Disaster Preparedness:
July is Firework Safety Month!

The best way to protect your family is to not use fireworks at home. The U.S. Fire Administration recommends attending public displays and leaving the lighting of fireworks to the professionals.

CAUTION

What you should know about fireworks

- A study by the U.S. Consumer Product Safety Commission (CPSC) shows that over 200 people on average go to the emergency room every day with fireworks-related injuries around the 4th of July holiday. Fireworks are dangerous!

When Fireworks are not used safely, they can cause serious burns, injuries, and even hearing damage. More than 1/3 of people who suffer hand injuries from fireworks require at least a partial amputation.
If air conditioning is not available in your home, go to a cooling center.

Take cool showers or baths.

Wear loose, lightweight, light-colored clothing.

Use your oven less to help reduce the temperature in your home.

If you’re outside, find shade. Wear a hat with a brim wide enough to protect your face.

Drink plenty of fluids to stay hydrated.

Avoid high-energy activities or work outdoors during midday heat if possible.

Check on family members, seniors, and neighbors.

Watch for heat cramps, heat exhaustion, and heat stroke.

If pets are outside, make sure they have plenty of cool water and access to shade.

Don’t walk pets on pavement until the pavement cools down. Asphalt and dark pavement can be very hot to your pet’s feet and can cause painful burns.

If using a mask, use one that is made of breathable fabric, such as cotton, instead of polyester.

Don’t wear a mask if you feel yourself overheating or have trouble breathing.

**HEAT STROKE:**

Signs:
- Extremely high body temperature (above 103 degrees F taken orally)
- Red, hot, and dry skin with no sweat
- Rapid, strong pulse
- Dizziness, confusion, or unconsciousness

**HEAT CRAMPS:**

Signs:
- Muscle pains or spasms in the stomach, arms, or legs

**HEAT EXHAUSTION:**

Signs:
- Heavy sweating, paleness, muscle cramps, tiredness, weakness, fast or weak pulse, dizziness, headache, fainting, nausea, and vomiting

If you have signs of heat cramps or heat exhaustion, go to a cooler location and cool down by removing excess clothing and taking sips of sports drinks or water. Call your healthcare provider if symptoms get worse or last more than an hour.

If you suspect heat stroke, call 9-1-1 or get the person to a hospital immediately.

Cool down with whatever methods are available until medical help arrives.

Do not give the person anything to drink.
PREPAREDNESS COMMITTEE MEMBERS WANTED:

The Preparedness Team is looking for interested employees to join us in planning for emergency responses. Committee members will assist in reviewing and updating our current plans by providing subject matter input. We are looking for each branch and each county to be represented. If you are interested in Disaster Preparedness or want to learn more about the process, this is the committee for you! Email Janarae.Conway@barrenriverhealth.org to join.

Do you know a new or expecting parent who could use an extra pair of hands? Click here for info on BRDHD’s HANDS Program!

HANDS is always accepting referrals!
Contact Tammy.Drake@barrenriverhealth.org to learn more about the HANDS Program

Our babysitting class was a success!

Warren County Public Library Summer Reading Program Kick-Off
Barren River Lake State Park:
There is no charge for entry, but first come, first serve. Beach front parking is available for $20. This exciting event features music, food and drink vendors. July 4th All day

BG Thunderfest 2022 July 2, 2022
5pm-11:30pm National Corvette Museum
$25 per Car Load
Rain Date July 3rd
Food Trucks, Live Music, Free Kids Zone and MORE!

Anjali Patel
Health Strategist - District

Susan Willis
Health Strategist - District
Meetings:
- **District Wide:** Sep. 30th at 9am
- **District Board of Health:** Aug. 15th at 5pm
- **Local Board of Health:**
  - Barren: Aug. 9th at 12pm
  - Butler: Aug. 5th at 12pm
  - Edmonson: Dec. 21st at 12pm
  - Hart: Dec. 8th at 11am
  - Logan: Oct. 20th at 12pm
  - Metcalfe: Sep. 13th at 12pm
  - Simpson: Sep. 8th at 12pm
  - Warren: Sep. 12th at 5pm

QUALITY IMPROVEMENT/ACT TEAM

The ACT Team is here for you! Do you have an idea that would make your job easier? Is there an improvement the agency could make to better serve our community?

Let the ACT Team know!
Submit your ideas here:
August is coming! Send photos that relate with the days to celebrate in August, based on the calendar provided. I cannot wait to see the photos everyone sends in!

Send your photos to:
Jessica.Wright@barrenriverhealth.org

Follow BRDHD on social media!