Disaster Preparedness:

Back to School:

Disasters happen everywhere and at any time. Every member of the family can help prepare. Preparedness for the future starts today! It is important for everyone, no matter their age, to be prepared in case an emergency occurs. Preparing for disasters helps everyone in the family accept the fact that disasters do happen, and ease their minds by having a plan. Families should work together to identify and collect the resources to meet basic needs during and after a disaster. Encourage your children to share their thoughts and listen to their concerns.

Calmly provide information about the disaster and plans for ensuring their ongoing safety.

Involve your children in updating your family disaster plan and disaster supplies kit.

Practice your plan.

Spend extra time with your children.

Involve your children by giving them specific tasks to let them know they can help restore family and community life.

Re-establish daily routines for work, school, play, meals, and rest.
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

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.

**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 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.
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.
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
August is here! Send photos of your Back to School littles to share in the September Rundown. It will be so fun to see the photos everyone sends in!

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

QI TEAM:
Let the QI Team know! Submit your ideas here:

The QI 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?

Follow BRDHD on social media!

Click here to visit our website

Please submit articles for the newsletter to Jessica Wright at Jessica.Wright@barrenriverhealth.org
Submissions will be reviewed for approval.