



Latah County Idaho
 latahcert.us
 contact@latahcert.us

JANUARY 2024 NEWSLETTER

2024 CALENDAR

Next meeting –
 February 7th, 2024,
 at 6:30 pm at Latah
 County Fairgrounds
 – Cribbing and
 moving people

DONATE BLOOD AND EMERGENCY PREPAREDNESS TIPS

Time to review our emergency kits. January is National Blood Donor month.

ROTATE AND DONATE!

With the start of the new year, now is a good time to review your 72-hour emergency kits and personal preparedness. A well supplied kit can be a life saver in a disaster. Some of the items that need to be rotated out can be donated. Consider donating the following goods:

- Canned or boxed food supplies that are within their expiration date,
- Bottled water that is within its expiration date,
- Gently used cold weather clothing that no longer fits, and
- Spare blankets/sleeping bags.

These items are always in need this time of year by charities and food banks within the community. Source:www.adaprep.id.gov



Can I donate?

Many people who didn't think they could donate blood are surprised to find out they can. Learn whether you can save lives by giving blood.

Generally, donors must

- ✓ Be 17 years of age or older, or 16 with parental consent.
- ✓ Weigh at least 110 pounds.
- ✓ Be in good health, feeling well, and not taking antibiotics. For example, your blood pressure and temperature must meet medical standards.
- ✓ Have last donated blood more than 8 weeks ago.

For additional considerations, See <https://www.hhs.gov/givingequalsliving/giveblood/can-i-give>.

DONATE BLOOD AND HELP SAVE LIVES!

January is National Blood Donor Month, a time when we honor the generosity of America's blood donors and remind people about the importance of donating blood regularly for those who can do so. The winter months also bring on reduced donations due to increased illness from COVID-19, flu, and RSV. Additionally, winter weather can make it difficult for blood donors to make and keep donation appointments.

Every two seconds, someone in the United States needs blood for surgeries, cancer treatments, childbirth, anemia, serious injuries, blood disorders, and more.

Donors, especially those who donate regularly, keep our nation's blood supply stable. Although many people donate blood after disasters, patients need blood year-round. Shortages in the nation's blood supply can happen at any time. If you are [eligible to donate blood](#), we encourage you to make an appointment to donate today. Donating blood just once can help save more than one life. It's even more impactful if you can donate regularly!

Source: www.hhs.gov



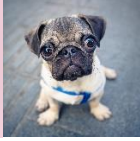
Where can I donate?

There are a variety of places to donate blood throughout the country, ranging from neighborhood blood drives to large donation centers.

GO TO:

<https://hhs.gov/givingequalsliving/giveblood/start-donating>

You can enter your zip code to find a blood donation center near you. A list of community blood drives will appear, and you can follow the links to get more information and make an appointment.



MAKE A RESOLUTION IN THE NEW YEAR

- ❖ Make an emergency plan: choose a safe place to meet, learn evacuation routes, and establish an out-of-town contact.
- ❖ Take a current photo of you, your family, and your pet together in case you get separated during a disaster.
- ❖ Snap photos of important documents and save them in a secure place or online.
- ❖ Set up group text lists so you can communicate with friends and family during emergencies.
- ❖ Take a class in CPR and first aid.
- ❖ Keep and update emergency supplies; remember to include cash.
- ❖ Have back-up power sources available to charge devices in case of a power outage.
- ❖ Snap pictures of your property for insurance purposes.
- ❖ Check your insurance for coverage on disasters like floods, hurricanes, and earthquakes.
- ❖ Sign up for alerts and warnings. Download the FEMA app to get real-time alerts, safety tips, and locate open shelters.
- ❖ Safe for a rainy day! Start and grow your emergency fund. Build up your savings. Even just a few dollars each month can add up.
- ❖ Financially prepare for the new year. Find out more with the Emergency Financial First Aid Kit you can find at

<https://www.fema.gov/emergency-financial-first-aid-kit> .

Source:ready.gov

More hints...

Questions for food. Do you need a can opener or other special device? Do you need a heat source or a pot to cook in? Does it require water (and how much) to prepare? Can it be prepared under adverse conditions? How long will it take to prepare?

KNOW YOUR NEIGHBOR

If you do not know your neighbors, the new year is a good time to stop by and introduce yourself. Almost half of all individuals expect to need a great amount of assistance from neighbors within the first 72 hours after a disaster. Creating a strong sense of community can help keep neighborhood more secure and resilient to disasters. When neighbors come together to help each other before, during, and after the disaster, the needs of everyone can most often be met.

Before a crisis happens, talk with neighbors about how you can help each other during an emergency. Consider doing a few things now that can strengthen those relationships. Here are some “good deeds” you can do for a neighbor today.

- Shovel snow from a driveway/walkway.
- Pet sit for a neighbor that is away.
- Take food to a homebound neighbor.
- Provide a ride or run an errand.



HINTS FOR YOUR EMERGENCY SUPPLIES

Shelf Life. Read food labels and check expiration dates. Food stored in cool, dry places will last longer than foods exposed to extreme heat or cold. Shelf stable products (canned or airtight packaging) can last 12-14 months. Dehydrated food can last 3 to 25 years. Freeze dried food can last 5-25 years. Meals Ready to Eat (MREs) can last 2 to 10 years. Availability for all these products will depend on the type of product and how/where it is stored.

Is it Tasty? Whether sheltering in place or evacuating for a disaster, the situation is stressful. Make sure you choose food that you and your household members will enjoy eating. It is important to taste test food before it becomes part of the kit. Activity levels may be very high after the incident and staying hydrated and nourished will be vital. Taking a variety of potential foods camping is a great way to test what works and what doesn't.