

# 10 Tips To Improve Air Quality

## Tip 1: Limit Your Driving

- Avoid driving during peak traffic periods when stop-and-go traffic is at its worst.
- Try not to drive at all, especially during the morning and early afternoon.
- Plan ahead, organize your trips. Combine several errands into one trip.
- Consider other commuting options, such as public transit, ride-sharing, and tele-working at home.

## Tip 2: Drive Emission Wise

- If you must drive, use the least polluting of your vehicles.
- Where available, use clean fuels, avoid excessive idling, and areas of congestion.
- Stop and start evenly.
- Drive at a steady speed. Drive at medium speeds. Use your air conditioner wisely.
- Travel light.
- Consider fuel efficiency and emissions when buying a new car.

## Tip 3: Refuel Carefully

- Refuel after 6:00 PM, if possible.
- Avoid spills and don't try to top off your tank.

## Tip 4: Maintain Your Vehicle

- Engine performance, emission control systems, and tire inflation are important.
- Don't remove or tamper with pollution controls. Comply with the local auto inspection and emissions testing program.
- Follow your owner's manual.
- Get regular engine tune-ups and car maintenance checks.
- Use an energy-conserving



grade of motor oil. An EC multi-grade can improve your mileage by as much as 15 percent.

## Tip 5: Live Emission Wise

- Buy low emission household products.
- Buy electric or fuel-efficient motorized equipment.
- Conserve electricity.
- Avoid spilling gas when refueling gasoline-powered lawn, garden, farm, and construction equipment and boats.
- Properly dispose of household paints solvents, and pesticides.
- Seal containers tightly.
- Reduce waste.

## Tip 6: Delay or Reschedule Lawncare

- Reschedule or delay lawn care employing gas-powered equipment until after 6:00 PM. An old 2-cycle gas-powered lawnmower produces as much pollution when it is operating as 70 new cars.

## Tip 7: Postpone Oil-Based Paint and Solvent Use

- Where possible, use aqueous (water) based products.
- Avoid oil-based paint and solvent use on days when

elevated ozone levels are expected.

## Tip 8: Barbecue with Electric or Chimney Starters

- Avoid the use of lighter fluid, since it vaporizes into the air and can contribute to ozone formation. Your food will also taste better.

## Tip 9: Conserve Energy in Your Home

- Conserving electricity reduces air pollution.
- Purchase energy efficient heating and air-conditioning systems.
- Purchase energy efficient appliances.
- Make sure your home is well insulated.
- Be mindful of energy conservation when you set your thermostat.
- Purchase energy efficient lighting.
- Purchase Energy Star labeled office equipment. Each year, enough electricity can be saved by using Energy Star labeled office equipment in a single home office (with a computer, printer, and fax) to light an entire home for more than 2 years.
- Where available, participate in your local energy conservation programs.

## Tip 10: Spread the Word

- Learn about local efforts and issues.
- Learn what you can do to help clear the air.
- Share what you learn.
- Let people know you care.
- Join a community group that is working to improve air quality.

# Community Alert Broadcast System

## Iberville Parish Community Alert Broadcast System

1. 27 sirens can be sounded throughout the parish in the event of an emergency.
2. Tune into cable television for emergency broadcast.
3. Listen to 1610 & 1620 AM emergency broadcast radio stations.
4. **Stay off the telephone**, you may be contacted by the emergency telephone ringdown system if in the affected area.
5. Tone and Voice Alert systems are located in every school, hospital, prison, and sheriff substation for direct notification of the facilities.

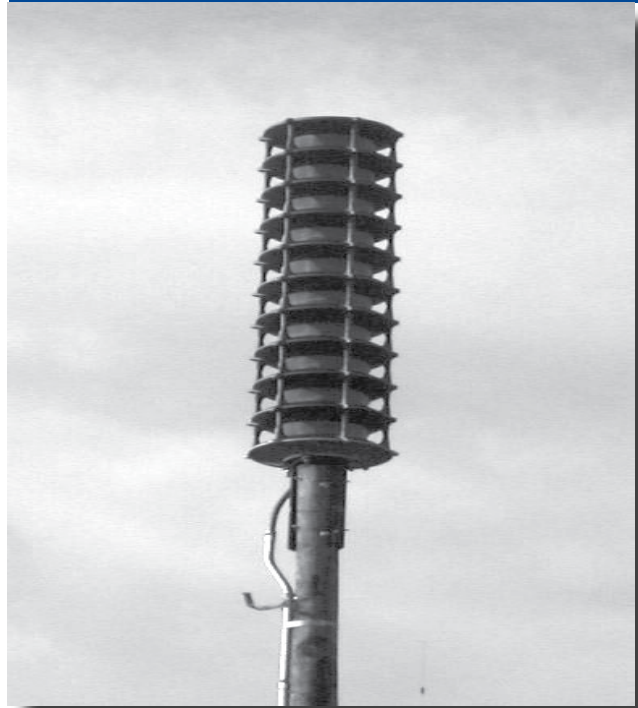
**The Community Alert Broadcast System is tested on the first Monday of each month at 10:00 AM. If you hear the outdoor warning sirens at any other time, you should stay calm but assume a real emergency exists.**

**Then follow these steps:**

1. **Seek shelter indoors**
2. **Tune to Radio Station 1610 & 1620 AM, and / or Cable T.V.**
3. **Wait for telephone safety advisory message.**

**Do not use the telephone for non-emergency calls.**

Outdoor Warning Siren



School Tornado Drill Position



# Carbon Monoxide

## Is The “ Silent Killer” Lurking In Your Home?

Carbon Monoxide (CO) poisoning occurs when an internal combustion engine or improperly adjusted fuel-burning appliance is operated in a closed area without fresh air. When a generous supply of fresh air is available and fuel is burning properly there is little danger of CO poisoning.

### Recognize The Signs Of Danger

The early stages of CO exposure includes headaches, dizziness, and drowsiness. A conscious victim may look or act intoxicated. Other symptoms include blurred vision, irritability, and an inability to concentrate. Severe cases cause nausea and vomiting, shortness of breath, convulsions, unconsciousness, and eventually death. Considering these symptoms, it is easy to see how readily CO poisoning could strike a sleeping victim.

If the victim is unconscious, move him/her to an area with fresh air and place him/her on his/her side with his/her head resting on an arm. If the victim is not breathing, begin mouth to mouth resuscitation and CPR if necessary. Keep the victim warm and quiet; give nothing to eat or drink. Take a conscious victim immediately to the hospital, even if exposure was minimal and recovery appears complete.

## Home Heating Safety Checklist

- Read labels and follow all warning and lighting instructions. Do not operate if you are unsure.
- Keep clear space around heating equipment.
- If you smell a strong gas odor, turn off the pilot light, and do not operate electrical switches. Call the gas company from another location.
- Turn off heating equipment if you smell fumes, your eyes sting, or you become dizzy or nauseous while it is operating.
- Turn off heating if it has a fluttering or yellow flame.
- Do not use a space heater if the ceramic radiants are broken or out of place.
- Never store or use flammable liquids like gasoline, cleaning fluid or paint thinners near heating equipment.
- Never smoke while working with gas powered equipment.
- If your heating equipment has a pilot light and you have trouble keeping it lit or if the control valve is hard to operate, the heater may need servicing. Don't force it or tamper with it. Call the gas company to have it serviced.

## PROTECT YOURSELF

To protect against CO poisoning, the U.S. Consumer Product Safety Commission offers these suggestions:

- All home fuel burning equipment should be inspected yearly by an expert to keep it operating efficiently and properly vented. Fuel burning heaters used to warm the house should be vented to the outside. If you must use an unvented heater, be sure to leave a window open at least one inch and turn off at night.
- Do not use a gas range or oven for heating a room. Never use a charcoal grill inside. Burning charcoal gives off large amounts of carbon monoxide. Never close a fireplace vent until the fire is completely extinguished.
- Internal combustion engines; such as automobiles, boats, lawnmowers, and generators produce lethal amounts of CO. Never run these engines in a closed or confined area; such as indoors, in a garage, or storage shed.
- Inspect chimneys, stove pipes, flues, and connectors to be sure they are clean and in good repair.
- To avoid CO poisoning from automobiles, have your muffler and tail pipes checked.



# GET TO KNOW YOUR IBERVILLE PARISH COUNCIL 911 SYSTEM

## WHEN SHOULD YOU DIAL 911?

You Should Dial 911 to Request:

**Police**  
**Fire**  
**Ambulance**

### What to know when calling 911

The most important thing to remember when calling 911 for help is to **LISTEN** and follow the dispatcher's instructions. After the necessary key information has been exchanged (usually in less than 30 seconds), the call taker will ask you to stay on the line and assist in handling the emergency situation.

*Remember, trained dispatchers never ask questions that are unnecessary.* Your job is to clearly answer the questions. If the dispatcher asks you to leave the phone to get information, **DO NOT HANG UP**. If you hang up, you could break your only link with the help you need.

