



# 12 Months of Preparedness



## *June Newsletter*

### **MAKE A PLAN**

June marks the halfway point of the “Twelve Months of Preparedness” Campaign. Whether you are new to the program, or back for Month Six, please review the previous newsletter activities (complete the “Family Communications Plan”, purchase a duffle bag /storage bin and stock up on specific items for your “Go Kit” and “Stay Kit”).

Flooding: Oak Creek had flooding issues in June of 2008. It can happen again. What should you do if the area you are in floods?

#### **What should I do?**

- Listen to area radio and television stations and a NOAA Weather Radio for possible flood warnings and reports of flooding in progress or other critical information from the National Weather Service (NWS).
- Be prepared to evacuate at a moment’s notice. (with your Go-Kit)
- When a flood or flash flood warning is issued for your area, head for higher ground and stay there.
- Stay away from floodwaters. If you come upon a flowing stream where water is above your ankles, stop, turn around and go another way. Six inches of swiftly moving water can sweep you off of your feet.
- If you come upon a flooded road while driving, turn around and go another way. If you are caught on a flooded road and waters are rising rapidly around you, get out of the car quickly and move to higher ground. Most cars can be swept away by less than two feet of moving water.
- Keep children out of the water. They are curious and often lack judgment about running water or contaminated water.
- Be especially cautious at night when it is harder to recognize flood danger.
- Because standard homeowners insurance doesn’t cover flooding, it’s important to have protection from the floods associated with hurricanes, tropical storms, heavy rains and other conditions that impact the U.S. For more information on flood insurance, please visit the National Flood Insurance Program Web site at [www.FloodSmart.gov](http://www.FloodSmart.gov).

The Ready Wisconsin website has an informative fact sheet at <http://ready.wi.gov/media/pdf/Flooding.pdf> .

# CONTINUE TO BUILD YOUR KITS

The “*Items of the Month*” for June are flashlights, radio, weather radio, extra batteries, wrench/other tools, and duct tape. Remember that if the power goes out items must be able to run on batteries. Consider buying flashlights and radios that run on hand cranked power. Any of these items would make a great Father’s Day gift.

## BE INFORMED

If the temperatures of the last week of May are signs of things to come, summer is here!!! Hot weather makes our bodies work harder. Getting too hot can make you sick. Your best defense against heat-related illness is prevention.

Plan in advance to keep yourself cool. Follow weather reports. Whenever temperatures reach the 90s it is time to keep it cool. Watch the “Heat Index”. A Heat Index in the 90s tells you to slow down; above 100 it’s a real hazard.

Remember, some people are at higher risk of heat-related illnesses. If you fall into any of these risk groups *Use a Buddy System*. When working in the heat, monitor the condition of your co-workers and have someone do the same for you. Heat-induced illness can cause a person to become confused or lose consciousness. **Have a friend or relative call to check on you twice a day during a heat wave.**

- Infants and young children
- Older adults
- Individuals with disabilities
- Chronic heart or lung problems
- Overweight persons
- Isolated persons who won’t know when or how to cool off or call for help
- Persons who take certain medications: especially some drugs for mental disorders, movement disorders, allergies, depression and heart or circulatory problems. For a
- Persons who work outdoors or in hot settings

**Children should always be monitored by adults frequently. If you know anyone in your neighborhood or have relatives that fit into these high risk categories check on them at least two times a day.**

## Tips to preventing heat related illness.

- **NEVER LEAVE A CHILD ALONE IN THE CAR** no matter what the temperature is, even for a few minutes
- Avoid being outdoors during the hottest part of the day
- Go to an air-conditioned building for a couple of hours like the library or shopping mall. Even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness

- Drink plenty of non alcoholic fluids. If heavily sweating, try drinking a sports drink to replace salts and mineral that are lost while sweating. Follow your Doctor's advice if you are on a fluid restriction or limited salt intake
- Wear Appropriate Clothing and Sunscreen. Wear as little clothing as possible when you are at home. Choose lightweight, light-colored, loose-fitting clothing. Sunburn affects your body's ability to cool itself and causes a loss of body fluids. It also causes pain and damages the skin. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat), sunglasses, and applying a sunscreen of SPF 15 or higher 30 minutes prior to going out. Continue to reapply it according to the package directions.
- Take a cool shower or bath

Heat Resources:

211 Milwaukee at Impact.....211  
Health Department.....768-6539

[http://emergency.cdc.gov/disasters/extremeheat/heat\\_guide.asp](http://emergency.cdc.gov/disasters/extremeheat/heat_guide.asp)