

SWEETWATER COUNTY EMERGENCY MANAGEMENT NEWSLETTER

Newsletter
June 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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Upcoming Events:

- * June 14: Flag Day
- * June 21: Father's Day

Brighter Days Ahead



One-Pot Meatball Stroganoff for Two

2 tablespoons butter

4 oz. sliced baby Bella mushrooms (about 1 1/3 cups)

1/8 teaspoon salt

1/8 teaspoon pepper

2 cups beef flavored broth

2 cups uncooked wide egg noodles

12 fully cooked beef meatballs, thawed

1/3 cup sour cream

In 2-quart saucepan, heat butter over medium-high heat. Add mushrooms, salt and pepper; cook 3 to 5 minutes, stirring frequently, until tender. Add beef broth, egg noodles and meatballs; heat to boiling. Reduce heat to medium; simmer uncovered 9 to 11 minutes, stirring occasionally, until liquid is mostly absorbed. Remove from heat; let stand 5 minutes. Stir in sour cream; serve immediately.

This recipe makes two large servings.

LIFE IS LIKE AN EVER-SHIFTING KAEIDOSCOPE---A SLIGHT CHANGE, AND ALL PATTERNS ALTER

Sharon Salzberg

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/

Why everyone should have their own File of Life: _____

Medical emergencies can happen anytime. When they do, there is confusion, panic and urgency. Paramedics arrive on the scene with no information about the person in need. Seconds count – they can make the difference between life and death. Does the patient have prior medical conditions? Allergies? What medications are they taking? Who do they want us to call? How do we contact their family or friends? File of Life puts these answers at their fingertips. It allows first responders to immediately begin the best possible treatment, notify loved ones, and pass this vital data on to awaiting physicians at the emergency room. File of Life has already saved thousands of lives. It is an absolute asset to emergency preparedness, and peace of mind, for every household and community across the nation.

FILE OF LIFE		
KEEP INFORMATION UP TO DATE !!		
<i>Review At Least Every Six Months !</i>		
MEDICAL DATA REVIEWED AS OF		
	MO.	YR.
Name:		Sex: M F
Address:		
Doctor:	Phone #:	
Preferred Hospital:		
EMERGENCY CONTACTS		
Name:	Phone #:	
Address:		
Name:	Phone #:	

Anyone interested in obtaining File of Life cards should contact Emergency Management/Homeland Security, Young At Heart Senior Center, Rock Springs fire Department or Fire District #1. Anyone interested in more information should contact the Sweetwater county Emergency Management/Homeland Security office.

COVID-19



Cover your mouth and nose with a cloth face cover when around others

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a [cloth face cover](#) when they have to go out in public, for example to the grocery store or to pick up other necessities.
 - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.




Cover coughs and sneezes

- **If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Clean and disinfect

- **Clean AND disinfect [frequently touched surfaces](#) daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them.** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant.** Most common [EPA-registered household disinfectants](#)  will work.



Monitor Your Health

- **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or [other symptoms](#) of COVID-19.
 - Especially important if you are [running essential errands](#), going into the office or workplace, and in settings where it may be difficult to keep a [physical distance of 6 feet](#).
- **Take your temperature** if symptoms develop.
 - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow [CDC guidance](#) if symptoms develop.

The Wyoming Department of Health is actively responding to the coronavirus disease 2019 (COVID-19) pandemic.

Disease symptoms, which may appear 2 to 14 days after virus exposure, include fever, cough, shortness of breath or difficulty breathing, chills, muscle pain, headache, sore throat and new loss of taste or smell.

Older residents and people with certain health conditions have a higher risk of developing more serious or life-threatening complications.

Wyoming residents should follow our recommendations to help avoid becoming ill and to help avoid spreading COVID-19 in our communities.

Let's help keep each other safe!

Recommendations

- Follow current public health orders.
- Wear [cloth face coverings](#) in public settings where social distancing is difficult to maintain.
- Follow advice from CDC on [what to do if you think you may be sick](#).
- Stay home when sick and avoid contact with other people unless you need medical attention.
- Follow common-sense steps such as washing your hands often and well; covering your coughs and sneezes; and cleaning and disinfecting.
- Nursing homes, assisted living facilities and other healthcare facilities should follow guidelines for infection control and prevention.
- Older people and those with health conditions that mean they have a higher chance of getting seriously ill should avoid close-contact situations.

Coronavirus Disease 2019 (COVID-19)

It is critical to emphasize that maintaining 6-foot social distancing remains important to slowing the spread of the virus. CDC is additionally advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

CDC continues to study the spread and effects of the novel coronavirus across the United States. We now know from [recent studies](#) that a significant portion of individuals with coronavirus lack symptoms (“asymptomatic”) and that even those who eventually develop symptoms (“pre-symptomatic”) can transmit the virus to others before showing symptoms. This means that the virus can spread between people interacting in close proximity—for example, speaking, coughing, or sneezing—even if those people are not exhibiting symptoms. In light of this new evidence, CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies) **especially** in areas of significant community-based transmission.

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!!

What is the name of the only state besides Wyoming that is not
served by Amtrak?

CONGRATULATIONS to **Donna Wardell** for
being the first person to submit the correct
answer for the March 2020 quiz.
The answer is Boundurant.

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We're on the Web!

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