

SWEETWATER COUNTY EMERGENCY MANAGEMENT NEWSLETTER

Newsletter
June 2021



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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.

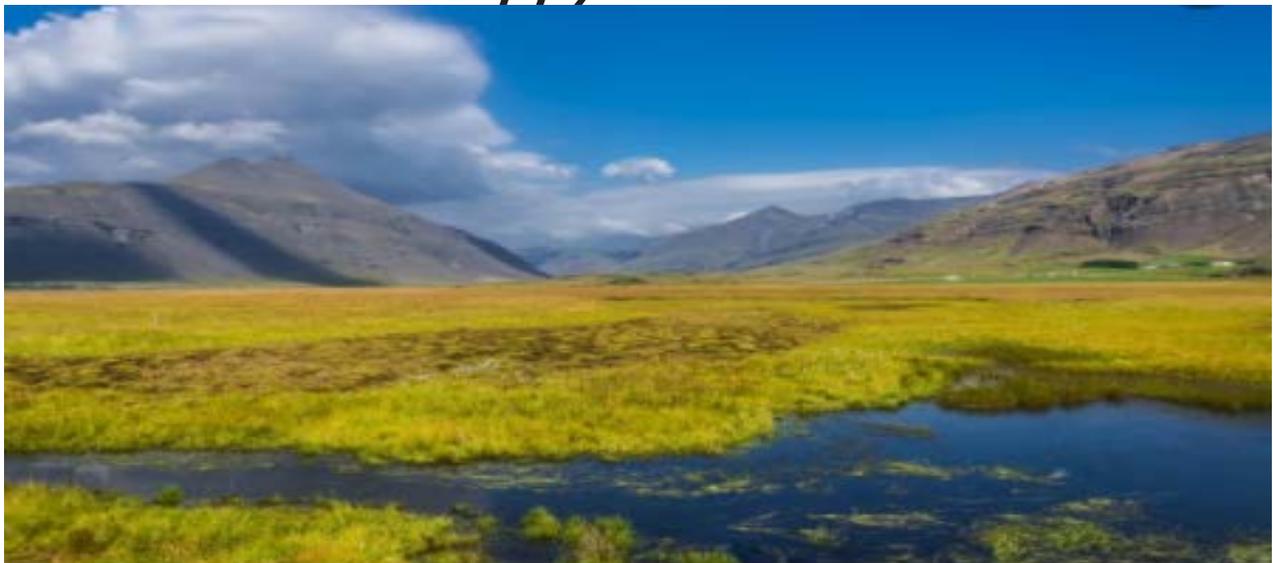
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SAFETY FIRST

**BE CAREFUL
BE AWARE
BE SAFE**

Happy Summer



Frozen Strawberry Dessert

- 1 cup all-purpose flour
- ¼ cup packed brown sugar
- ½ cup butter, melted
- ½ cup chopped walnuts
- 2 large egg whites
- 2/3 cup sugar, divided
- 2 teaspoons water
- 1/8 teaspoon cream of tartar
- 1 package (16 ounces) frozen sweetened sliced strawberries, thawed
- 2 tablespoons lemon juice
- 1 cup heavy whipping cream

Preheat oven to 350 degrees. In a small bowl, combine the first four ingredients. Place in a 15 X 10 X 1 inch baking pan. Bake until golden brown, 18–20 minutes, stirring occasionally; cool on a wire rack. Set aside 1/3 cup for topping; sprinkle remaining nut mixture onto a lightly greased 13 X 9 inch dish. In large saucepan, combine the egg whites, 1 tablespoon sugar, water and cream of tartar over low heat. With a portable mixer, beat on low speed for 1 minute. Continue beating on low speed until mixture reaches 160 degrees. Pour into a large bowl. Add strawberries, lemon juice and remaining sugar; beat on high for 8 minutes or until light and fluffy. In another large bowl, beat cream until stiff peaks form. Fold into strawberry mixture. Transfer to prepared dish; sprinkle with the reserved nut mixture. Cover and freeze for 6 hours or overnight.

Life is what happens when you're busy making plans.

John Lennon

Safety Pointers to Keep Your Family Safe All Season Long

Monitor grilling and barbequing.

Many people enjoy outdoor barbecues or picnics in the summer, but it's important to keep food at the proper temperature when outdoors. Keep cold foods generally below 40 degrees Fahrenheit to prevent growth of bacteria. Hot foods should be consumed quickly after cooking, so they do not cool to unsafe temperatures at which bacteria can grow.

If using an outdoor grill, be sure to check carefully for foreign materials getting in your food. Things you might not think of, such as bristles from a grill brush, can get stuck in your burger and be accidentally swallowed and cause injury.

Watch your family around campfires.

While campfires are another favorite summer pastime, the potential for burns, especially to unsupervised children, is high. Watch your children around open flames, and make sure they understand fire safety.