### FIVE KEY QUESTIONS

Appropriate response depends on you relaying the following minimal information through your dispatcher:

- Your address and phone number
- Patient problem or type of incident
- Approximate age
- Conscious: yes/no (or alert)
- Breathing: yes/no (or difficulty)

### Is the information given to 911 protected by "privacy rules"?

**Answer:** You can be assured that the information about you, your address, your phone number, the circumstances of your call, and what you said to the 911 call taker will be protected at your request. If you are in danger or see someone in danger, call 911, and your conversation will remain private.

### Is it possible to get help from 911 if a caller is unable to speak or hear ?

**Answer:** Yes. Our Emergency Communications System has a feature called ALI (Automatic Location Identifier) and a TDD (Telecommunication Device for the Deaf) unit.

ALI displays the address of each incoming call on the Public Safety Answering Point (PSAP) dispatcher's computer screen within seconds. Even if a caller cannot communicate verbally because of injury, panic, age or language barrier, he or she will get help. Persons who can not hear or speak will get help. ALI also saves critical minutes.





# If Disaster Strikes

***Remain calm and patient. Put your plan into action.***

## **Check for injuries**

Give first aid and get help for seriously injured people.

## **Listen to your battery powered radio for news and instructions**

Tune to Radio Station **1610 & 1620 AM** on your radio dial.

Evacuate, if advised to do so. Wear protective clothing and sturdy shoes.

## **Check for damage in your home...**

- Use flashlights—do not light matches or turn on electrical switches if you suspect damage.
- Check for fires, fire hazards, and other household hazards.
- Sniff for gas leaks, starting at the water heater. If you smell gas or suspect a leak, turn off the main gas valve, open windows, and get everyone outside quickly.
- Shut off any other damaged utilities.
- Clean up spilled medicines, bleaches, gasoline, and other flammable liquids immediately.

## **Remember to...**

- Confine or secure pets.
- Call your family contact—do not use the telephone again unless it is a life-threatening emergency.
- Check on your neighbors, especially elderly or disabled persons.
- Make sure you have an adequate water supply in case service is interrupted.
- Stay away from downed power lines to avoid electrocution.

## Water: The Absolute Necessity

Stocking water reserves and learning how to purify contaminated water should be among your top priorities in preparing for an emergency. You should store at least a two week supply of water for each member of your family. Everyone's needs will differ, depending on age, physical condition, activity, diet and climate. A normally active person needs to drink at least two quarts of water each day. Hot environments can double that amount.

Children, nursing mothers, and ill people will need more. You will need additional water for food preparation and hygiene. Store a total of at least one gallon per person, per day. If your supplies begin to run low, remember: Never ration water. Drink the amount you need today and try to find more for tomorrow. You can minimize the amount of water your body needs by reducing activity and staying cool.

## How to Store Emergency Water Supplies

Store one gallon of water per person per day—two quarts for drinking, two quarts for food preparation and sanitation. Store water in thoroughly washed plastic, glass, fiberglass, or enamel-lined metal containers. Never use a container that has held toxic substances because tiny amounts may remain in the container's pores. Sound plastic containers, such as soft drink bottles, are best. You can also purchase food-grade

plastic buckets or drums. Before storing your water, treat it with a preservative such as chlorine bleach to prevent the growth of microorganisms. Use liquid bleach that contains 5.25 percent sodium hypochlorite and no soap. Some containers warn, "Not for Personal Use". You can disregard these warnings if the label states sodium hypochlorite is the only active ingredient and if you use only the small quantities in these instructions.

## Three Easy Ways to Purify Water

**Purification Tablets** release chlorine or iodine. They are inexpensive and available at most sporting goods stores and some drug stores. Follow the package directions. Usually one tablet is enough for one quart of water. Double the dose for cloudy water.

**Boiling** is the safest method of purifying water. Bring water to a rolling boil for 10 minutes, keeping in mind that some water will evaporate. Let the water cool before drinking. Boiled water will taste better if you put oxygen back into it by pouring it back and forth between two containers. This will also improve the taste of stored water.

**Chlorination** uses liquid chlorine bleach to kill microorganisms. Add two drops of bleach per quart of water (four drops if the water is cloudy), stir and let stand for 30 minutes. If the water does not taste and smell of chlorine at that point, add another dose and let stand another 15 minutes.

If your water supply is limited, try to avoid foods that are high in fat and protein and don't stock salty foods, since they will make you thirsty. Try to eat salt-free crackers, whole grain cereals, and canned foods with high liquid content.





When winter winds howl, you hear warnings about the wind chill factor. Wind chill shows how cold the wind makes exposed flesh feel and is a good indication of how much danger you face of frostbite or hypothermia. The lower the chill factor, the more you should bundle up.

## Extreme Cold ...

Two dangers of becoming too cold are **hypothermia** and **frostbite**.

**Frostbite** If skin becomes cold enough, it can actually freeze. When that happens, ice crystals form and damage tissue. This is frostbite. Ears, nose, hands, and feet are the most vulnerable. The defense is to be aware of the danger when it's bitterly cold, especially when the wind is blowing. Mittens, hats, a warm covering for the face, and warm dry socks can keep frostbite away.

**Hypothermia** When core body temperature drops below about 95 degrees F, a person becomes

confused and disoriented. At first shivering is violent; but as the temperature falls, shivering decreases. The result can be unconsciousness and possibly death.

It isn't necessary to have bitter cold to have hypothermia. People who are very old or very young are more vulnerable because the body is less able to regulate its temperature.

A good defense is to wear wool, not cotton, clothing. When cotton gets wet, it draws heat away from the body. Wool continues to insulate the body even when it's wet.

## Hypothermia Can Be Fatal



### Stages Of Hypothermia

1. Shivering - a response by the body which generates heat
2. Apathy and decreased muscle function, first fine motor and then gross motor functions.
3. Decreased level of consciousness with a glassy stare and possible freezing of the extremities.
4. Decreased vital signs with slow pulse and slow respiration rate.
5. Death.

### First aid:

- Remove wet clothing and keep patient dry.
- Apply external heat to both sides of the patient using whatever heat sources are available.
- If the patient is conscious and in a warm place, have him breathe warm, moist air if available.
- Monitor respirations and pulse and provide artificial ventilation and CPR as required.
- Do not give hot liquids by mouth.



# Family Emergency Disaster Plan

## CREATE AN EMERGENCY PLAN

### Call Iberville Parish Office of Emergency Preparedness at 225-687-5140

Find out which disasters could occur in your area.

- Ask how to prepare for each disaster.
- Ask how you would be warned of an emergency.
- Learn your community's evacuation routes.
- Ask about special assistance for elderly or disabled persons.
- Ask your workplace about emergency plans.
- Learn about emergency plans for your children's school or day care center.

### DEVELOP YOUR FAMILY PLAN:

- Meet with household members. Discuss with children the dangers of fire, severe weather, earthquakes, and other emergencies.
- Discuss how to respond to each disaster that could occur.
- Discuss what to do about power outages and personal injuries.
- Draw a floor plan of your home. Mark two escape routes from each room.
- Teach everyone how to turn off the water, gas, and electricity at main switches, and how to use a fire extinguisher.
- Post emergency telephone numbers near telephones.
- Teach children how and when to call 911, police, and fire.
- Instruct household members to turn on the radio for emergency information.
- Pick one out of state and one local friend or relative for family members to call if separated by disaster (it is often easier to call out of state than within the affected area).
- Teach children how to make long distance telephone calls.
- Pick two meeting places.
  - 1) A place near your home in case of a fire.
  - 2) A place outside your neighborhood in case you cannot return home after a disaster.
- Take basic first aid and CPR classes.
- Keep family records in a water and fireproof container.
- Install safety features in your house, such as smoke detectors and fire extinguishers.
- Inspect your home for potential hazards (such as items that can move, fall, break or catch fire) and correct them.

- Keep enough supplies in your home to meet your needs for at least three days.
- Keep a small disaster supplies kit in the trunk of your car.
- Practice your plan and safety drills. Replace stored water and food every six months.

## BEFORE THE EMERGENCY

### A. PREPARE A PLAN

1. Know your risk. Consider special circumstances of people with special needs, recreational vehicles, pets and boats.
2. Determine where you will shelter and know your evacuation routes - at home, family or friend's home if located away from the risk area, hotel located inland, or Emergency Public Shelters (no pets, alcohol, or firearms allowed).
3. Time the trip and multiply by three (3) for pre-storm road and traffic conditions.
4. Listen to a local radio or TV station for official announcements.

### B. PREPARE A DISASTER SUPPLY KIT FOR EVACUATION

Store the following in sturdy, easy-to-carry containers:

- First aid kit
- Battery operated radio and/or TV, extra batteries
- Flashlight, extra batteries and bulbs
- Canned or dried food for a week, manual can opener
- Extra medicine, baby food, etc.
- Eating utensils
- Fully charged fire extinguishers
- Candles, matches or disposable lighters
- Emergency cooking facilities and fuel
- Lantern and fuel
- Water (see next page for more information)
- Bleach
- Caulk or putty to seal drain in tub
- Wide masking tape
- Strong material to board up windows
- Up-to-date emergency phone list
- Blankets or sleeping bags
- Portable ice chest
- Identification and valuable papers (insurance) stored in a water tight container
- Change of clothing

For further information visit:  
[www.getagameplan.org](http://www.getagameplan.org)





# First Aid Tips

## How you might save the life of an accident victim

CPR and first aid are often required in emergencies. Administer CPR only if you are trained. Contact the American Red Cross, American Heart Association, or the YMCA for information about training.

