



Latah County Idaho
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JULY 2022
 NEWSLETTER

2022 CALENDAR

July 20th –CERT General Meeting: *Utility Demo and Controls* at 6:30 pm in the Latah County Fairgrounds Classroom – AVISTA

August 3rd – CERT Curriculum Unit 7: *Light Search and Rescue Operations* at 6:30 pm in the Latah County Fairgrounds Classroom

September 7th – CERT Curriculum Unit 8: *Terrorism and CERT* at 6:30 pm at County Building (522 S. Adams) – Basement Conference Room

October 5th – CERT Curriculum Unit 9: *Course Review, Final Exam and Disaster Simulation* at 6:30 pm in the Latah County Fairgrounds Classroom

October 19th – **Quarterly Meeting at 7:00 pm in the Latah County Fairgrounds Classroom**

Extreme Heat Warning

Find air conditioning.

Avoid strenuous activities.

Watch for heat illnesses.

Wear light clothing.

Drink plenty of fluids.

Watch for heat cramps, heat exhaustion, and heat stroke.

Never leave people or pets in a car.

CERT MEETING: July 20th (Wednesday), 2022 at 6:30 pm at the Latah County Fairgrounds – Classroom. **Topic: More Fire Safety and Utility Controls**

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

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| <ul style="list-style-type: none"> • High body temperature (103°F or higher) • Hot, red, dry, or damp skin • Fast, strong pulse • Headache • Dizziness • Nausea • Confusion • Losing consciousness (passing out) | <ul style="list-style-type: none"> • Call 911 right away-heat stroke is a medical emergency • Move the person to a cooler place • Help lower the person's temperature with cool cloths or a cool bath • Do not give the person anything to drink |
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HEAT EXHAUSTION

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| <ul style="list-style-type: none"> • Heavy sweating • Cold, pale, and clammy skin • Fast, weak pulse • Nausea or vomiting • Muscle cramps • Tiredness or weakness • Dizziness • Headache • Fainting (passing out) | <ul style="list-style-type: none"> • Move to a cool place • Loosen your clothes • Put cool, wet cloths on your body or take a cool bath • Sip water <p>Get medical help right away if:</p> <ul style="list-style-type: none"> • You are throwing up • Your symptoms get worse • Your symptoms last longer than 1 hour |
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HEAT CRAMPS

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| <ul style="list-style-type: none"> • Heavy sweating during intense exercise • Muscle pain or spasms | <ul style="list-style-type: none"> • Stop physical activity and move to a cool place • Drink water or a sports drink • Wait for cramps to go away before you do any more physical activity <p>Get medical help right away if:</p> <ul style="list-style-type: none"> • Cramps last longer than 1 hour • You're on a low-sodium diet • You have heart problems |
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SUNBURN

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| <ul style="list-style-type: none"> • Painful, red, and warm skin • Blisters on the skin | <ul style="list-style-type: none"> • Stay out of the sun until your sunburn heals • Put cool cloths on sunburned areas or take a cool bath • Put moisturizing lotion on sunburned areas • Do not break blisters |
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HEAT RASH

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| <ul style="list-style-type: none"> • Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases) | <ul style="list-style-type: none"> • Stay in a cool, dry place • Keep the rash dry • Use powder (like baby powder) to soothe the rash |
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In our June newsletter, we covered how to practice heat safety wherever you are and what groups are most vulnerable to extreme heat. With the high temps affecting many countries across the globe, its important to cover what the signs are of heat-related illnesses and what you should do.



PET PREPAREDNESS – WHAT YOU NEED TO DO!

Your pet is family. Their safety and well-being is a priority for you every day, but have you thought about what you would do with your pet in an emergency? Although you can never completely control what will happen during an emergency, you can take steps to be prepared. By taking some easy actions now, you can avoid having to make difficult and dangerous decisions during an emergency.

1. **Get your pet microchipped.** It is relatively inexpensive to have a veterinarian implant a microchip that contains the owner's contact information. Owners can be located if a shelter or veterinary clinic scans the chip. Finding a lost pet that hasn't be microchipped can be extremely difficult and many times impossible.
2. **Prepare a disaster kit** for your pet ahead of time, along with your family's personal needs. Include everything your pet will need, from food and prescriptions to leashes and bedding. Collect and protect your pet's veterinary records, rabies vaccination certificates, microchip information, and any prescriptions. Make sure items are stored with your important paperwork in waterproof containers. And don't forget the most basic, your contact information and a photo of your pet; preferably one of you with your pet as further proof of ownership.
3. **Plan where your pet will stay** in case you need to evacuate. Pets are often not allowed in evacuation centers unless they are service animals. You can ask out-of-town friends or relatives about keeping your pet in an emergency ahead of time, or you can check a website that lists pet-friendly hotels (e.g., bringfido.com or tripswithpets.com) so you have some locations ready to book. Another option is to locate veterinary clinics and boarding facilities in areas where you plan to evacuate just in case you need to temporarily house your pet.
4. **Use a buddy system with friends, family, and neighbors** in case you're not home during an emergency. Have a trusted person you can call to check on pets and evacuate them if necessary. Having a kit ready to go will make it easier for them if you aren't there.
5. **Practice** evacuating or sheltering in place with your pet. This will help familiarize your pet with the process so when the time comes, it won't be scary for them. Training pets to be in their carriers can make them more comfortable and reduce the stress of getting everyone out safely. Know exactly how and where you will place your pet's carrier and supplies in a vehicle. For sheltering in place, pick a room with few or no windows, no toxic chemicals or plants, and make sure to close off small areas where frightened pets could get stuck. Include your pet in your family's plan—everyone should know who will grab the pet(s), supplies, and where you will meet during an emergency.

To see more on these actions and to learn more about preparing your pet for emergencies, see CDC's Healthy Pets, Healthy People website (www.cdc.gov/healthypets/keeping-pets-and-people-healthy/emergencies.html) which includes a detailed checklist (attached to email).