

SWEETWATER COUNTY EMERGENCY MANAGEMENT NEWSLETTER

Newsletter
July 2020



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Emergency Management

The Sweetwater County Emergency Management Agency analyzes the hazards, assesses capabilities, plans for the potential events then responds to, recovers from, and mitigates against the emergency or disaster. We coordinate with response agencies, industry, elected officials, and volunteer agencies to accomplish our mission of limiting injuries, reducing loss of life and damage to property.

Sweetwater County Emergency Management is available to train and provide preparedness information to groups and individuals to enable them to be better prepared. Please pass this information to your family and friends.

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Your cloth face covering may protect them. Their cloth face covering may protect you.



If you are in need of a **FREE** cloth face mask, please contact Sweetwater County Emergency Management at 307-922-5370. ***Quantities are limited.***

Banana Beignet Bites

3/4 cup sugar
1/4 cup packed brown sugar
1 1/2 teaspoons ground cinnamon

Beignets

2 cups cake flour
3/4 cup sugar
2 1/2 teaspoons baking powder
1/2 teaspoon ground cinnamon

1 teaspoon salt
1 large egg, room temperature
1 cup mashed ripe bananas (2 medium)
1/2 cup milk
2 tablespoons canola oil
Oil for deep-fat frying

In small bowl, mix sugars and cinnamon until blended. In a large bowl, whisk the first 5 beignet ingredients. In another bowl, whisk egg, bananas, milk and 2 tablespoons oil until blended. Add to flour mixture; stir just until moistened. In an electric skillet or deep fryer, heat oil to 375 degrees. Drop tablespoonfuls of batter, a few at a time, into hot oil. Fry about 45-60 seconds on each side or until golden brown. Drain on paper towels. Roll warm beignets in sugar mixture.

Tending the Lawn

The grass is not, in fact, always greener on the other side of the fence. Fences have nothing to do with it. The grass is greenest where it is watered. When crossing over fences, carry water with you and tend the grass wherever you may be.

Robert Fulghum

Flood Safety

Before a Flood

- ✓ Stay informed – visit weather.gov or tune into your local news for the latest forecast
- ✓ Determine whether your home, school or work is in an area likely to flood.
- ✓ Learn which roadways are likely to flood and find an alternative route so you can avoid them.
- ✓ Create a communication plan so your family will know how to connect during an emergency.
- ✓ Assemble an emergency kit.
- ✓ If you might be evacuated, pack our bags and include items for your pets so you're ready to leave at a moment's notice
- ✓ Charge all essential electronics.
- ✓ Be proactive-leave before the flooding starts to avoid getting stranded.

During a Flood

- ✓ Stay informed – tune into your local news for updates on flooding in progress.
- ✓ Get to higher ground if you are in an area that is subject to flooding
- ✓ Follow evacuation orders and heed warning signs
- ✓ If you have time before you evacuate, disconnect utilities and appliances
- ✓ Avoid flood waters. It is NEVER safe to drive or walk through flood waters

After a Flood

- ✓ Stay informed - tune into your local news for updates on affected areas and the safety of your drinking water.
- ✓ Avoid floodwaters – standing water can hide chemicals that can make you sick, power lines that can cause electrocution and sharp debris that can seriously harm you.
- ✓ Avoid disaster areas – your presence may hamper emergency operations.
- ✓ Heed road closure and cautionary signs.
- ✓ Wait for the “all clear” before returning to an area that was impacted by flooding
- ✓ Contact your family and loved ones to let them know you're ok.

For more information visit:
www.weather.gov/floodsafety/

Considerations for Wearing Cloth Face Coverings

- CDC recommends that people wear cloth face coverings in public settings and when around people who don't live in your household, especially when other [social distancing](#) measures are difficult to maintain.
- Cloth face coverings may help prevent people who have COVID-19 from spreading the virus to others.
- Cloth face coverings are most likely to reduce the spread of COVID-19 when they are widely used by people in public settings.
- Cloth face coverings should NOT be worn by children under the age of 2 or anyone who has trouble breathing, is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.

Evidence for Effectiveness of Cloth Face Coverings



Cloth face coverings are recommended as a simple barrier to help prevent respiratory droplets from traveling into the air and onto other people when the person wearing the cloth face covering coughs, sneezes, talks, or raises their voice. This is called source control. This recommendation is based on what we know about the role respiratory droplets play in the spread of the virus that causes COVID-19, paired with [emerging evidence](#) from clinical and laboratory studies that shows cloth face coverings reduce the spray of droplets when worn over the nose and mouth. COVID-19 spreads mainly among people who are in close

contact with one another (within about 6 feet), so the use of cloth face coverings is particularly important in settings where people are close to each other or where social distancing is difficult to maintain.

Summer Fun Activities during COVID-19

Think about the positive and wonderful things you can still do at home or while social distancing...

- ✓ Make your own ice cream
- ✓ Run through a sprinkler
- ✓ Have a watermelon seed spitting contest
- ✓ Camp out in the backyard
- ✓ Make s'mores
- ✓ Have a water balloon fight
- ✓ Nap in a hammock
- ✓ Eat popsicles and ice cream cones
- ✓ Have a barbecue
- ✓ Try your hand at face painting
- ✓ Seek out a drive-in movie (or make your own)
- ✓ Have a backyard or indoor scavenger hunt
- ✓ Look for fireflies
- ✓ Grow a garden
- ✓ Create a sidewalk chalk art gallery
- ✓ Finish the perfect summer read
- ✓ Go for a socially distanced hike
- ✓ Picnic in your backyard – or your living room
- ✓ Visit an outdoor farmer's market
- ✓ Make massive ice cream sundaes
- ✓ Master something new – a new dance step, a new hobby, or a new cooking technique
- ✓ Create a virtual book club
- ✓ Watch the sun set
- ✓ Make homemade lemonade
- ✓ Go fishing
- ✓ Run a virtual 5K
- ✓ Make a fresh fruit pie
- ✓ Climb a tree
- ✓ Eat vegetables and fruit right out of the garden



Coronavirus Disease 2019 (COVID-19)



Know how it spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to [spread mainly from person-to-person](#).
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.



Avoid close contact

- **Inside your home:** Avoid close contact with people who are sick.
 - If possible, maintain 6 feet between the person who is sick and other household members.
- **Outside your home:** Put 6 feet of distance between yourself and people who don't live in your household.
 - Remember that some people without symptoms may be able to spread virus.
 - [Stay at least 6 feet \(about 2 arms' length\) from other people.](#)
 - Keeping distance from others is especially important for [people who are at higher risk of getting very sick.](#)

Use Hand Sanitizer When You Can't Use Soap and Water

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based [hand sanitizer](#) that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

Sanitizers can quickly reduce the number of germs on hands in many situations. However,

- Sanitizers do **not** get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.



You can use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

Practice good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

If you would like more information on this or any of our other programs
please
contact us.

Call: (307) 922-5370 Rock Springs
(307) 872-3884 Green River

Web: www.sweet.wy.us/ema

Email: roderickj@sweet.wy.us
coveye@sweet.wy.us

Attention Sweetwater County Employees!

If you are the first to answer the following question correctly and email the
answer to coveye@sweet.wy.us you may win a prize!!

Training scenes in Rocky IV were shot in what town in Wyoming?

CONGRATULATIONS to **Penny Wilde Pizzie** for
being the first person to submit the correct
answer for the June 2020 quiz.
The answer is South Dakota.

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We're on the Web!

Visit us at:

<https://www.sweet.wy.us>

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