### IMMEDIATE ACTIONS

- 1. Breathing and Circulation.** Begin rescue breathing if the victim is not breathing; begin CPR if there is no pulse and you are trained.
- 2. Bleeding.** Apply direct pressure to the wound and elevate it to stop persistent bleeding.
- 3. Shock.** Lay the victim on his/her back and give assurance. Position the feet above the head. Monitor breathing and circulation. If neck or spinal injuries are evident or suspected, move the victim **only** if:
  - a. it is necessary to establish or maintain a vital function such as breathing, or
  - b. it must be done to avoid further injury
- 4. Chest Pain.**
  - a. Help a conscious victim into a comfortable position with the head raised. Loosen tight clothing.
  - b. Help the victim take prescribed medication if necessary
  - c. If the victim loses consciousness and is not breathing, proceed with the ABCs of rescue breathing. If victim has no pulse, begin CPR if you are trained.

### FOLLOW-UP ACTIONS

- 1. STAY CALM!**
- 2. Call 911.** Have someone call 911. Rescuers must not leave victims before first aid is administered to relieve the crisis. (Exception: If you are alone with an unconscious, unresponsive adult, call 911 before beginning rescue breathing.)
- 3. Other Health Problems.** Check the victim for emergency medical ID tags and medications.
- 4. Food and Liquids.** Never give food or liquids to victims who are unconscious, semiconscious, nauseated, or severely injured.



### WHEN CALLING 911 FOR MEDICAL HELP

- 1. Give the location.** Mention a landmark at or near the scene to help medics find it.
- 2. Give the facts.** If feasible, give information about what happened, the number of injured persons, first aid given, and additional equipment needed.

[NOTE: If someone else places the call for help, confirm that the call has been made.]

### WHAT TO DO UNTIL HELP ARRIVES

**Administer the ABCs of Rescue Breathing as follows:**

#### Determine Responsiveness

- If the victim appears unconscious, gently tap a shoulder and shout "Are you OK?"
- If no answer, yell for help from someone near. If alone, call 911 for help, then proceed with the ABCs:

#### A is for AIRWAY

- Roll victim onto their back. Don't allow the body to twist.
- Open the airway by tilting the head and lifting the chin
- Look, listen, and feel for breathing for 3-5 seconds. If none, continue.

#### B is for BREATHING

- Pinch victim's nose. Put your mouth over victim's and make a good seal.
- Give two full breaths
- Allow victim's lung to deflate between breaths

#### C is for CIRCULATION

- Check the carotid pulse for 5-10 seconds
- If there is a pulse but no breathing, give one breath every five seconds until the victim revives
- If there is no pulse, begin CPR if you are trained.

# Flash Floods And Floods

**Avoid Being Caught In A Place Like This Before the flood...**

## ***What to Listen for...***

**FLASH FLOOD OR FLOOD WATCH:** Flash flooding or flooding is possible within the designated **WATCH** area-be alert.

**FLASH FLOOD OR FLOOD WARNING:** Flash flooding or flooding has been reported or is imminent, take necessary precautions at once.

**URBAN AND SMALL STREAM ADVISORY:** Flooding of small streams, streets, and low-lying areas, such as; railroad underpasses and urban storm drains, is occurring.

**FLASH FLOOD OR FLOOD STATEMENT:** Follow-up information regarding a flash flood/flood event.

The rule for being safe in a flooding situation is simple:

**HEAD FOR HIGHER GROUND AND STAY AWAY FROM FLOOD WATERS!**

## ***Go to higher ground - Climb to safety!***

- Get out of areas subject to flooding. This includes dips, low spots, canyons, washes, etc.
- Avoid already flooded and high velocity flow areas. Do not attempt to cross flowing streams.
- If driving, be aware that the road bed may not be intact under flood waters. Turn around and go another way. **NEVER** drive through flooded roadways!
- If the vehicle stalls, leave it immediately and seek higher ground. Rapidly rising water may engulf the vehicle and its occupants and sweep them away. Remember, it's better to be wet than dead!
- Be especially cautious at night when it is harder to recognize flood dangers.
- Do not camp or park your vehicle along streams and washes, particularly during threatening conditions.
- Children should **NEVER** play around high water, storm drains, viaducts, or arroyos.

## ***What you can do***

- **Know** your flood risk and elevation above flood stage.
- **Know** your evacuation routes.
- **Keep your automobile fueled.**
- **Store drinking water** in clean bath tubs and in various containers.
- **Keep a stock of nonperishable food.**
- **Keep first aid supplies** on hand.
- **Keep a NOAA Weather Radio**, a battery powered portable radio, emergency cooking equipment, and flashlights in working order.
- **Install check valves** in building sewer traps to prevent flood water from backing up into drains of your home.





# Flood Insurance Facts

## Ten facts consumers should know about flood insurance:

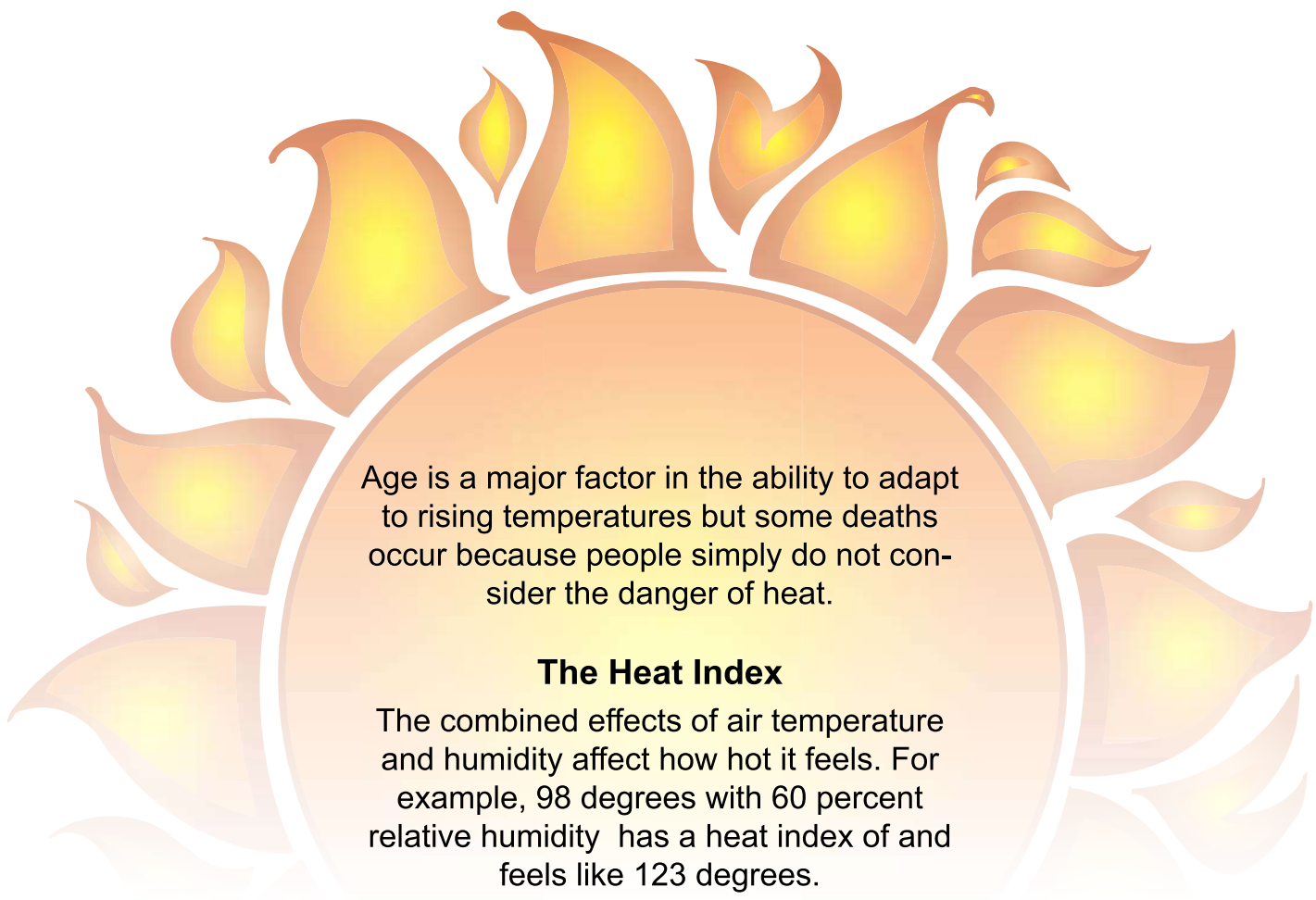
1. Everyone lives in a flood zone.
2. Flood damage is not covered by homeowners insurance policies.
3. You can purchase flood insurance regardless of your level of flood risk.
4. There is a low-cost policy for homes in low to moderate risk areas.
5. Flood insurance is affordable.
6. Flood insurance is easy to get.
7. Contents coverage is separate, so renters can insure their belongings, too.
8. Up to a total of \$1 million of flood insurance coverage is available for nonresidential buildings and contents.
9. There is usually a 30-day waiting period before the coverage goes into effect.
10. Flood insurance is more reliable than trying to get federal disaster assistance.



