

### **BE READY FOR SUMMER STORMS**

Severe storms with heavy rain, lightning, and high winds can cause flooding and power outages. Follow these tips to stay safe during a storm. Visit <a href="mailto:novec.com/safety">novec.com/safety</a> for more information on storm preparation and safety.

- Secure outdoor items like bikes, grills, and patio furniture, or bring them indoors if possible so they do not get caught in high winds.
- Have an emergency kit prepared with water, nonperishable food, a first-aid kit, and extra batteries.
  Find a full list of items at ready.gov/build-a-kit.
- Unplug TVs, microwave ovens, and computers to protect them from power surges and lightning strikes.
- Keep cellphones charged, and have a full-battery portable charger as backup.
- During an outage, use flashlights or battery-powered lanterns instead of candles to prevent fire hazards.
- If your power goes out, report it online at novec.com or by calling 703-335-0500.
- Track outages at <u>novec.com/stormcenter</u>.



### STAY SUN-SAFE OUTDOORS

As you spend more time outside in the summer, remember to stay hydrated and keep sun safety in mind. Follow these tips to protect yourself and your family from too much sun exposure:

- Take a break in the shade, especially during midday hours. Umbrellas, trees, or other shelters can provide relief from the sun.
- Be extra careful around surfaces that reflect the sun's rays, like sand, water, and concrete.
- Wear a hat with a wide brim and sunglasses to protect your face and eyes. Wrap-around sunglasses that block both UVA and UVB rays offer the best protection by blocking UV rays from the side.
- Wear a long-sleeved shirt, swim shirt, or rash guard for additional protection when possible. If that's not practical, try wearing a T-shirt or a beach cover-up.
- Apply broad-spectrum sunscreen with an SPF of 15 or higher at least 15 minutes before going outside — even on cloudy or overcast days. Reapply sunscreen at least every 2 hours, and also after swimming, sweating, or toweling off.

Source: Centers for Disease Control and Prevention

## NOVEC'S 2020 ANNUAL MEETING ANNOUNCEMENT:

NOVEC's annual meeting is rescheduled for Wednesday, Oct. 14, 2020, at Battlefield High School in Haymarket.

The date to submit a petition to run for the board of directors is now 5 p.m., Aug. 6, 2020.

#### Please note:

Visit novec.com/annualmeeting for details. All plans are subject to change because of COVID-19 and the Forward Virginia plan restrictions in effect at the time.

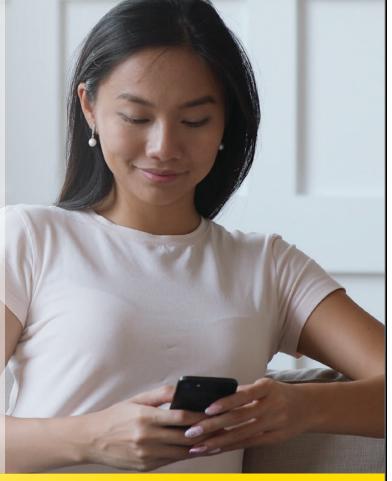
# Dear NOVEC,

I like that our usage is updated monthly through the website, so I can see what we're using.\*

Thanks!



NOVEC is an equal opportunity provider and employer.



\* Actual Customer Comment