

# Barren River Rundown

AUGUST 2022

BACK TO SCHOOL

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## Disaster Preparedness: Back to School:

Disasters happen everywhere and at any time. Every member of the family can help prepare. Preparedness for the future starts today! It is important for everyone, no matter their age, to be prepared in case an emergency occurs. Preparing for disasters helps everyone in the family accept the fact that disasters do happen, and ease their minds by having a plan. Families should work together to identify and collect the resources to meet basic needs during and after a disaster. Encourage your children to share their thoughts and listen to their concerns.

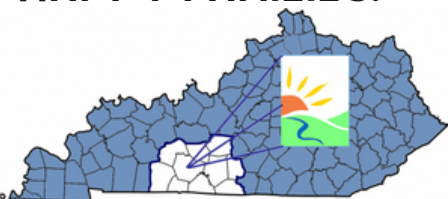


## Back To School Preparedness Planning:

- Calmly provide information about the disaster and plans for ensuring their ongoing safety.
- Involve your children in updating your family disaster plan and disaster supplies kit.
- Practice your plan.
- Spend extra time with your children.

- Involve your children by giving them specific tasks to let them know they can help restore family and community life.
- Re-establish daily routines for work, school, play, meals, and rest

HEALTHY COMMUNITY.  
HAPPY FAMILIES.



**Barren River**  
DISTRICT HEALTH DEPARTMENT

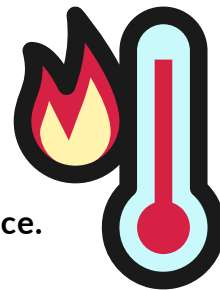


Please submit articles for the newsletter to Jessica Wright at [Jessica.Wright@barrenriverhealth.org](mailto:Jessica.Wright@barrenriverhealth.org)  
Submissions will be reviewed for approval

# EXTREME HEAT AWARENESS:

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. Never leave people or pets in a closed car on a warm day. Here are a few more tips for staying safe in extreme heat:

- If air conditioning is not available in your home, go to a cooling center.
- Take cool showers or baths.
- Wear loose, lightweight, light-colored clothing.
- Use your oven less to help reduce the temperature in your home.
- If you're outside, find shade. Wear a hat with a brim wide enough to protect your face.
- Drink plenty of fluids to stay hydrated.
- Avoid high-energy activities or work outdoors during midday heat if possible.
- Check on family members, seniors, and neighbors.
- Watch for heat cramps, heat exhaustion, and heat stroke.
- If pets are outside, make sure they have plenty of cool water and access to shade.
- Don't walk pets on pavement until the pavement cools down. Asphalt and dark pavement can be very hot to your pet's feet and can cause painful burns.
- If using a mask, use one that is made of breathable fabric, such as cotton, instead of polyester. Don't wear a mask if you feel yourself overheating or have trouble breathing.



## HEAT STROKE:

### Signs:

- Extremely high body temperature (above 103 degrees F taken orally)
- Red, hot, and dry skin with no sweat
- Rapid, strong pulse
- Dizziness, confusion, or unconsciousness



## HEAT CRAMPS:

### Signs:

- Muscle pains or spasms in the stomach, arms, or legs



## HEAT EXHAUSTION:

### Signs:

- Heavy sweating, paleness, muscle cramps, tiredness, weakness, fast or weak pulse, dizziness, headache, fainting, nausea, and vomiting



**If you have signs of heat cramps or heat exhaustion, go to a cooler location and cool down by removing excess clothing and taking sips of sports drinks or water. Call your healthcare provider if symptoms get worse or last more than an hour.**

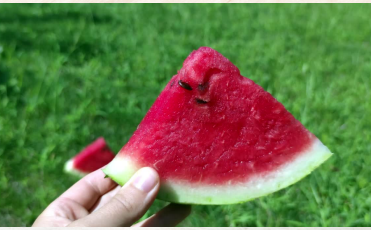
**If you suspect heat stroke, call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives. Do not give the person anything to drink.**

**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](mailto:Tammy.Drake@barrenriverhealth.org) to learn more about the HANDS Program**



**Days to Celebrate in August**

| SUNDAY                     | MONDAY                              | TUESDAY                                | WEDNESDAY                            | THURSDAY               | FRIDAY                         | SATURDAY                                    |
|----------------------------|-------------------------------------|--|--------------------------------------|------------------------|--------------------------------|---|
| 1 National Girlfriends Day | 2 National Ice Cream Sandwich Day   | 3 National Watermelon Day              | 4 National Chocolate Chip Cookie Day | 5 Work Like a Dog Day  | 6 National Root Beer Float Day | 7 International Beer Day every First Friday |
| 8 International Cat Day    | 9 National Rice Pudding Day         | 10 National S'mores Day                | 11 Son and Daughter Day              | 12 Baseball Fans Day   | 13 National Filet Mignon Day   | 14 National Creamsicle Day                  |
| 15 National Relaxation Day | 16 National Bratwurst Day           | 17 National Black Cat Appreciation Day | 18 National Fajita Day               | 19 National Potato Day | 20 National Bacon Lovers Day   | 21 National Spumoni Day                     |
| 22 National Bao Day        | 23 National Sponge Cake Day         | 24 National Waffle Day                 | 25 National Whiskey Sour Day         | 26 National Dog Day    | 27 National Banana Lovers Day  | 28 Red Wine Day                             |
| 29 Lemon Juice Day         | 30 National Toasted Marshmallow Day | 31 Eat Outside Day                     |                                      |                        |                                |   |

the sDRUCE



# WELCOME

# ABOARD



## Michael Baxter

Facilities Director  
District



## Kayla Putman

Sr. Support Services  
Warren



## Cheyenne Mansfield

Health Educator  
Warren

# UPCOMING EVENTS

### Meetings:

#### District Wide:

Sep. 30th 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: Dec. 8th at 11am

Logan: Oct. 20th at 12pm

Metcalfe: Sep. 13th at 12pm

Simpson: Sep. 8th at 12pm

Warren: Sep. 12th at 5pm

**NO WORK!**  
**September 5th**

**HAPPY  
LABOR  
DAY**

**QI TEAM :**   
**Let the QI Team know!**  
**Submit your ideas here:**



The QI 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?

August is here! Send photos of your Back to School littles to share in the September Rundown. It will be so fun to see the photos everyone sends in!

Send your photos to:  
[Jessica.Wright@barrenriverhealth.org](mailto:Jessica.Wright@barrenriverhealth.org)



Follow BRDHD on social media!



**Barren River**  
DISTRICT HEALTH DEPARTMENT 

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our website



Please submit articles for the newsletter to Jessica Wright at [Jessica.Wright@barrenriverhealth.org](mailto:Jessica.Wright@barrenriverhealth.org)  
Submissions will be reviewed for approval.