### ***National Flood Insurance Program***

If you live in a flood-prone area, consider purchasing Federal flood insurance, which will cover the value of a building and its contents. You can call 888-FLOOD-29 to learn more about Federal flood insurance.

*To learn more about flood hazard mitigation, visit FEMA's website at:  
<http://www.fema.gov/pdf/hazards/flddam.pdf>*



Age is a major factor in the ability to adapt to rising temperatures but some deaths occur because people simply do not consider the danger of heat.

### **The Heat Index**

The combined effects of air temperature and humidity affect how hot it feels. For example, 98 degrees with 60 percent relative humidity has a heat index of and feels like 123 degrees.

## **HEAT WAVE SAFETY TIPS**

### **Slow down**

Strenuous activities should be reduced, eliminated, or rescheduled to the coolest time of the day. Individuals at risk should stay in the coolest available place, not necessarily indoors. If air conditioning is unavailable, use fans or open windows to circulate the air. Keep blinds closed to prevent direct sunlight from entering.

### **Take Cool Baths Or Showers**

Cool water can remove body heat 25 times faster than cool air.

### **Dress for summer**

Lightweight, light-colored clothing reflects heat and sunlight, and helps your body maintain normal temperatures.

### **Drink plenty of water or other non-alcohol fluids**

Your body needs water to keep cool. Drink plenty of fluids even if you don't feel thirsty. Persons who (1) have epilepsy, heart, kidney, or liver disease, (2) are on fluid restrictive diets or (3) have a problem with fluid retention should consult a physician before increasing their consumption of fluids. Drink fruit juices or sport drinks that can help replenish lost salts and minerals. Water and fruit juices are preferable to soft drinks, coffee or alcohol, which can further dehydrate you.



# Heat Exhaustion

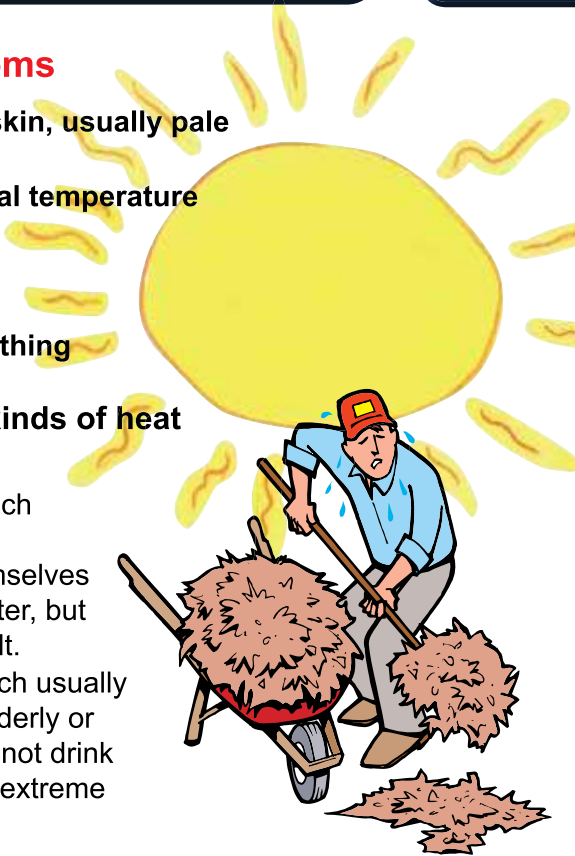
# Heat Stroke

## Signs and Symptoms

- Moist and clammy skin, usually pale
- Pupils dilated
- Normal or subnormal temperature
- Weak, dizzy or faint
- Headache
- No appetite, nausea
- Rapid, shallow breathing

There are two basic kinds of heat exhaustion:

- **Salt-depletion** in which unacclimatized individuals exert themselves and drink enough water, but do not replace the salt.
- **Water-depletion** which usually occurs among the elderly or chronically ill who do not drink enough water during extreme heat.



## Signs and Symptoms

- Dry hot skin, usually red
- Pupils constricted, later become dilated
- Very high body temperature
- Coma or near coma
- Pulse strong and rapid, becomes weak as damage progresses
- Mental confusion, anxiety, agitation
- Initially deep, rapid breathing becomes shallow and weak as damage progresses.
- Headache, dry mouth, shortness of breath.
- Loss of appetite, nausea, or vomiting.
- Increasing dizziness and weakness, decreased blood pressure.
- Convulsions, sudden collapse, and possible unconsciousness

HEAT DISORDER	SYMPTOMS	FIRST AID
SUNBURN	Redness and pain. In severe cases swelling of skin, blisters, fever, headaches.	Ointments for mild cases if blisters appear and do not break. If breaking occurs, apply dry sterile dressing. Serious, extensive cases should be seen by physician.
HEAT CRAMPS	Painful spasms usually in muscles of legs and abdomen possible. Heavy sweating.	Firm pressure on cramping muscles, or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue use.
HEAT EXHAUSTION	Heavy sweating, weakness, skin cold, pale, clammy, pulse thready, fainting, vomiting.	Lay down and loosen clothing. Apply cool, wet cloths. Fan or move victim to an air conditioned room. Sips of water. If nausea occurs, discontinue. If vomiting continues, seek immediate medical attention.
HEAT STROKE (or sunstroke)	High body temperature (106 F or higher), hot and dry skin, rapid pulse, possible unconsciousness.	<b>HEAT STROKE IS A SEVERE MEDICAL EMERGENCY. CALL 911 OR GET THE VICTIM TO A HOSPITAL IMMEDIATELY. DELAY CAN BE FATAL.</b>

# Home Fire Safety



Most fire deaths occur in the home. There is one low cost, easily obtainable device which has proven itself in saving lives: a smoke detector. Deaths from fires in the home have been substantially reduced when a smoke detector is present.

A smoke detector should be placed as close as possible to the bedrooms. It is also a good idea to install a smoke detector on each level near stairways to the rest of the house. Smoke detectors should be checked and maintained regularly. Each member of your family should know what to do if the smoke detector goes off. A little time spent selecting escape routes and practicing what to do may save lives if a fire occurs in your home. Agree on a place to meet outside so you can be sure everyone gets out of the house safely.

## Your Home Safety Program

- Expect a fire
- Install an early fire/smoke detection system.
- Clean out attics, basements, closets, and garages frequently. Don't let the trash and "junk" accumulate.
- Extension cords should not be overloaded. Check cords often for fraying and avoid running them under rugs. An extension cord used to connect an appliance should always be the proper size and capacity for the appliance.
- Check your home's heating sources to make sure they are clean and in good working order.

Many home fires are started by faulty furnaces and stoves, cracked or rusted furnace parts, and chimneys with creosote buildup.

- Store flammable liquids in approved containers, outside the home if possible. Never use gasoline, benzene, naphtha, and similar liquids indoors. Their fumes will readily ignite from any kind of spark. Rags soaked with cleaning fluids or turpentine sometimes catch fire by themselves (this is called spontaneous combustion) and they should be safely discarded after use. Also, never smoke while handling flammable liquids.
- When using any type of room or area heating device: Be sure there is proper ventilation to the outside. Also make sure there is adequate space around the heater and that the floor and nearby

walls are properly insulated. Use only the fuel designated for your unit: don't substitute. Properly store ashes in a metal container outside and away from the buildings.

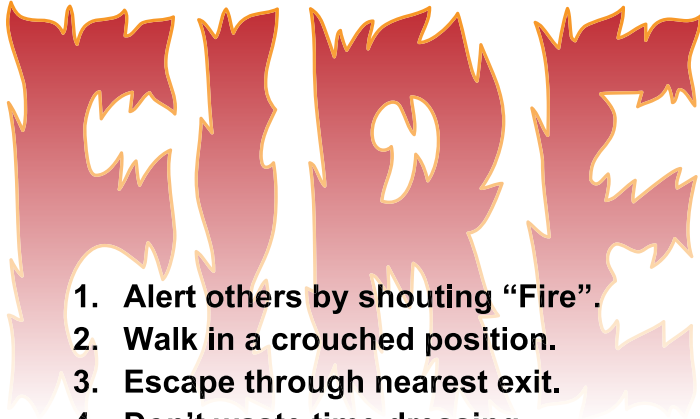
- When stoves or heaters have an open flame, keep the unit away from the walls, furniture, draperies, and other flammable items, and place a screen in front of the flame.



