



Latah County Idaho
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JULY 2024
 NEWSLETTER

2024 CALENDAR

Local Event:

August 6th, 2024, 6-8:00 pm Moscow Main Street – National Night Out promotes police - community partnerships and neighborhood camaraderie

Next CERT meetings:

August 7th, 2024, at 6:30 pm at Latah County Fairgrounds – Whitman County Coroner Annie Pillers – First Responder mental health and Representatives with QPR – Suicide Prevention

September 4th, 2024, at 6:30 pm at Latah County Fairgrounds – HOPE Animal-Assisted Crisis Response

SUMMER SAFETY TIPS!

Summer is definitely here! Many of us have already had to deal with excessive heat, and wildfires are already occurring on the west coast. This is a good opportunity to go over our summer checklist of preparedness and emergency response.

In the last 30 days, over 62 million people have been under active National Weather Service extreme heat advisories, watches, and warnings according to heat.gov. Let's review heat cramps/exhaustion/stroke, wildfires and summer safety tips

During extreme hot and humid weather, your body's ability to cool itself is challenged. Here are symptoms of heat related illness.

HEAT CRAMPS – may be first sign of heat-related illness.

Symptoms: Painful muscle cramps and spasms usually in legs and abdomen and heavy sweating.

First Aid: Apply firm pressure on cramping muscles or gently massage to relieve spasm. Give sips of water unless the person complains of nausea, then stop giving water.

Seek immediate medical attention if cramps last longer than 1 hour.

HEAT EXHAUSTION

Symptoms: Heavy sweating, weakness or tiredness, cool, pale, clammy skin; fast, weak pulse, muscle cramps, dizziness, nausea or vomiting, headache, fainting.

First Aid: Move person to cooler environment, preferably a well air-conditioned room. Loosen clothing. Apply cool, wet cloths or have person sit in a cool bath. Offer sips of water. If person vomits more than once,

Seek immediate medical attention if the person vomits, symptoms worsen or last longer than 1 hour.

HEAT STROKE

Symptoms: Throbbing headache, confusion, nausea, dizziness, body temp above 103°F, hot, red, dry or damp skin, rapid and strong pulse.

First Aid: Call 911 or get the victim to the hospital immediately Heat stroke is a severe medical emergency. Delay can be fatal. Move the victim to a cooler, preferably air-conditioned, environment. Reduce body temp with cool cloths or bath. Use fan only if temperatures are below 90s. Do **NOT** give fluids.

Heat Exhaustion	Heat Stroke
<p>ACT FAST</p> <ul style="list-style-type: none"> • Move to a cooler area • Loosen clothing • Sip cool water • Seek medical help if symptoms don't improve 	<p>ACT FAST</p> <p>CALL 911</p> <ul style="list-style-type: none"> • Move person to a cooler area • Loosen clothing and remove extra layers • Cool with water or ice
<p>Dizziness</p> <p>Thirst</p> <p>Heavy Sweating</p> <p>Nausea</p> <p>Weakness</p>	<p>Confusion</p> <p>Dizziness</p> <p>Becomes Unconscious</p>
<p><i>Heat exhaustion can lead to heat stroke.</i></p> <p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>	



Stay Cool, Stay Hydrated, Stay Informed!





BE PREPARED FOR A WILDFIRE

More Wildfire Tips!

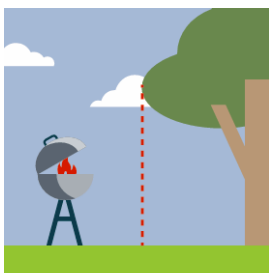
- ☑ *Recognize Warnings and Alerts* by downloading the FEMA app and/or sign up for community alerts in our area.
- ☑ *Make an Emergency Plan* so everyone in your household knows and understands what to do if you need to quickly evacuate. Don't forget to plan for the office, kids' daycare or school, and anywhere you frequent.
- ☑ *Review Important Documents* to make sure your insurance policies and personal documents are up to date.
- ☑ *Strengthen your home* with fire-resistant materials, outdoor water sources with hose, creating a fire-resistant zone, and designating a room to close off from outside area.
- ☑ *Know your Evacuation Zone.*
- ☑ *Gather Supplies.*
- ☑ *Stay Safe During an evacuation* by paying attention to emergency alerts and notifications. Evacuate immediately if authorities tell you to do.
- ☑ *Returning Home After a Wildfire* only when authorities say it is safe to do.

Wildfires are unplanned fires that burn in natural areas like forests, grasslands, and prairies. These dangerous fires spread quickly and can devastate not only wildlife and natural areas, but also communities.

You can prepare for the effects of wildfire smoke by:

- Paying attention to air quality alerts in your area.
- Making a plan for poor air quality, including designating a room in your home that can be closed off from outside air.
- Knowing your risk to smoke. Everyone should reduce their exposure to wildfire smoke, but certain groups may be at greater risk of experiencing more severe health effects. Those most at risk include people with lung disease, such as asthma and COPD, people with heart disease, children and teenagers, and older adults (generally 65+).

For more good information on smoke preparedness, look at airnow.gov.



Use propane, charcoal and wood pellet barbecue grills outdoors only. Indoor use can cause a fire or carbon monoxide poisoning.

Place your grill well away from siding and deck railings and out from under eaves and overhanging branches. Do not store or use a grill on a porch or balcony.



Only use your grill outside. Keep it at least 3 feet from siding, deck rails and eaves.



Keep a 3-foot safe zone around your grill. This will keep kids and pets safe.

Happy
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Summer Safety
-SUNSCREEN TIPS-

- Wear a minimum **broad spectrum 30 SPF** sunscreen
- Wear **sun protective clothing** such as hats or sunglasses
- Reapply every 1-2 hours** when participating in outdoor activities
- Seek shade** or stay indoors during peak sun hours from **10 a.m. to 4 p.m.**

safety.af.mil

A sunburn will result in painful, red, and warm skin with possibly blisters on the skin. You should stay out of the sun until your sunburn heals. You can put cool cloths on sunburned areas or take a cool bath. Do not break blisters. Use moisturizing lotion.