

Barren River Rundown

J U N E 2 0 2 2

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Disaster Preparedness: June is Summer and Extreme Heat Safety Month:

There is hot, and then there is HOT! Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. In extreme heat, your body works extra hard to maintain a normal temperature, which can lead to death.

Extreme heat is responsible for the highest number of annual deaths among all weather-related hazards.

What you should know about Extreme Heat

- Older adults, children, and sick or overweight individuals are at greater risk from extreme heat.
- Humidity increases the feeling of heat.
- Know the signs of heat-related illnesses and ways to respond.

If you are sick and need medical attention, contact your healthcare provider for advice and shelter in place if you can. If you are experiencing a medical emergency call 9-1-1.

**HEALTHY COMMUNITY.
HAPPY FAMILIES.**



Barren River
DISTRICT HEALTH DEPARTMENT



Please submit articles for the newsletter to Jessica Wright at Jessica.Wright@barrenriverhealth.org
Submissions will be reviewed for approval



NATIONAL LIGHTNING SAFETY AWARENESS WEEK: 19-25TH

National Lightning Safety Awareness week began in 2001 to call attention to this underrated killer. Since then, U.S. lightning fatalities have dropped from about 55 per year to less than 30 per year. This reduction in fatalities is largely due to greater awareness of the danger of lightning, and people seeking safety during thunderstorms. During National Lightning Safety Awareness Week, we encourage you to learn more about lightning and lightning safety.



PET PREPAREDNESS MONTH:

Your pets are important members of your family, so they need to be included in your family's emergency plan. Just as you do with your family's emergency supply kit, think first about the basics for survival, such as food and water. Have two kits, one larger kit if you are sheltering in place, and one lightweight version for evacuation. Review your kits regularly to ensure that their contents, especially foods and medicines, are fresh. Here are some items you may want to include in an emergency kit for your pet:

- Food: Keep several days' supply of food in an airtight, waterproof container.
- Water: Store a water bowl and several days' supply of water.
- Medicine: Keep an extra supply of the medicine your pet takes on a regular basis in a waterproof container.
- First aid kit: Talk to your veterinarian about what is most appropriate for your pet's emergency medical needs.
- Collar with ID tag and a harness or leash: Include a backup leash, collar and ID tag. Have copies of your pet's registration information and other relevant documents in a waterproof container and available electronically.
- Traveling bag, crate or sturdy carrier (ideally one for each pet).
- Grooming items: Pet shampoo, conditioner and other items, in case your pet needs some cleaning up.
- Sanitation needs: Include pet litter and litter box (if appropriate), newspapers, paper towels, plastic trash bags and household chlorine bleach to provide for your pet's sanitation needs.
- A picture of you and your pet together: If you become separated from your pet during an emergency, a picture of you and your pet together will help you document ownership and allow others to assist you in identifying your pet.
- Familiar items: Put favorite toys, treats or bedding in your kit. Familiar items can help reduce stress for your pet



PREPAREDNESS COMMITTEE MEMBERS WANTED:

The Preparedness Team is looking for interested employees to join us in planning for emergency responses. Committee members will assist in reviewing and updating our current plans by providing subject matter input. We are looking for each branch and each county to be represented. If you are interested in Disaster Preparedness or want to learn more about the process, this is the committee for you!

Email Janarae.Conway@barrenriverhealth.org to join.



Do you know a new or expecting parent who could use an extra pair of hands? Click here for info on BRDHD's HANDS Program!



HANDS is always accepting referrals!

Contact Tammy.Drake@barrenriverhealth.org to learn more about the HANDS Program

**Carbon Monoxide (CO):
THE SILENT KILLER**

A black skull and crossbones symbol, a common hazard warning for dangerous substances.

