will reduce headaches, overeating, and feeling faint on hot summer days.

14. Exercise With Caution Outdoors

If you enjoy working out in the great outdoors, you may wonder how to do so safely in the summer heat. It can be done, but you’ll need to take extra precautions to ensure you don’t put your health at risk. Staying hydrated is the number one key to safe outdoor exercise, along with enjoying exercise in shaded areas. If the heat index is over 90 degrees, you may want to consider working out indoors or waiting until the evening.

15. Cook Food the Same Day

Planning a picnic? Make sure you cook food the same day to limit the amount of time bacteria has to grow in it. Viruses and bacteria are the most common culprits of food poisoning, which is usually just unpleasant but can send you to the hospital if you’re not careful. To prevent illness, practice the four food safety steps: [clean](#), separate, cook, and chill.

16. Limit Sun Exposure

The sun is the most damaging between 10 a.m. and 4 p.m. daily. Do your best to go outside before or after that time frame. Or, cover up or work under shaded areas to limit sunburns and other risks of heat illnesses.

17. Practice Fireworks Safety

In 2019 alone, fireworks caused an estimated 10,000 injuries that required emergency treatment in U.S. hospitals. On 4th of July the same year, around 900 ER visits were associated with sparklers and 400 with bottle rockets, according to the 2019 Annual Fireworks Report by the U.S. Consumer Product Safety Commission. When using fireworks, keep a safe distance once lit and don't point fireworks toward the face or body. Keeping water nearby to extinguish fireworks is always a good idea, too.

18. Drink Right

Nothing says summer like a fruity umbrella drink, right? While it's fine to have an adult beverage every once in a while, one of the most important health tips to remember is to stay hydrated. If you don't love plain water, consider infusing it with fruit. Or, switch it up and add coconut water for an electrolyte boost and refreshingly delicious drink that is better for you than other sweet beverages.

19. Keep Good Sleep Practices

With summer vacations and long summer days ahead of you, it's easy to mess up your sleep routine. But, experts say skipping out on quality sleep can put a damper on your health. Do your best to wake and fall asleep at the same time each day to keep your sleep patterns regular.

20. Watch for Power Lines

Summer is the ideal time to try out new toys and activities like kite flying, drone flying, and tree climbing with kiddos. Just be sure to watch out for low-hanging power lines. If one of your gadgets — like a kite — gets stuck, forego getting it yourself. Notify your local power company to report it. And after heavy storms, be sure to watch out on the roadway for downed power lines, too. Stay a minimum of 25-feet away from downed lines.

21. Keep Sanitizer on Hand

While social settings may be a bit more relaxed now due to the COVID vaccine rollout, it's still wise to practice good hygiene. Whether you're at a picnic, coming out of the grocery store, or holding a stair handrail, use sanitizer any time you're unable to get to a

bathroom to wash your hands properly. Alcohol-based sanitizers with at least 60% of alcohol gets the job done.

22. Watch Your Grill

As the summer months encourage more outdoor time, firing up the grill becomes a popular activity. If you love to grill, be sure to practice food safety and fire safety. That includes only grilling outdoors, keeping kids and pets away, and keeping the grill cleaned of grease and fat. Above all, never leave a grill unattended!

23. Practice Smart Home Safety

Summer time is a prime time for vacations. It's also a prime time for residential burglaries. Consider setting up light timers at your home to deter would-be criminals from breaking-and-entering. Additionally, having motion lights and nighttime landscape lighting can deter criminals as well.

24. Connect With Others

Social interaction is an important part of social health. Throughout this summer, keep your mental health in check by spending time with loved ones. Doing so can elevate your mood and keep you from isolating, which can lead to depression and other mental health concerns.

25. Protect Your Hearing

Summer is a great time for enjoying unique activities like sporting events, shooting ranges, concerts, etc. But it can also do a number on your hearing. Loud noises above 120 decibels can cause damage to your hearing immediately. Invest in some good ear plugs if you plan to attend any of those activities this summer.

