

SWEETWATER COUNTY EMERGENCY MANAGEMENT NEWSLETTER

Newsletter
June 2019



Sweetwater County Emergency Management, 50140 B US HWY 191 S. Suite #106, Rock Springs, WY 82901
<https://www.sweet.wy.us/index.aspx?NID=96> roderickj@sweet.wy.us 307-922-5370 coveye@sweet.wy.us 307-922-5369

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.

INSIDE THIS ISSUE

Emergency Management	1
Upcoming Events	1
Monthly Recipe	2
MGT-452 Physical and Cybersecurity for Critical Infrastructure	3
Flood Safety	4
Summer Time Safety	5

Upcoming Events:

***June 16: Father's Day**

***Sept. 12: MGT-452 Physical and Cybersecurity for Critical Infrastructure**



HAPPY SUMMER

Chicken with Creamy Jalapeno Sauce

4 boneless skinless chicken breast halves (4 ounces each)

¼ teaspoon salt

1 tablespoon canola oil

2 medium onions, chopped

½ cup reduced-sodium chicken broth

2 jalapeno peppers, seeded and minced

2 teaspoons ground cumin

3 ounces reduced-fat cream cheese, cubed

¼ cup reduced-fat sour cream

3 plum tomatoes, seeded and chopped

2 cups hot cooked rice

Sprinkle chicken with salt. In a large nonstick skillet over medium-high heat, brown chicken in oil on both sides.

Add the onions, broth, jalapenos and cumin. Bring to a boil. Reduce heat; cover and simmer until thermometer reads 165 degrees, 5-7 minutes. Remove chicken and keep warm.

Stir in cream cheese and sour cream into onion mixture until blended. Stir in tomatoes; heat through. Serve with chicken and rice.

Did you know?

Americans throw away 44 million newspapers a day

MGT-452: Physical and Cybersecurity for Critical Infrastructure**September 12, 2019****Sweetwater County Justice Center****50140 B US Hwy S****Rock Springs, WY 82901****This is a FREE course**

The national and economic security of the United States depends on the reliable functioning of critical infrastructure. This course provides participants from throughout the various levels of government, private industry, and community an understanding of the interdependency between physical and cybersecurity disciplines and opportunities to collaboratively formulate enterprise risk management strategies to enhance infrastructure security and resilience efforts.

Course Objectives:

- Identify physical and cybersecurity concerns impacting overall infrastructure security posture.
- Classify integrated physical and cybersecurity incidents and the evolving risks and impacts they pose to critical infrastructure.
- Apply key concepts and resources to improve security within an organization or business.

Please register on-line: www.eventbrite.com



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 communications plan so your family will know how to connect during an emergency.
- ✓ Assemble an emergency kit.
- ✓ If you might be evacuated, pack your 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/



Summer Safety tips to follow:

- Stay in a cool, shaded area.
- Keep yourself hydrated.
- Wear clothing that's loose and light.
- Don't overdo it—work, play, and exercise more lightly than usual.
- Protect yourself from the sun with shade and sunscreen.
- Stay informed. Know the signs and symptoms of heat overexposure, and what you can do to help.

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!!

Where is the biggest coal mine in the United States?

CONGRATULATIONS to **Anita Todd and Kelly Compau** for being the first two people to submit the correct answer for the May 2019 quiz.

The answer is 1983, then they started up again but discontinued service completely in May, 1997.

Sweetwater County
Emergency Management
50140 B US HWY 191 S., Ste. #106
Rock Springs, WY 82901

Phone:
307-922-5370

Fax:
307-922-5481

E-Mail:
roderickj@sweet.wy.us



We're on the Web!

Visit us at:

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

Sweetwater County
Emergency Management
50140 B US HWY 191 S., Ste. 106
Rock Springs, WY 82901

