



# PREVENTION 365

A newsletter from Gwinnett Fire  
and Emergency Services

Spring 2025

Prevention 365 is a quarterly e-newsletter that highlights fire and lifesaving topics designed so you can read them in a minute. Follow along for seasonal safety tips for these warmer months ahead!

## Quarterly Safety Tips

### Learn safe babysitting with Safe Sitter!

Spring Break for Gwinnett County Public Schools is April 7 to 11. Now is the best time to prepare children in grades 6 through 8 to be safe when they're home alone, watching younger siblings, or babysitting. Safe Sitter is a highly interactive class that will engage and instruct your children on a wide variety of topics including:

- CPR and safety skills
- Childcare skills and behavior management
- First aid and rescue skills
- Life and business skills
- Staying safe online

Registration is mandatory for all classes. To register or learn more about Safe Sitter, please send an email to [FirePrograms@GwinnettCounty.com](mailto:FirePrograms@GwinnettCounty.com) or call 678.518.4845. You can also learn more and sign up for our community programs [here](#).

### Be cool and stay safe at the pool

Warmer temperatures and sunny skies mean pool time! Before diving in, it's important to refresh your swimming safety knowledge. Please remember these essential tips to stay safer at the pool:

- Always watch children in and around the water and never leave them unattended.
- If a child is missing, check the pool first.
- Install a fence of at least four feet high around the perimeter of the pool. Use self-closing and self-latching gates.
- Even if a lifeguard is present, parents and caregivers are still responsible for watching children under their care.
- Adults should avoid swimming while tired, under the influence of alcohol, or sleep-inducing drugs and medications.
- Never swim alone.

For more swimming safety tips visit [GwinnettSafty411.com](http://GwinnettSafty411.com). Gwinnett County also offers [swim lessons](#) for different ages.

### Eyes ahead on Distracted Driving Awareness Month

Between your phone ringing, loud music, questionable drivers, and more, it's easy to be distracted when behind the wheel. April is Distracted Driving Awareness Month and serves as a reminder to keep your eyes focused on the road. When driving your vehicle, it's important to be aware of the three types of distractions:

- Visual distractions are anything that take our attention off the road, such as checking your phone, being distracted by noisy passengers, automobile accidents, or just looking at something other than the road.
- Manual distractions occur when your hands leave the steering wheel. Examples include answering your phone, texting, eating or drinking, and changing the radio station.
- Cognitive distractions are mental distractions that disrupt your focus on safe driving. Daydreaming, talking with passengers, or thinking about work or personal issues are all examples.

Drivers should also remember Georgia's Hands-Free Law, which states that a driver cannot hold a phone or have it touch any part of their body while driving. Read [more information on Georgia's hands-free law](#).

### **Our newsletter is changing!**

*Prevention 365* has provided a wide range of valuable safety tips for Gwinnett residents. Beginning this summer, our newsletter will undergo several changes to help you get to know your local Department of Fire and Emergency Services.

Our revamped newsletter will include additional content, like quarterly updates from department chiefs, reports on emergency responses, insights and interviews with the firefighters/paramedics who serve your community, and more. And don't worry, safety tips and information on community programs will continue to be shared in coming editions!

Thank you for your continued support of *Prevention 365*. We're excited to bring you our updated newsletter in the coming months!



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