- Develop and practice an emergency escape plan, which gives everyone two ways out of the house: a normal exit, and an alternate one.

- Close the doors to all bedrooms when you go to bed at night. It can keep fire out long enough to allow escape through windows.
- Agree on a way that everyone can sound the alarm - shout, blow a whistle, pound on the wall, etc.
- Holding a family fire drill is a must. Try your escape plan with the whole family - and try it again and again until it works well, and keep practicing it frequently.
- Don't smoke when you are lying down, or when your judgement is impaired by fatigue, medication, or alcohol.
- Don't leave young children alone.
- Get an approved home fire detection and alarm system. It will stand watch while you sleep, the time when most fatal residential fires occur.

# Eleven Vital Steps When Fire Strikes



1. Alert others by shouting "Fire".
2. Walk in a crouched position.
3. Escape through nearest exit.
4. Don't waste time dressing.
5. Don't try to gather valuables.
6. Never open a hot door.
7. If possible, place a wet cloth over nose and mouth.
8. Close all doors behind you.
9. Meet at a pre-established location outside your home.
10. Call fire department from a neighbor's phone.
11. Never go back into a burning house.



## Your Family Escape Plan

**The First Rule Is  
Get Out Immediately!**

**Don't stop to call the  
Fire Department.**

**Don't collect any personal  
belonging or valuables.**

**Don't stay behind to fight the fire.**

**JUST GET OUT!**

## WHERE DO MOST HOME FIRES START?

Living Room	37%
Kitchen	22%
Basement	14%
Bedrooms	3%
All others	14%

See how most fires start just where they are likely to block your usual escape route.

### ALMOST EVERY HOME IS A FIRE TRAP

Most homes have only one route of escape – the hallway or stairway to the front door. If this passage is blocked by flames or smoke, you are in a trap! Don't let your past luck in not having a fire make you over confident.

## AFTER A FIRE STARTS

Awaken all occupants immediately. Get out of the building immediately, using your escape plan.

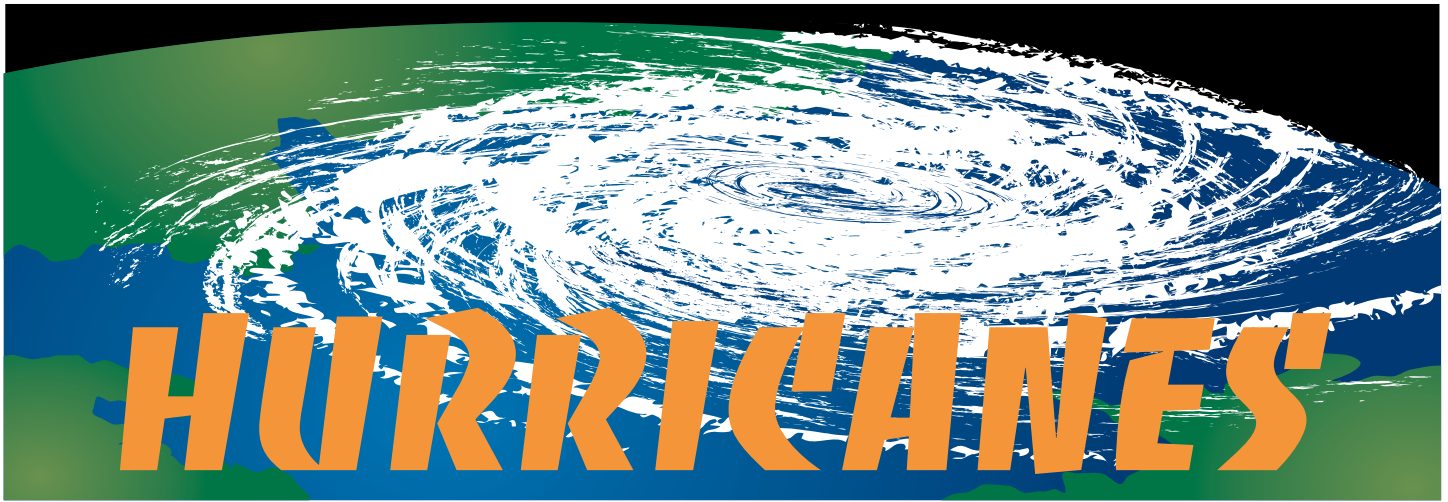
Get the whole family together and keep them together. Don't let anyone go back in the building, even to attempt a rescue. Call 911. If you call by telephone, stay on the line until you're sure the dispatcher has the location of your house. If you use a fire alarm box, stay at the box so you can show the fire department where the fire is when they arrive.

## HEAT RISES!

1,000 degree temperatures can travel far ahead of the actual flames.

**Your normal escape path can become a DEATH TRAP.** When you open your bedroom door to escape, your hallway or stairway can become filled with lung scorching heat, poisonous fumes, and blinding, choking smoke.

In a fire, HEAT hits you like a slap in the face, SMOKE blinds your eyes, HEATED GASES choke your breath away. People panic and make fatal mistakes – that's why you need to PLAN AHEAD.



# The Greatest Storms on Earth

## What is a Hurricane?

A hurricane is a type of tropical cyclone, which is a generic term for a low-pressure system that generally forms in the tropics. The cyclone is accompanied by thunderstorms and, in the Northern Hemisphere, a counterclockwise circulation of winds near the earth's surface. Tropical cyclones are classified as follows:

## Tropical Depression

An organized system of clouds and thunderstorms with a defined surface circulation and maximum sustained winds (defined as a 1-minute average wind measured at about 33 ft above the surface) of 38 mph or less

## Tropical Storm

An organized system of strong thunderstorms with a defined surface circulation and maximum sustained winds of 39-73 mph

## Hurricane

An intense tropical weather system of strong thunderstorms with a well-defined surface circulation and maximum sustained winds of 74 mph or higher. Hurricanes are categorized according to the strength of their winds using the Saffir-Simpson Hurricane Scale (see [http://www.nhc.noaa.gov/HAW2/english/basics/saffir\\_simpson.shtml](http://www.nhc.noaa.gov/HAW2/english/basics/saffir_simpson.shtml) for more information). A

Category 1 storm has the lowest wind speeds, while a Category 5 hurricane has the strongest. These are relative terms, because lower category storms can sometimes inflict greater damage than higher category storms, depending on where they strike and the particular hazards they bring. In fact, tropical storms can also produce significant damage and loss of life, mainly due to flooding.

## Hurricane Categories

Category 1 .....	Winds 74-95 mph
Category 2 .....	Winds 96-110 mph
Category 3 .....	Winds 111-130 mph
Category 4 .....	Winds 131-155 mph
Category 5 .....	Winds 156 or greater

Each year, an average of ten tropical storms develop over the Atlantic Ocean, Caribbean Sea, and Gulf of Mexico. Many of these remain over the ocean and never impact the U.S. coastline. Six of these storms become hurricanes each year. In an average 3-year period, roughly five hurricanes strike the US coastline, killing approximately 50 to 100 people anywhere from Texas to Maine. Of these, two are typically "major" or "intense" hurricanes (a category 3 or higher storm on the Saffir-Simpson Hurricane Scale).



# #HURRICANE

## WATCH vs. WARNING: Know the Difference

A **HURRICANE WATCH** issued for your part of the coast indicates the possibility that you could experience hurricane conditions within 36 hours. This watch should trigger your family's disaster plan, and protective measures should be initiated, especially those actions that require extra time such as securing a boat, leaving a barrier island, etc.

A **HURRICANE WARNING** issued for your part of the coast indicates that sustained winds of at least 74 mph are expected within 24 hours or less. Once this warning has been issued, your family should be in the process of completing protective actions and deciding the safest location

to be during the storm.

The hurricane threat to Southeast Louisiana may be the **GREATEST PROBLEM** facing the state today. The low lying coastal parishes are extremely vulnerable to flooding by the hurricane storm surge and heavy rains. In addition, the flat terrain does little to diminish the strength of the damaging wind as hurricanes approach the coast. Add the fact that over a million people live in coastal areas of southeast Louisiana and it's easy to understand that **WE MUST BE PREPARED**.

For more information visit  
<http://www.nhc.noaa.gov>

### Basic Hurricane Safety Actions

- ✓ Know if you live in an evacuation area. Know your home's vulnerability to storm surge, flooding and wind. Have a written plan based on this knowledge.
- ✓ At the beginning of hurricane season (June 1st), check your supplies, replace batteries and use food stocks on a rotating basis.
- ✓ During hurricane season, monitor the tropics.
- ✓ Monitor NOAA Weather Radio (see <http://www.nws.noaa.gov/nwr>)
- ✓ If a storm threatens, heed the advice from local authorities. Evacuate if ordered.
- ✓ Execute your family plan.



# Hurricane Preparedness

## Important steps toward saving lives and property:

- The time to prepare is before the storm.
- Assemble a disaster supply kit to include water, nonperishable food items, first aid supplies, clothing & bedding, tools & emergency supplies, and special items.
- Clear loose and clogged rain gutters and downspouts. Trim trees and shrubbery.
- Review your insurance policy.

