



Public Health
Prevent. Promote. Protect.

Emergency Preparedness

May 2015

Genesee County Health Department

For more emergency preparedness information, visit the Genesee County Health Department on the web at www.gchd.us.

Resources for Emergency Preparedness Information

www.ready.gov
www.flu.gov
www.do1thing.com
www.redcross.org
www.michigan.gov/flu/
www.cdc.gov



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Heat Awareness Day

May 22nd is designated as Heat Awareness Day. Heat is one of the leading weather related killers in the U.S. The summer months can bring very high temperatures that may last for days or weeks. Heat pushes the human body beyond its limits. Therefore, it is important to take the following steps to prevent heat disorders.

Hydrate

- Drink plenty of water, even if you don't feel thirsty.
- Avoid drinks with alcohol, caffeine or lots of sugar.

Educate

- Know the latest temperature and heat index forecasts.

- Find a cool place where you will be able to get out of the heat.
- Know the warning signs of heat illness.

Act Quickly

- Get medical help right away if you experience, dry hot skin, heavy sweating, rapid breathing, rapid heartbeat, cramping, nausea, dizziness, confusion and exhaustion.

Take it Easy

- Avoid over exertion especially between the hours of 11:00a.m.—6:00p.m. Take breaks at least hourly in the shade or in an air conditioned location.

- Stay out of the sun and stay in a cooled building as much as possible.
- Use a fan only when the windows are open or when the air conditioner is on.

Dress Appropriately

- Wear lightweight, light-colored, loose-fitting clothing.
- Wear a wide brimmed hat, sunglasses, and sunscreen that is SPF15 or higher.

Never leave children, pets, or elderly alone in closed vehicles.

Remember to check on neighbors and pets during the heat to make sure they have enough water. Visit www.cdc.gov/extremeheat/ for more information.

Be Prepared for Power Outages

Spring and summer can bring a variety of weather conditions such as, lightning, thunderstorms, tornados, and extreme heat that can lead to power outages . It is important to plan ahead and have an emergency kit of all the basic supplies you will need to survive for at least three days.

- Water, a gallon per person per day.

- Foods such as nuts and energy bars.
- Battery powered radio with extra batteries.
- Flashlights with extra batteries.
- First aid kit
- Duct tape
- Garbage bags and moist wipes.
- A good multi-tool with pliers.
- Cell phone with charger. Also, establish an out of

town emergency contact person. Pick a friend or relative far enough away that they will not be affected by the same weather. Make sure that every family member has the emergency contact's Information. It is important that your contact person be out of town, because local calls are more likely to be disrupted.

Make a Healthy Splash: Share the Fun, not the Germs



For more information on any of the topics covered in this newsletter visit www.cdc.gov.

The week before Memorial Day has been designated Healthy and Safe Swimming Week.

This year the theme is “Make a Healthy Splash: Share the Fun, not the Germs. This Week focuses on simple steps swimmers and pool operators can take to help ensure a healthy and safe swimming experience for everyone.

Recreational water illnesses are caused by germs spread by swallowing, breathing in mists or aerosols or, or having contact with contaminated water in swimming pools, hot tubs, water parks, water play areas, splash pads, lakes, rivers, or oceans.

Swimming is a fun and healthy activity.

However, water contaminated with certain germs can make you sick. Symptoms can include skin irritations or ear, respiratory and eye infections. The most commonly reported symptom is diarrhea.

Swimmers share the water and the germs in it with every person who enters the pool. When someone is ill with diarrhea their stool can contain millions of germs.

Children, pregnant women, and people with weakened immune systems can suffer from more severe illness if infected.

Follow these steps to

help promote a healthy swimming environment for everyone.

- Don't swim when you have diarrhea. This is especially important for kids in diapers.
- Don't swallow the pool water.
- Practice good hygiene.
- Take your kids to the bathroom every 60 minutes, or check swim diapers every 30-60 minutes.
- Change diapers in a bathroom and not at poolside.
- Wash your hands after using the restroom or changing diapers.
- Wash your child thoroughly with soap and water before swimming.

Protect Yourself from Mosquito bites



Spring has finally arrived. As you venture outdoors after the long hard winter remember to protect yourself and your family from those annoying mosquito bites.

Most mosquitoes are active at dusk and before dawn. Stay indoors at these times if possible.

To protect yourself from mosquito-borne diseases like West Nile, residents should take the following precautions:

- Apply insect repellent that contains the active ingredient DEET, always follow the

manufacturer's directions for use on the label.

- Avoid applying repellent to children under 2, and to the hands of older children because repellents may be transferred to the eyes or mouth potentially causing irritation or adverse health effects.
- Drain standing water in the yard. Empty water from mosquito breeding sites such as flower pots, pet bowls, clogged rain gutters, swimming pool covers, discarded tires,

buckets, etc.

- Wear light colored, long sleeved shirts and long pants when outdoors if possible. Also shoes and socks.
- Cut tall grass or weeds to remove mosquito hiding and resting areas.
- Repair screens on windows and doors and use air conditioning if you have it.