It's also important to be careful when starting your campfire. I have seen many burns as a result of individuals attempting to use an accelerant, such as gasoline, to get their fire burning more quickly. Take your time and use plenty of dry paper or kindling, or a commercially available fire starter, to ensure a safe start to your fire.

Exercise caution around fireworks.

While beautiful and fun to watch, malfunctioning or misused fireworks can cause significant injury or death. Ensure that you are following all of the instructions, and only purchase fireworks from a reputable source. Make sure the area where you are setting off the fireworks is clear of spectators and anything flammable. Have a fire extinguisher or bucket of water ready to put out small fires or to smother any "duds," and never attempt to relight a malfunctioning firework.

Lather on the sunscreen and bug spray, and stay hydrated.

Long periods of sun exposure can lead to painful sunburns. In addition to the immediate pain, you are also increasing your risk of skin cancer. Use sunscreen, and wear clothing and hats that minimize your skin's sun exposure. Keep your family safe from bug bites by reapplying bug spray in accordance with the spray's directions.

Don't forget to stay hydrated, and help your body regulate its temperature by taking breaks and seeking the comfort of shade or air conditioning. Know the signs of heat-related illnesses, which can range from muscle cramps and fatigue to heat stroke, a serious condition marked by hot, dry or moist skin, a rapid pulse and/or confusion. Make sure to get medical help if your symptoms seem to worsen. And *never* leave children or pets locked in a hot car.

Be alert around water.

Safety around water is especially important for children because drowning can occur in only a few seconds. One of the best ways to keep your children safe is to teach them how to swim. Life jackets are also a good idea for young children in pools, lakes or any other body of water.

Never dive into shallow water or an unknown body of water. Hidden underwater obstructions can cause severe head or spinal cord injuries that could lead to paralysis, and even death, if jumping head first. When using **pools and hot tubs**, make sure the water's chlorine and bromine levels are correct, and that all drains are properly secured to help keep you and your family safe.

Stay up to date on severe weather.

Summer weather can sometimes be unpredictable. Floods, tornadoes and lightning are all threats that come with summer thunderstorms. Plan ahead. Have a weather radio, follow media reports or use an app on your phone to track the anticipated weather for that day. If severe weather is forecast, consider changing your plans. Be sure to seek shelter immediately in the event of lightning or a tornado warning. If you venture out, keep a close watch on the weather.

Summer is a beautiful time. With some planning, you and your family can enjoy the season and the summer holidays without injury. If we are needed, however, your local emergency department stands ever ready to assist you!

Coping with a Disaster or Traumatic Event



After a disaster, it is important to take care of your emotional health. Pay attention to how you and your family members are feeling and acting.

Taking care of your emotional health will help you think clearly and react to urgent needs to protect yourself and your loved ones.

Follow these tips to help you and your family recover or find support.

Steps to Care for Yourself

- Take Care of Your Body
 - » Try to eat healthy, exercise regularly, get plenty of sleep, and avoid alcohol and other drugs.
- Connect
 - » Share your feelings with a friend or family member. Maintain relationships and rely on your support system.
- Take Breaks
 - » Make time to unwind. Try to return to activities that you enjoy.
- Stay Informed
 - » Watch for news updates from reliable officials.
- Avoid
 - » Avoid excessive exposure to media coverage of the event.
- Ask for Help
 - » Talk to a clergy member, counselor, or doctor or contact the SAMHSA helpline at 1-800-985-5990 or text TalkWithUs to 66746.

How to Help Your Children

- Talk with them
 - » Share age-appropriate information
 - » Reassure them
 - » Address rumors
 - » Answer questions
- Set a good example by taking care of yourself
- Limit exposure to media and social media coverage of the event

Common Signs of Distress

- Feelings of fear, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, and activity levels
- Difficulty concentrating and making decisions
- Difficulty sleeping or nightmares
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

Seek help from your healthcare provider if these stress reactions interfere with your daily activities for several days in a row.

CALL or TEXT Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Hotline:
1-800-985-5990.



People with deafness or hearing loss can use their preferred relay service to call 1-800-985-5990.

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

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.

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.

Getting out of your house sounds appealing, you're not alone.

At this time, however, hospitals and urgent cares are typically bracing for what they call "trauma season." Emergency rooms often see twice the number of injuries and trauma they see in winter, with the most common injuries being car crashes, severe sunburn, water-sports injuries, dehydration, heat exhaustion and falls.

And of course, COVID-19 is still a concern.

So, what activities are safe for you and your family? Deciding what you're comfortable with is a personal decision, made to protect yourself and the people you love. But if you're ready for an outdoor adventure, here's how you can stay safe this summer.