## Hurricane Safety Tips

- Fuel and service your vehicle.
- Board up all windows and secure any items that could become flying objects.
- Wedge sliding glass doors so they do not lift off track.
- Have flashlights and first aid kit available.
- Turn refrigerator to the coldest setting in case of power failure and turn off propane tanks.
- Have an extra supply of cash on hand.
- Protect pets.
- Evacuate if advised to do so!

## If You Stay At Home

Only stay in a home if you have NOT been ordered to evacuate by local officials. Stay inside a well constructed building. In structures, such as a home, examine the building and plan in advance what you will do if winds become strong. Strong winds produce deadly missiles and structural failure.

- Know how to turn off utilities if told to do so by authorities. Post a set of instructions that can be easily followed by others in the family
- Fill bathtub and large containers with water for sanitary purposes
- Insure that you have a battery operated radio, flashlights, extra batteries, a supply of canned goods, and a non-electric can opener
- Remove objects from around your home that could become dangerous wind-driven projectiles
- Freeze water to create ice. Insure adequate supply by storing extra in large bags.

## If you go to a Shelter

In the event of a major storm, shelters will be opened and maintained by volunteers of the American Red Cross.

### *What to bring to a shelter:*

- Blankets, sleeping bags, and pillows
- Medications: insulin, heart, and others
- Baby food and diapers
- Plastic container of water, sandwiches, and snacks
- Flashlight, radio, and extra batteries
- First Aid Kit
- Identification, cash, and valuable papers
- Pets are not allowed in shelters.

### *Pre-designated shelter areas in Iberville Parish are:*

1. Plaquemine High School
2. East Iberville Elementary and High School
3. North Iberville Elementary and High School

## Evacuation

*WHEN TOLD TO EVACUATE REMEMBER TO DO THE FOLLOWING:*

- Turn off all the lights, household appliances, gas heating, cooling and ventilation systems.
- Leave the refrigerator and freezer on.
- Lock the house.
- Let others know when you leave and where you plan to go.
- Make arrangements for pets since they are not allowed in shelters.
- Fill your vehicle's gas tank.
- Take your disaster supply kit: 3-day water supply, non-perishable food, a change of clothes and footwear, blanket or sleeping bag, and a first aid kit (including prescription medication) per person.
- Take your battery-powered, portable Weather Radio.
- Take your AM/FM Radio and flashlight with extra batteries.
- Take your credit card and/or cash.
- Take special items for infants, elderly, and for any disabled family member.
- Tie a white rag to the door to indicate that you have evacuated.

## Road Closures

Statewide.....(225) 231-4611  
Troop A.....(225) 754-8500  
Troop I.....(337) 262-5880



# Hurricane Tracking Chart

**Warning! A Hurricane Is Headed Your Way!**



# Local News Media

## Parish Radio Stations

1610 & 1620 AM  
Radio Stations  
WJBO 1150 AM  
WFMF 102.5 FM

## Baton Rouge Television Stations

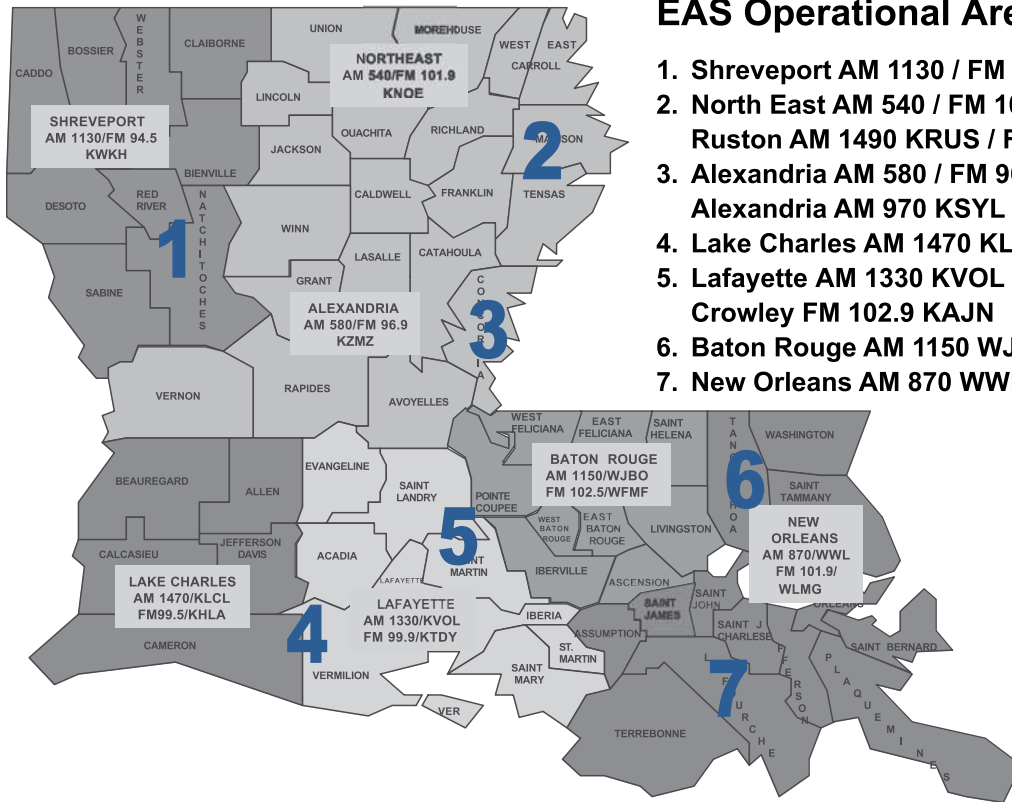
WAFB Channel 9  
WBRZ Channel 2  
WVLA Channel 33  
WGMB Channel 44

**Note:** Iberville Parish uses an emergency cable override system which will interrupt your viewing to broadcast emergency messages

# Louisiana Emergency Alert System

WFMF.....102.5 FM

WJBO.....1150 AM



## EAS Operational Areas

1. Shreveport AM 1130 / FM 94.5 KWKH
2. North East AM 540 / FM 101.9 KNOE  
Ruston AM 1490 KRUS / FM 107.5 KXKZ
3. Alexandria AM 580 / FM 96.9 KZMZ  
Alexandria AM 970 KSYL / FM 93.1 KQID
4. Lake Charles AM 1470 KLCL / FM 99.5 KHLA
5. Lafayette AM 1330 KVOL / FM 99.9 KTDY  
Crowley FM 102.9 KAJN
6. Baton Rouge AM 1150 WJBO / FM 102.5 WFMF
7. New Orleans AM 870 WWL / FM 101.9 WLMG



FOR INFORMATION  
TUNE RADIO TO  
102.5 FM  
1150 AM

For more information on Natural Disasters call 225-687-5140 or visit  
[http://www.ohsep.louisiana.gov/eas/eas\\_index.htm](http://www.ohsep.louisiana.gov/eas/eas_index.htm)



# If the Electricity Goes Off...

First, use perishable food from the refrigerator, then use food from the freezer. To minimize the number of times you open the freezer door, post a list of contents on the freezer door.

In a well-insulated freezer, foods will usually still have ice crystals in their centers (meaning the foods are safe to eat) for at least three days. Finally, begin to use nonperishable foods and staples.

## Short-Term Food Supplies

### Use within six months:

- Powdered milk (boxed)
- Dried fruit (in metal container)
- Dry, crisp crackers (in metal container)
- Potatoes
- Whole dry milk
- Canned fruit juices
- Canned meats and fish (example: Vienna sausage, meat spread or tuna)
- Meat substitutes, like beans
- Bread and crackers
- Peanut butter
- Dry cereals
- Granola bars or cookies
- Staples-sugar, salt, pepper
- High energy foods-peanut butter, jelly, crackers, nuts, health food bars, trail mix
- Stress foods-sugar cookies, hard candy, sweetened cereals
- Vitamins
- Ready-to-eat canned meats, fruits, and vegetables
- Smoked or dried meats; such as beef jerky
- Juices-canned, powdered, or crystalized
- Soups-bouillon cubes or dried "soups in a cup"

## Long-Term Food Supplies

### May be stored indefinitely (in proper containers and conditions):

- Wheat
- Corn
- Soybeans
- Vitamin C
- Salt
- White rice
- Powdered milk (in nitrogen-packed cans)
- Vegetable oils
- Dry pasta
- Instant coffee, tea and cocoa
- Noncarbonated soft drinks
- Bouillon products
- Baking powder

### Use within one year:

- Canned condensed meat and vegetable soups
- Canned fruits, fruit juices, and vegetables
- Ready-to-eat cereals and uncooked instant cereals (in metal containers)
- Peanut butter
- Jelly
- Hard candy, chocolate bars, and canned nuts

For emergency cooking, you can use a fireplace, a charcoal grill, or camp stove outdoors only. You can also heat food with a candle warmer, chafing dishes, and fondue pots. Canned food can be eaten right out of the can. If you heat it in the can, be sure to open the can and remove the label first. Rotate your food supply. Use foods before they go bad and replace them with fresh supplies, dated with ink or marker. Place new items at the back of the storage area and older ones in front.

