

# Barren River Rundown

OCTOBER  
2022

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## Disaster Preparedness

Fire Prevention Week is October 9th- 15th



### Home fire escape planning and practicing

Everyone needs to plan and practice a home fire escape. Everyone needs to be prepared in advance so that they know what to do when the smoke alarm sounds. Given that every home is different, every home fire escape plan will also be different. Have a plan for everyone in the home. Children, older adults, and people with disabilities may need assistance to wake up and get out. Make sure that someone will help them!

### Smoke alarms

Smoke alarms sense smoke well before you can, alerting you to danger. Smoke alarms need to be in every bedroom, outside of the sleeping areas (like a hallway), and on each level (including the basement) of your home. Do not put smoke alarms in your kitchen or bathrooms. Choose an alarm that is listed with a testing laboratory, meaning it has met certain standards for protection. For the best protection, use combination smoke and carbon monoxide alarms that are interconnected throughout the home. These can be installed by a qualified electrician so that when one sounds, they all sound. This ensures you can hear the alarm no matter where in your home the alarm originates.



## October Preparedness:

HEALTHY COMMUNITY.  
HAPPY FAMILIES.



The President of the United States and Congress have declared October to be Cybersecurity Awareness Month, helping individuals protect themselves online as threats to technology and confidential data become more commonplace. The Cybersecurity and Infrastructure Security Agency (CISA) and the National Cybersecurity Alliance (NCA) lead a collaborative effort between government and industry to raise cybersecurity awareness nationally and internationally.



Barren River  
DISTRICT HEALTH DEPARTMENT



Please submit articles for the newsletter to Jessica Wright at [Jessica.Wright@barrenriverhealth.org](mailto:Jessica.Wright@barrenriverhealth.org)  
Submissions will be reviewed for approval

## Global Handwashing Day on the 15th!

One of the most effective ways to stop the spread of germs and stay healthy is also one of the simplest — handwashing with soap and water. Keeping hands clean can prevent 1 in 3 diarrheal illnesses and 1 in 5 respiratory infections, such as a cold or the flu.



Each year on October 15, Global Handwashing Day highlights the importance of handwashing with soap and water at home, in the community, and around the world. Global Handwashing Day serves as a yearly reminder that handwashing with soap and water is one of the best steps we can take to avoid getting sick and spreading germs to others. The observance was established by the Global Handwashing Partnership in 2008. This year's theme, "Our Future is at Hand—Let's Move Forward Together," calls for coordinated action as we actively work toward universal hand hygiene. Many germs that can make people sick are spread when we don't wash our hands with soap and clean, running water. That is why handwashing is so important, especially at key times such as after using the bathroom, when preparing food, before eating, and after coughing, sneezing, or blowing your nose.

## ShakeOut Day on October 20th!

This year's International ShakeOut Day is October 20, when millions of people worldwide will participate in earthquake drills at work, school, or home!



At 10:20 am (local time) on 10/20, you can join millions of people across the world practicing earthquake safety. While we encourage you to participate with everyone, you can register your ShakeOut drill for any day of the year, and drill at a time of your choice. You can also include people in multiple locations through video conferencing.

### We will participate in the ShakeOut International Day of Action at 10:20am.

During this drill we will practice Drop, Cover and Hold on. For most people, in most situations, the recommended earthquake safety action is to:



- **DROP** where you are, onto your hands and knees;
- **COVER** your head and neck with one arm and hand, as you crawl for shelter under a nearby table or desk;
- **HOLD ON** to your shelter with one hand until shaking stops (remain on your knees and covering your head and neck with your other arm and hand).

**Please take the time now to find out where you can Drop to your hands and knees and Cover under a table or desk.**

## 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](mailto:Tammy.Drake@barrenriverhealth.org) to learn more about the HANDS Program