26. Do What You Love

Finding joy in life and its activities is one of the best ways to keep yourself mentally and physically young. Whether that's going out golfing with friends, playing with your grandkids, visiting a local winery, painting, wakeboarding, etc., it's important to make time to rest and relax this summer season.

27. Give Wildlife Space

While it may be tempting to feed the cute ducklings by the pond or try to feed a deer from your hand, know that wildlife is just that — wild. They can be unpredictable and bite out of fear or defense. Be sure to give all wildlife that you encounter this summer season

plenty of space. That goes for snakes, bears, bees, alligators, birds, deer, and other roaming critters.

28. Remember Bikes Are Vehicles

With longer summer days, evenings and early mornings are perfect for solo bike rides. Not only is it great exercise, it's good for the earth, too. Always ensure that you know the rules of the road before heading out for a ride. Additionally, wearing a helmet and other safety gear — like reflective clothing — can help you stand out to other motorists on the road.

29. Have a First Aid Kit Together

Be prepared for scrapes, scratches, bites, and more by having a first aid kit on hand. You'll want to keep it stocked and ensure the ointments aren't expired. Keep one at home and in your car for unexpected mini medical issues. Items like gauze pads, medical tape, bandages, eye protection, alcohol wipes, and the like are useful to have in your kit.

30. Prevent Fires

The number one cause of residential fires are cooking fires. Whether you're toasting marshmallows over a fire pit or grilling on your back patio, make sure to keep any fire activities a minimum of 10 feet away from your home. Keep a fire extinguisher handy and a hose nearby to put out any unexpected fires.

31. Watch Your Step

When you spend time outdoors, don't forget to always have shoes on and watch where you step. Summertime is an active time for creatures like alligators (coming out from under your car), snakes (out in the yard), bees (buzzing around in flower patches), and other outdoor hazards. Make it a point to look before you step — especially if you're exploring your favorite local parks this time of year.

32. Check Your Car

It's easy to get distracted. Be sure to check your car before you lock up for any pets or children who may be left behind. Even a cool 78-degree outdoors means the interior of a car can quickly reach upward of 120-degrees within minutes.

33. Mow With Caution

Yard upkeep may be a great workout, but it isn't without its hazards. When mowing the yard, make sure you wear long sleeve pants and shirts, along with safety goggles.

Wearing close-toed shoes is a must, too, to keep rocks and other sharp objects from hurting your feet.

34. Know How to Handle Heat Stress

Heat stress can come on quickly and is dangerous if you're not sure what to look for. If you or someone you're with outdoors starts profusely sweating, feels faint or dizzy, or has a weak pulse, get into a cool area quickly. Stop all activity to rest, drink plenty of fluids, and get into the AC or a cooler place (like under a shade tree) to recoup energy.

35. Take Care of Your Feet

Flip flops may be stylish and convenient, but they wreak havoc on your feet. Your toes constantly need to grip the shoe to keep them on, which can actually lead to tendonitis in your toes. Plus, these lightweight shoes offer little to no support, which can cause foot pain and even back pain. If you notice more foot pain than normal, schedule a visit to your local podiatrist to discuss.

36. Watch for Recreational Water Illnesses

Now that pools are reopening and summer beckons swimmers, it's important to remember that public swimming areas can carry a variety of bacteria and viruses — even if it isn't COVID. Be mindful of swimming only in clean public pools, otherwise you can expose yourself to bacteria that can cause respiratory, eye, neurologic, gastrointestinal, skin, and wound infections. The most common health concern is swallowing pool water that's been contaminated by human feces. Bacteria can live in improperly-balanced pools for days, so if you accidentally swallow water and feel unwell, visit your doc.

37. Pay Attention to Poisonous Plants

Poison ivy, poison sumac or poison oak, causes issues for about 85% of the population. Of those, up to 15% are extremely allergic. When out working in the yard or spending time in nature, be aware of the plants you're exposing yourself to, especially if you're not wearing long sleeves and pants. The plants are found everywhere except Alaska and Hawaii, so be on the lookout for the vine.