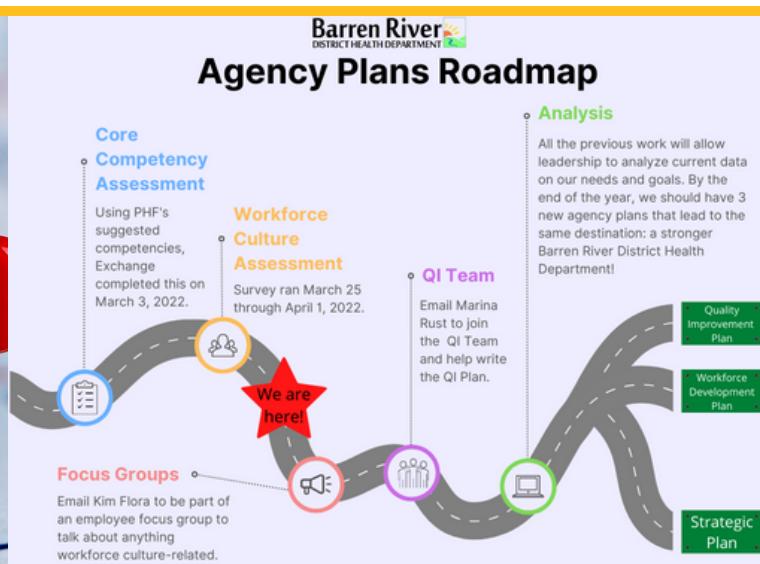
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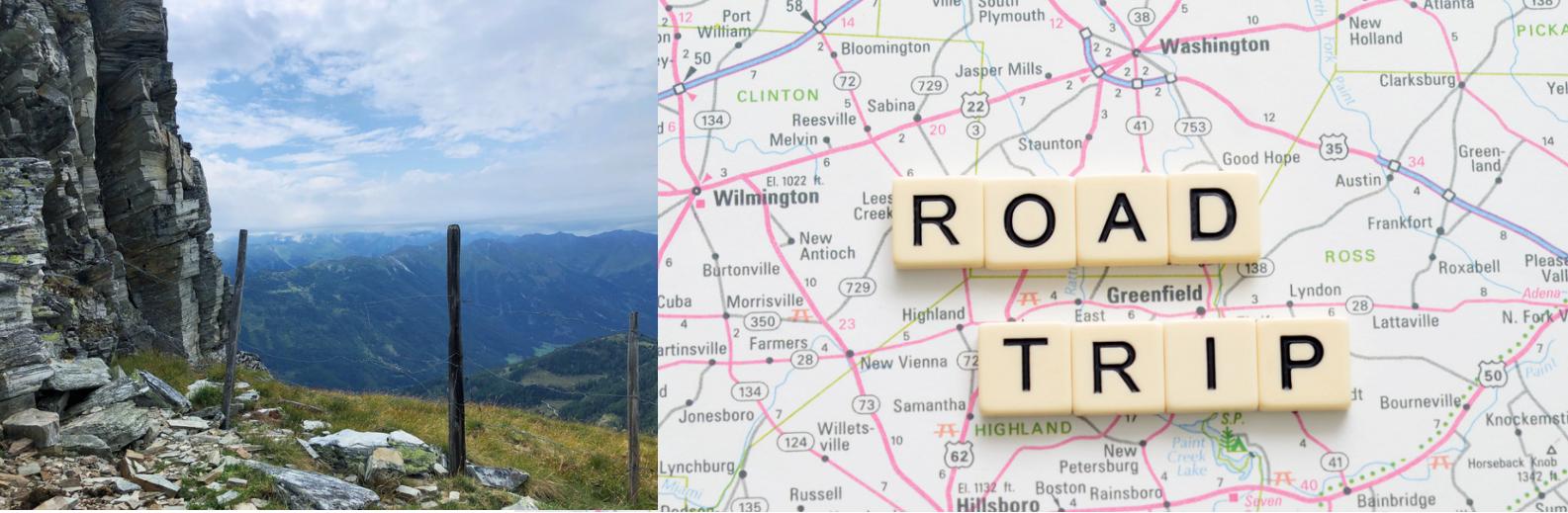
We received grant funding to provide carbon monoxide (CO) education and free CO detectors. We will be providing education and detectors at the following events

- June 9th, we will set up with the BRIGHT Coalition at the Warren County Summer Reading Program kick-off at the Corvette Museum.

If you know of any events in your counties that Crystal and Janarae can attend, please let them know!

janarae.conway@barrenriverhealth.org
crystal.kingrey@barrenriverhealth.org







Meetings:
District Wide:
Jun. 24th at 9am
District Board of Health:
Aug. 15th at 5pm
Local Board of Health:
Barren: Aug. 9th at 12pm
Butler: Aug. 5th at 12pm
Edmonson: Dec. 21st at 12pm
Hart: Jun. 9th at 11am
Logan: Oct. 20th at 12pm
Metcalfe: Sep. 13th at 12pm
Simpson: Sep. 8th at 12pm
Warren: Jun. 13th at 5pm



Please join us!

Partnership for Health Workshop

June 22nd, 2022

11:00AM-1:00PM

Health Sciences Complex
700 E 1st Ave

- Learn to improve collaboration for successful projects
- Apply for a \$1,000 award opportunity
- Keynote speaker
- Local experts panel



PREPAREDNESS COMMITTEE

- Be a subject matter expert to the preparedness and response branch
- Assist in reviewing and updating agency preparedness and response plans
- Influence future preparedness trainings

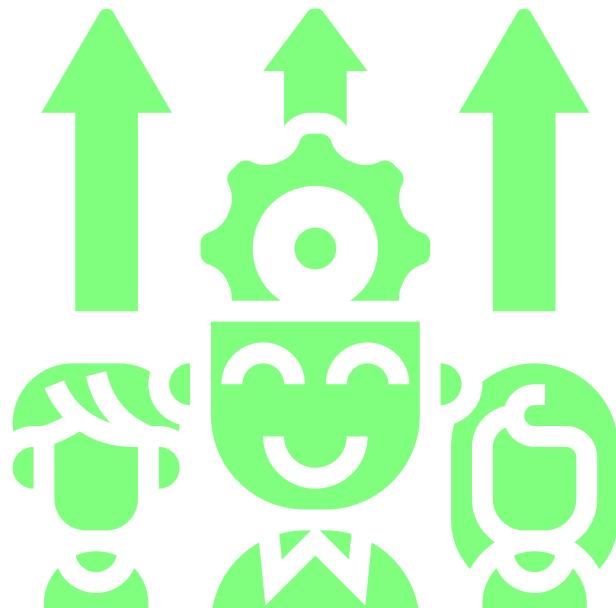
QUALITY IMPROVEMENT COMMITTEE

- Lead as a QI expert
- Give direct input on the agency QI Plan
- Track wins and learn from challenges
- Implement change throughout the health department

APPLY TODAY!

QUALITY IMPROVEMENT/ACT TEAM

The ACT Team is here for you! Do you have an idea that would make your job easier? Is there an improvement the agency could make to better serve our community?



Let the ACT Team know!
Submit your ideas here:



July is coming Soon!
Send info on locations,
dates, & times of local
fireworks & festivities!

Send the information to:

Jessica.Wright@barrenriverhealth.org

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Follow BRDHD on social media!



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Click here to visit
our website



Please submit articles for the newsletter to Jessica Wright at Jessica.Wright@barrenriverhealth.org
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