# Fall Events!

## Barren Co.

### YMCA Fall Festival

1 YMCA Way, Glasgow, KY

Sat. 22nd 4PM-7PM

### Spooktacular Halloween Weekend

Jelly Stone Park, Mammoth Cave

Fri. 14th – Sun 16th

## Logan Co.

### Heritage Fest

Logan Co. Chamber of Commerce

Sat 8th 9AM

## Butler Co.

### One27 Halloween Party

127 N. Main Morgantown, KY

Sun 30th 12PM-4PM

## Edmonson Co.

### Scarecrow Festival

Edmonson Co. Clerks Office

Sat 15th 9AM-2PM



## Metcalfe Co.

### Edmonton Pumpkin Festival

Edmonton Public Square

Sat 1st 8AM-5PM

## Hart Co.

### Childrens Fall Festival & Car Show

Bonnieville Fire Department

Sat 8th 10AM-2PM

## Simpson Co.

### Fall Festival

Just Piddlin Farms

Woodburn, KY

### Glow Maze

Ruby Branch Farms

Fri. 21st 6:30PM-22nd 8:30PM

## Warren Co.

### Harvest Festival

SoKY Market Place

Sat. 15th 8AM-6PM

### Pumpkin Festival

Jacksons Orchard

Bowling Green, KY



# Sheila Payne

Local Health Nurse

District

**WELCOME**

**ABOARD**



**Sheila Elliott**

Local Health Nurse  
Warren



**Sarah Blankenship**

Local Health Nurse  
Warren



**Brent Coulter**

Network Specialist  
District



**Louis Godla**

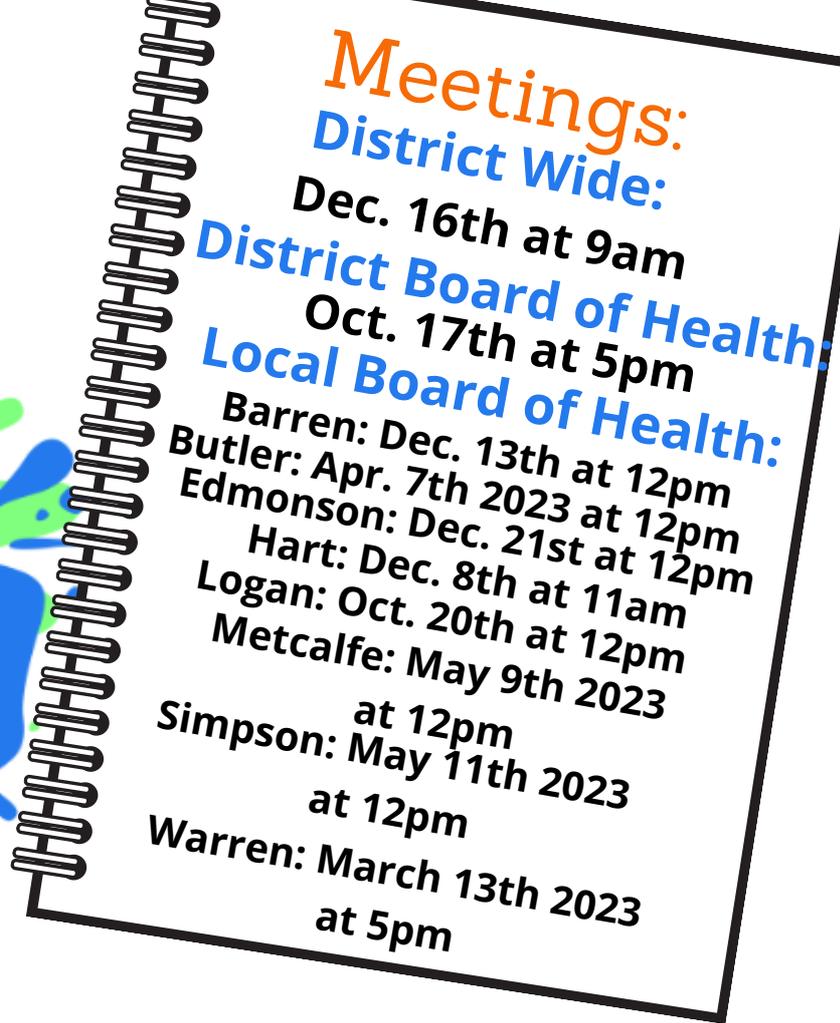
Maintenance Technician  
District



**Bree Boils**

Health Environmentalist  
Metcalf

# UPCOMING EVENTS



<b>Meetings:</b>
<b>District Wide:</b>
Dec. 16th at 9am
<b>District Board of Health:</b>
Oct. 17th at 5pm
<b>Local Board of Health:</b>
Barren: Dec. 13th at 12pm
Butler: Apr. 7th 2023 at 12pm
Edmonson: Dec. 21st at 12pm
Hart: Dec. 8th at 11am
Logan: Oct. 20th at 12pm
Metcalf: May 9th 2023
at 12pm
Simpson: May 11th 2023
at 12pm
Warren: March 13th 2023
at 5pm

## QUALITY IMPROVEMENT 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?



## Calling all the little ghosts, goblins, and ghouls!

I want to see everyone's costumes from this spooky season! It can be yours or your kids and even the fur babies. Just send the pics to [Jessica.Wright@BarrenRiverHealth.org](mailto:Jessica.Wright@BarrenRiverHealth.org).

I will send an email back with a photo release form. Please have all pictures and forms to me by 2:00pm November 1st.

Follow BRDHD on social media!



**Barren River**  
DISTRICT HEALTH DEPARTMENT 

Click here to visit  
our website



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Submissions will be reviewed for approval.