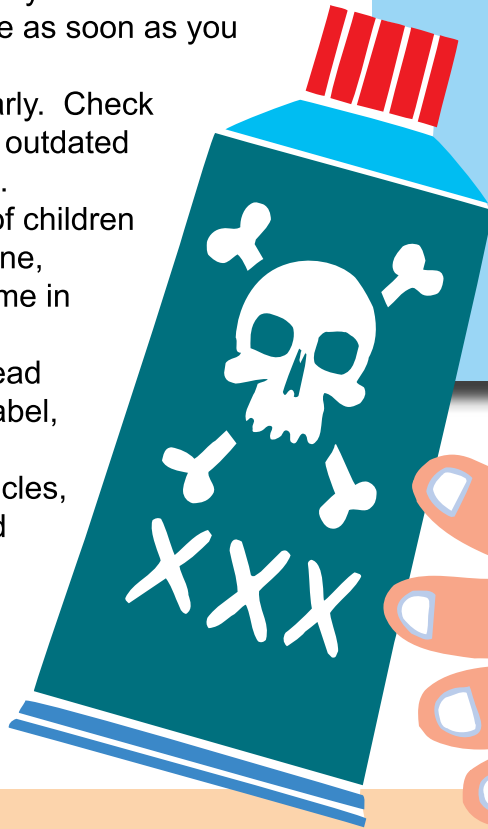
Your emergency food supply should be of the highest quality possible. Inspect your reserves periodically to make sure there are no broken seals or dented containers.

Place paper or waxed packages in a watertight container, such as a larger plastic bag. This will keep them dry and make them easier to carry.

# Preventions For Pediatric Poisoning...

## Store Products Safely...

- Keep all products locked up. Non-food products should be out of sight and reach of children and pets.
- Follow the directions for storage on the label. In general, storage areas should be cool, dry, away from living areas.
- Never store food and non-food items together.
- Keep products in their original containers. If the label is gone - dispose of properly. Never use milk, soft drink, or other food containers for storage.
- Store medicine properly – keep them locked up, and use child resistant containers. Always replace caps tightly.
- Store alcoholic beverages safely – liquor cabinets should be locked and have safety latches.
- Return products to safe storage as soon as you finish using them.
- Clean out storage areas regularly. Check expiration dates, and get rid of outdated products, especially medicines.
- Keep your purse out of reach of children and pets. Avoid storing medicine, vitamins, cigarettes, and perfume in your purse.
- Dispose of products safely. Read directions for disposal on the label, or contact Board of Health.
- Keep trash in covered receptacles, out of the reach of children and pets. Ask your pharmacist how to dispose of unused or outdated medicines.



## Medicine Tips...

- Never tell children that medicine is candy, or that it tastes good.
- Don't take medicine in front of children (they like to imitate adults).
- Teach children never to take medicine unless you give it to them.
- Always turn on a light and read the directions before taking any medicine.
- Always keep medicine locked up.

## Warning Signs of Poisoning...

- An open container nearby.
- Sweating.
- Pills, berries, etc., in the mouth.
- Upset stomach or nausea.
- Strange odor on breath.
- Dizziness or unconsciousness.
- Burns around the mouth.
- Convulsions.

## If You Suspect Poisoning...

- Call the poison control center immediately. If unable to contact them, call your physician, a hospital, or 911.
- Bring the container with you to the phone. If possible, bring the child, too. Don't let the child near the poison.
- Stay calm - be **ready** to answer questions about the poison.
- Follow instructions **exactly**.
- Don't try to make the person vomit unless told to do so.
- Have syrup of Ipecac handy - only use when instructed by Poison Control or a physician.
- If you suspect that your pet has been poisoned, call your veterinarian or poison control.

## Inhaled Poisons...

Fresh Air - Ventilation

## Poison on the Skin...

Remove clothing, and flood with water 15 - 20 minutes

## Poison in the Eye...

Flood with water 15 - 20 minutes – have person blink as much as possible. Don't force the eyelid open.



**Poison Control – 1-800-222-1222**  
**Medical Assistance – 911**

## PAY PARTICULAR ATTENTION TO:

- **The child who has swallowed a poison before.**
- **Behavioral changes:** clumsiness, drowsiness, coma, convulsions, mental disturbances, delirium, and level of consciousness.
- **Look for** color, temperature of skin, lips, and mucous membranes.
- **Also** temperature, blood pressure, pulse rate, respiratory alterations.
- **Paralysis**
- **Eyes:** the size and reaction of the pupils.
- **Oral signs:** burns, discoloration, dryness, excessive salivation, stains, breath odors, pain on swallowing
- **Nausea, vomiting:** appearance odor, presence of blood
- **Diarrhea:** appearance, odor, presence of blood.

# Pet Emergency Planning

## Identify at least 2 backup caregivers

who can care for your pet(s) in case usual care gets disrupted. Make sure each person:

- has keys to your home
- is comfortable with your pet(s)
- knows where to locate your pet emergency supply kit
- has a copy of the care plan

## Have an evacuation plan

for your pet(s) in case an emergency requires you to leave your home. Consider:

- temporary housing for your pet(s)-most public shelters do not allow pets (service animals are allowed), so consider staying with relatives or at a hotel/motel that allows pets; if you must board your pet(s), consider animal boarding facilities, animal shelters and veterinary offices/hospitals
- transportation-arrange for a neighbor or other person you trust with your pet(s) to transport them, if needed
- identification-a collar with your pet's name and your contact information (including your shelter, if you know that information)
- licenses for service animals (you may be asked for this if you need to go to a shelter).



## Make an emergency kit for pets, and include items such as:

- food
- a manual can opener (if needed)
- water
- bowls
- a collar/leash/harness
- a pet carrier (for smaller animals)
- supplies for managing waste (such as plastic bags and newspaper or a litter box and litter)
- copies of vaccination and medical records
- medications with dosage information/instructions
- a photo of the pet with its name on it
- care plan





# Pipeline Safety

## If You Live or Work Near a Pipeline

### How can you tell where a pipeline is located?

Since pipelines are buried underground, line markers like the ones shown here are used to indicate their approximate location along the route. The markers can be found where a pipeline intersects a street, highway, or railroad.

The markers display the material transported in the line, the name of the pipeline operator, and a telephone number where the operator can be reached in the event of an emergency.



Painted Metal  
or Plastic Post

Right-of-way  
Markers

Aerial Marker

Casing Vent  
Pipe

### Do Not Remove or Deface

Pipeline marker signs such as those pictured above are important to public safety. They are so important, in fact, that Congress in 1988 passed a law making it a federal crime to willfully deface, damage, remove, or destroy any pipeline sign or right-of-way marker that is required by federal law.

### Are markers always placed on top of the pipeline?

Markers indicate the general location of a pipeline. They cannot be relied upon to indicate the exact position of the pipeline they mark. Also, the pipeline may not follow a straight course between markers. And, while markers are helpful in locating pipelines, they are limited in the information they provide. They provide no information, for example, on the depth or number of pipelines in the vicinity.

### How can you recognize a pipeline leak?

Sight, sound, and smell are helpful in detecting pipeline leaks.

#### Look for:

- Crude oil or liquid petroleum products on the ground
- A dense white cloud or fog
- A spot of dead vegetation in an otherwise green

location may indicate a slow leak

- Flames (if the leak has ignited)

#### Listen for:

- A roaring or hissing sound

#### Smell for:

- A pungent odor, sometimes like “rotten eggs”
- A gasoline-type odor

### What should you do if you suspect a leak?

Your first concern should be for your personal safety and that of those around you if you suspect a leak.

