

Ozone Alert Season is Here

With warmer weather comes Tulsa's **OzoneAlert!** season.

While ozone is a protective element high in the sky, it causes health problems when it is concentrated in the air we breathe at ground level.

Tulsa monitors the ozone in the air each summer and issues OzoneAlerts when conditions favor formation of unhealthy ozone.

There are many ways Tulsans can help reduce ozone levels, including limiting use of motor vehicles and petroleum-fueled power equipment on OzoneAlert! days.

More information is available online at www.ozonealert.com. Also check out Tulsa's one-stop information center about ways to travel "air-friendly" at www.TulsaTRC.com



Flood insurance available for Tulsa properties

Most homeowners' policies do not cover flood losses. You can protect your home and its contents through the National Flood Insurance Program (NFIP).

Homeowners should obtain coverage for structure and contents. There can be more damage to the contents than the structure. Renters can buy contents coverage even if the owner does not insure the structure.

There is a 30-day waiting period before the policy becomes effective.

Flood insurance is required by law in order to obtain federally secured financing, including federal grants, FHA and VA loans, and most conventional mortgage loans, in order to buy, build, or renovate structures located in a flood hazard area. To find out more about flood insurance, contact any licensed property/casualty agent or broker - the same person who sells your home and auto policies. All agencies charge the same premiums.

You may be denied federal assistance after a disaster if you don't have flood insurance.



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City of Tulsa

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City Life

A Community Publication from the City of Tulsa

Learn CPR on Save-A-Life Saturdays in the Parks

Citizen CPR and Tulsa Parks are teaming up with other area parks to offer FREE training in basic CPR.

Thanks to support from the American Heart Association, Emergency Medical Services Authority (EMSA) and Cox Radio, Inc., these free classes are available in the American Heart Association's "Family & Friends CPR" format. Courses are offered every Saturday all summer long.

These are courses for the layperson. Participants will learn:

- Basic CPR for victims ages infant-adult with hands-on practice
- BONUS! How Automated External Defibrillators (AEDs) work:

NOTE: These are not certified classes required for childcare or health care providers.

- All classes are indoors from 9 a.m. to 11:30 a.m. on Saturdays, unless otherwise noted on the schedule.

- Space is limited and advance registration is encouraged. To register or get more information on these or American Heart Association-certified classes, go online to www.tulsacpr.com If you don't have Internet access, call (918) 596-3600.

5/31	Hicks Park	3443 S. Mingo Rd.
6/7	Whiteside Park	4009 S. Pittsburg Ave.
6/14	Owasso YMCA	8300 Owasso Expressway
6/21	Lacy Park	2134 N. Madison Pl.
6/28	Case Center	1050 W. Wekiwa Rd, Sand Springs
7/12	Nienhuis*	3201 N. 9th St., Broken Arrow (1:30--4 p.m.)
7/19	Reed Park	4233 S. Yukon Ave.
7/26	Whiteside Park	4009 S. Pittsburg Ave.
8/2	Central	1500 S. Main St., Broken Arrow
8/9	Bixby Community Center	211 N. Cabaniss Ave., Bixby



Beware of Summer Heat

In recent summers Tulsans have suffered through record-setting weeks of above normal high temperatures and the Emergency Medical Services Authority (EMSA) made hundreds of heat-related medical runs.

Tulsa's government entities and social service agencies work closely together each year to monitor heat conditions and minimize effects on citizens. The best ways to minimize the effects are to modify strenuous activities and know how to cope with the heat. People of all ages who work or play outdoors in Oklahoma summers are vulnerable to heat-related illnesses. Even in-shape athletes can fall victim to the heat, especially without adequate hydration.

EMSA warns parents, caretakers and athletic coaches to take the heat seriously and to understand that Oklahoma's hot temperatures can be deadly. Vigorous outdoor activities, including football practices and similar activities, should be interspersed with frequent cooling breaks and participants should drink water or sports drinks.

There are three types of heat-related illnesses: heat cramps, heat exhaustion and heat stroke. Heat cramps, the mildest form, consist of painful muscle cramps and spasms that occur during or after exercise.

Heat exhaustion is more severe than cramps and results from a loss of water and electrolytes. It occurs when the body is unable to cool itself due to excessive sweating without adequate fluid and salt replacement. Heat stroke, the most severe form of heat illness, occurs when the body's heat-regulating system is overwhelmed by excessive heat. It is a life-threatening emergency and requires immediate medical attention.

EMSA urges parents, coaches, and children to CALL 9-1-1 if they see the symptoms. Supervisors and workers in hot environments should also watch for symptoms and call for medical assistance if needed.

The National Weather Service (NWS) or EMSA may issue heat emergency information when conditions warrant. The Tulsa Heat Coalition works with news media to provide precautionary measures for the public. The Tulsa Heat Coalition includes the NWS in Tulsa, EMSA, Tulsa Community Service Council, Salvation Army, American Red Cross, Tulsa

County Social Services, Tulsa Area Emergency Management Agency (TAEMA), Tulsa City-County Health Department, Tulsa Fire Department, Tulsa County Sheriff's Office, and Tulsa Police Department.

Although resources are limited, the Tulsa Community Service Council provides window air conditioners for loan to Tulsans who meet low-income or health criteria. Information about that program is available by calling the Council's 2-1-1 Helpline. Also citizens may monitor the NWS forecasts and warnings through their website: www.srh.noaa.gov/tsa/

You Can "Auto Pay" Your City Utility Bill

Tired of writing checks and remembering to buy stamps? Want to avoid thinking about lost payments or late fees? Choose AutoPay to pay your City of Tulsa water, sewer and refuse bill automatically from your checking or savings account.

The City of Tulsa does not charge a fee for using AutoPay. Customers should check with their bank regarding fees for electronic transfers.

To sign up, call the Customer Care Center at (918) 596-9511. Our Customer Care representatives will guide you through the process of signing up and answer your questions. Any customer without a past-due balance who has had no more than one returned payment within the last 12 months may participate in AutoPay.

After your banking information has been received and validated, you're all set to begin AutoPay on your next utility bill. Continue to pay on your account by cash, check or credit card until you see "Do Not Pay" on your monthly bill. You will continue to receive your monthly bill after AutoPay is activated. On the due date, your bank account will be automatically debited for the current charges shown on the bill. Of course, you can still call the City's Customer Care Center if you have questions about your bill.

AutoPay transactions are secure. Banking information is transferred through a secure internet site.