

VFW Safety Newsletter



Monthly Safety Information
July 2026

On a monthly basis we will provide our post members with significant safety events that could be useful to you and your family.

In addition to the newsletter, please look on our Facebook page (<https://www.facebook.com/VFW3103>) for additional links.

The month of July we acknowledge National Vehicle Theft Prevention Month and Extreme Heat Awareness Month. The importance of this month is to raise awareness on the increase in vehicle thefts and heat injuries in our everyday lives.

Vehicle Theft Prevention

Did you know that there is a vehicle stolen every 37 seconds in the United States? Do you know how to protect yourself from becoming a victim? Many thieves like to steal items such as cars on holidays, as this allows them more time before the victims can notice the theft and report it to the authorities.

What can you do to be prepared from Vehicle Theft:

- Park in well-lit areas.
- Close and lock all windows and doors when you park.
- Remember to lock your vehicle every time you walk away to prevent vehicle theft.
- Never leave valuables in your vehicle, especially if they can be seen from outside the vehicle.
- Take your vehicle's key; do not leave it in or on your vehicle.
- Do not leave the area while your vehicle is running.

Read the full website article at: [Vehicle Theft Prevention | NHTSA](https://www.nhtsa.gov/vehicle-safety/vehicle-theft-prevention) (<https://www.nhtsa.gov/vehicle-safety/vehicle-theft-prevention>)

Extreme Heat Awareness

Heat-related illness, like heat exhaustion or heat stroke, can happen when the body is not able to properly cool itself. While the body normally cools itself by sweating, during extreme heat, this might not be enough. In these cases, a person's body temperature rises faster than it can cool itself down.

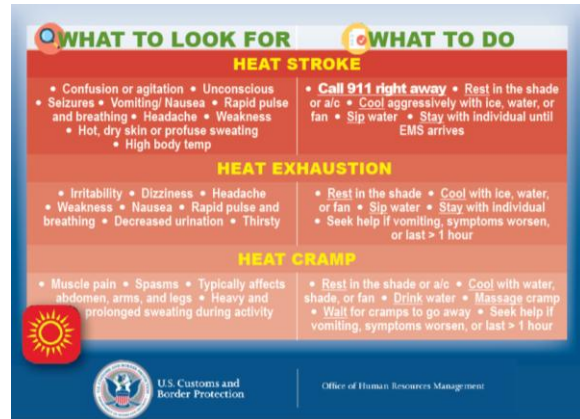


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This can cause damage to the brain and other vital organs. **Here is what you can do to be prepared from suffering any Heat Injuries:**

- Wear Appropriate Clothing
- Stay Cool Indoors
- Schedule Outdoor Activities Carefully
- Pace Yourself
- Wear Sunscreen
- Do Not Leave Children or Pets in Cars
- Avoid Hot and Heavy Meals
- Drink Plenty of Fluids
- Replace Salt and Minerals
- Keep Your Pets Hydrated
- Check for Updates From Local News
- Know the Signs (heat exhaustion versus heat stroke)



Additional information on avoiding heat injuries can be accessed/read at the following website:

[Extreme Heat | Ready.gov](https://www.ready.gov/heat)
<https://www.ready.gov/heat>

Finally, heat safety is important while you are also traveling during the summer season, too! A particularly timely on-line website article you can access & review for tips is located at the following link:

[Stay Safe While Traveling During Extreme Heat | Newsmax.com](https://www.newsmax.com/health/health-news/travel-heat-safety-tips-vacation-health/2026/06/08/id/1258945/)
<https://www.newsmax.com/health/health-news/travel-heat-safety-tips-vacation-health/2026/06/08/id/1258945/>

Important dates:

July 15: National Pet Fire Safety Day

July 26: National Disability Independence Day

For more information about National Safety Month, tips and other resources, please visit:

[Vehicle Theft Prevention | NHTSA](https://www.nhtsa.gov/vehicle-safety/vehicle-theft-prevention)
<https://www.nhtsa.gov/vehicle-safety/vehicle-theft-prevention>
<https://nychajournal.nyc/july-is-extreme-heat-awareness-month/>

More Safety Observance information:

<https://www.nsc.org/events/safety-observance-calendar>

July National Daily Holidays: <https://nationaltoday.com/july-holidays/>