1. To lower risk of COVID-19, steer clear of peak times at the beach or pool. It's best to enjoy early in the morning or late in the afternoon. Keep six feet of distance, and know that if you can't do that safely, it's time to head home. In all other public places, we suggest you still wear a mask, wash your hands regularly and practice social distancing.
2. To stop dehydration, water is your best drink of choice. Do not wait until you are thirsty. Drink plenty of water during activity especially in warm weather. Avoid too much alcohol and caffeine. Eat fruits and vegetables which have a lot of water, such as watermelon, strawberries, grapefruit, peaches, eggplants and spinach.
3. Use high SPF sunscreen to protect against sunburn. Reapply sunscreen often especially if you are sweating or doing activities in the water. Stay in the shade during peak hours (11 a.m. to 4 p.m.). Keep children in the shade as much as possible. Cover your skin and wear a hat.
4. Limit physical activity during the hottest peak hours of the day to reduce risk of heat exhaustion and heat stroke. Get used to the hot weather by slowly increasing the time you spend outside.
5. To avoid water-related injuries, always bring a buddy when engaging in water sports. And follow the lifeguards' instructions. If you have children, make sure an adult is supervising. Get used to the temperature difference in and out of the water. Don't drink alcoholic beverages before water activities.

Summer Safety Tips

- Wear a hat and light-colored clothing.
- Use insect repellents that provide protection for the amount of time you will be outdoors.
- Use high SPF sunscreen to protect against sunburn.
- Limit physical activity during the hottest peak hours of the day to reduce risk of heat exhaustion and heat stroke.
- To stop dehydration, water is your best drink of choice.



Spring Weather Preparedness

[Thunderstorms & Tornadoes](#) | [Lightning](#) | [Winds, Floods & Hail](#)

Preparation for Spring Weather

Spring is often host to many dangers, such as flooding, wildfire, and severe weather. You should know what to do to protect your family, pets, property and yourself against these dangers. Your safety is up to YOU!

Severe Weather

All thunderstorms are dangerous and can produce tornadoes, lightning, damaging winds, flash flooding, and hail.

Learn to recognize severe weather, develop a plan, and be ready to act when threatening weather approaches. If severe weather threatens, check on people who are elderly, very young, or physically or mentally disabled.

Familiarize yourself with these terms to help identify a hazard

Severe Thunderstorm Watch: Tells you when and where severe thunderstorms are likely to occur. Watch the sky and stay tuned to know when warnings are issued.

Severe Thunderstorm Warning: Issued when severe weather has been reported by spotters or indicated by radar. Warnings indicate imminent danger to life or property to those in the path of the storm.

Tornado Watch: Tornadoes are possible in your area. Remain alert for approaching storms. Know what counties or portion of the counties are in the watch area by listening to your local radio/NOAA Weather Radio or by watching your local television channels.

Tornado Warning: A tornado has been sighted or indicated by weather radar. Take shelter immediately.

Flood Watch: Flooding is possible. Tune in to NOAA Weather Radio, local radio station, or television for information.

Flood Warning: Flooding is occurring or will occur soon; if advised to evacuate, do so immediately.

Flash Flood Watch: Flash flooding is possible. Be prepared to move to higher ground; listen to NOAA Weather Radio, local radio station, or television for information.

Flash Flood Warning: A flash flood is occurring; seek higher ground on foot immediately.



Maintaining Your Kit

After assembling your kit remember to maintain it so it's ready when needed:

- Keep canned food in a cool, dry place.
- Store boxed food in tightly closed plastic or metal containers.
- Replace expired items as needed.
- Re-think your needs every year and update your kit as your family's needs change.



Kit Storage Locations

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and cars.

- **Home:** Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.
- **Work:** Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a "grab and go" case.
- **Car:** In case you are stranded, keep a kit of emergency supplies in your car.

Preventing Fires During Hot, Dry And Drought Conditions

- Do not burn trash, leaves or brush outdoors. These are some of the driest months of the year.
- Create a safety zone. Maintain a 30-foot or greater safety zone around your home that is clear of brush, tall grass, and other flammable vegetation.
- Maintain your lawn. Keep trees and shrubs pruned around chimney outlets and stovepipes and keep your entire landscape mowed, raked, and free of dead limbs.
- Cook safely outdoors. Practice safe grilling by maintaining a 10-foot brush-free zone around outdoor grills and propane tanks. After grilling, place ashes in a metal bucket and soak in water. Never leave a grill unattended.
- Don't park on grass. Don't park vehicles and other motorized equipment on dry grass or near shrubbery. Exhaust systems can far exceed the 500 degrees it takes to start a summer brush fire. If you need to pull off to the side of the road during a road trip, stay on the paved shoulder or find a nearby parking lot or rest stop.
- Have fire extinguishers on hand. Keep fire suppression tools handy including working fire extinguishers, shovel, bucket of water, shovel, and a water hose that can reach all areas of your home and outlying structures. It's not enough to have a fire extinguisher. Know how to use it. If you have several, check the operating instructions for each because they do differ. Inspect extinguishers regularly.
- Teach children fire safety. Teach children about the dangers of playing with fire and make sure they know what to do in the case of a fire, including an evacuation plan for the home.

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 highest peak in Wyoming and how high is it?

CONGRATULATIONS to *Anita Todd* on
submitting the correct answer for the March
2021 quiz.

The answer is Anesthesiologist.

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We're on the Web!

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