- Leave the area immediately
- Avoid driving into vapor clouds
- Avoid direct contact with escaping gases or liquids
- Avoid creating sparks or other sources of heat which could cause the escaping liquids or vapor to ignite and burn. If you find yourself in an area where you suspect hydrocarbon vapors are present, do not light a match, start an engine, or even switch on an electric light.
- Call 9-1-1
- Notify the pipeline operator

### Pipeline contents can vary greatly

- Pipelines carry both gaseous and liquid materials
- Many liquids form gaseous vapor clouds when released
- Many pipelines contain colorless and odorless products
- Some pipeline gases are lighter than air and will rise
- Other heavier-than-air gases and liquids will stay near the ground and collect in low spots
- All petroleum gases and liquids are flammable
- Any pipeline leak can be potentially dangerous

### The State of Louisiana’s ONE-CALL

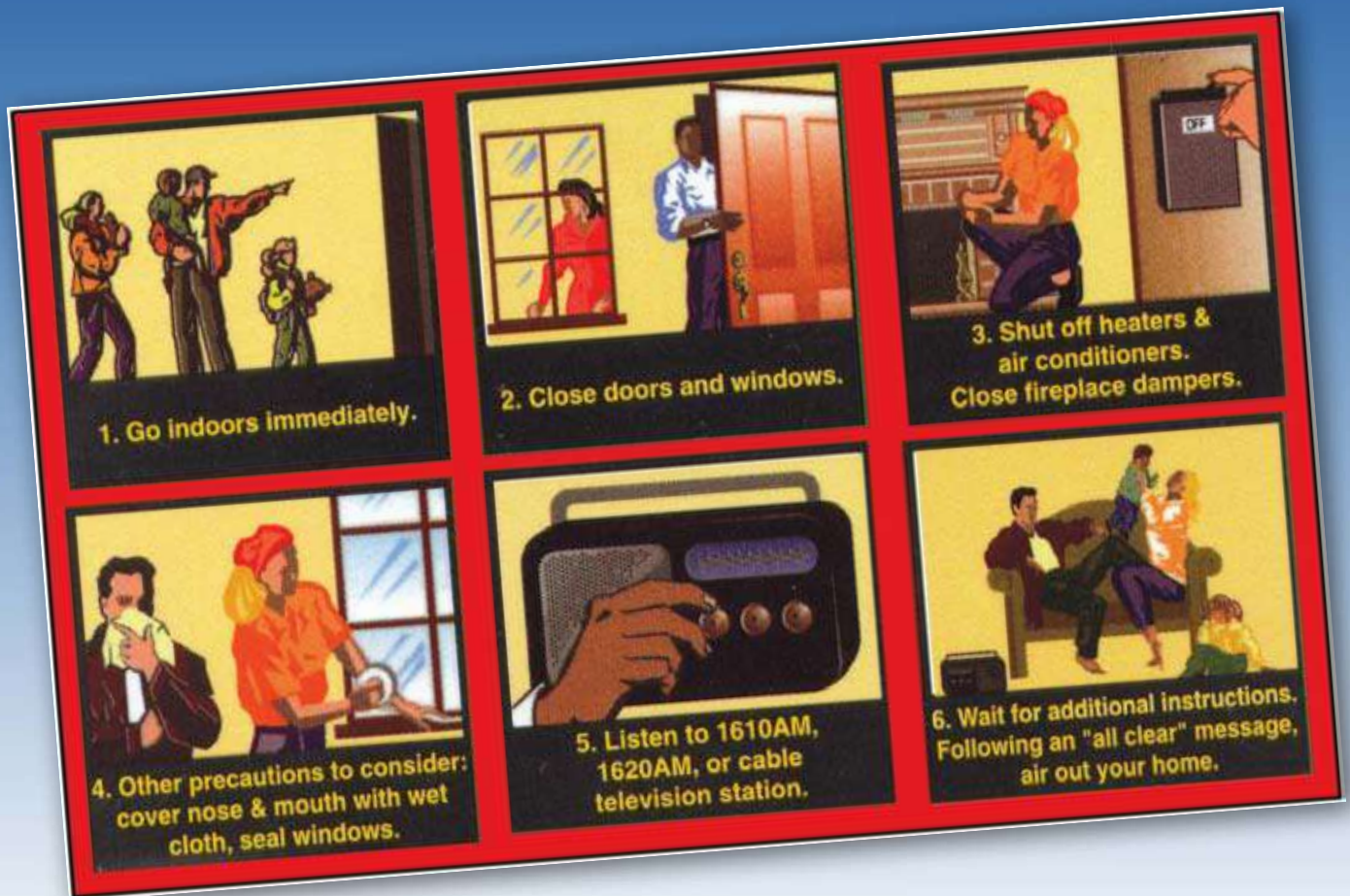
Excavators and homeowners should use the One-Call before starting any digging projects on or near any pipelines. These projects include fences, flagpoles, landscaping, storage buildings, foundations, swimming pools, ground clearing, deep plowing, laying underground pipe or wiring, or any other “digging” projects.



Visit us on the web: <http://www.i-caer.org>

# Shelter In Place

Chemical Release Emergency: Where to Go? - What to Do?



## If you are told to Shelter in Place:

- ✓ Stay indoors, inside your own house or nearby building.
- ✓ Close all windows and doors.
- ✓ Turn off heating or cooling system and attic fans. (Use your heating or cooling system only to protect life or health.)
- ✓ Do not use fireplaces.
- ✓ Keep your pets indoors.
- ✓ Stay indoors until you receive official notice that it is safe to go out, or you are asked to leave the area.
- ✓ If you must go outside protect your breathing.
- ✓ Place a damp cloth or towel over your nose and mouth. Fold the cloth over several times.
- ✓ Stay tuned to cable television
- ✓ Tune your radio to 1610 or 1620 AM
- ✓ Stay off the telephone. You may be contacted by telephone ringdown.
- ✓ Only call 911 if you have an emergency. Do not call just for information.

# Thunderstorms and Lightning

## More people die each year from lightning than from tornadoes and hurricanes!

**Severe Thunderstorm Watch:** advises when and where severe thunderstorms are most likely to occur. Watch the sky and stay tuned to TV or radio to know when warnings are issued. Watches are intended to heighten public awareness and should not be confused with warnings.

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

### What Can You Do!

#### When Thunderstorms Approach ...

If you can hear thunder, you are close enough to the

storm to be struck by lightning. Go to safe shelter immediately!

Move to a sturdy building or car. Do not take shelter in small sheds, under isolated trees, or in convertible automobiles.

Get out of boats and away from water.

Turn off air conditioners. Power surges from lightning can overload the compressors.

Get to higher ground if flash flooding or flooding is possible. Once flooding begins, abandon cars and climb to higher ground. **Most flash flood deaths occur in automobiles.**

If caught outdoors and no shelter is nearby find a spot away from trees, fences, and poles.

In the United States, lightning is the second biggest weather killer, next to floods. Most victims are struck in the open, such as on beaches or golf courses, or when they take shelter from the rain under a tree. But lightning can be dangerous in your home.

#### Ways to avoid becoming a victim of lightning

1. If you're outdoors, you should rush to safety at the first flash of lightning, crack of thunder or even darkening of the sky.
2. Hazy skies, especially in the East, can often hide thunderstorms.
3. All thunderstorms are dangerous. Forecasters can't tell, even with the most sophisticated instruments, whether a storm will produce hundreds of lightning flashes or only a few.
4. Never take shelter under a tree.

#### CARS OFFER LIGHTNING SHELTER

1. Lightning hits car.
2. Current flows through metal toward ground.
3. Lightning jumps from wheel to ground, can blow out tire.

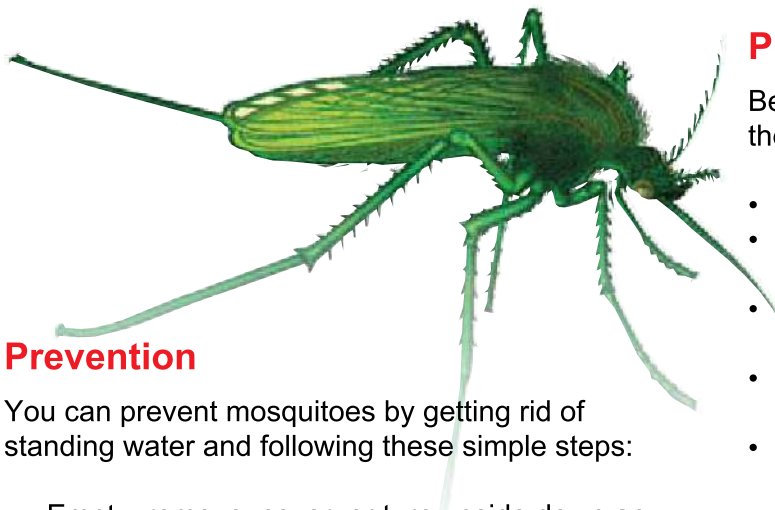
Start counting when you see a lightning flash. If you hear thunder five seconds later, the lightning is a mile away; 10 seconds later, two miles away.

On the average, around 40 million lightning strikes hit the ground each year in the United States. And all thunderstorms generate lightning, the USA's second biggest weather killer.



# West Nile Virus

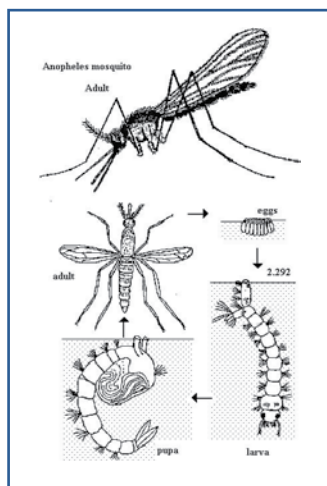
The West Nile virus naturally infects many different species of birds and can be spread to humans and other animals by mosquito bites. Efforts to help protect people from the West Nile infection have included educational campaigns, environmental monitoring of bird population, and mosquito control programs.



## Prevention

You can prevent mosquitoes by getting rid of standing water and following these simple steps:

- Empty, remove, cover, or turn upside down any receptacle that would hold water - particularly old bottles, jars, tin cans, buckets, drums, old tires, plastic wading pools, and other containers
- Repair leaky pipes and outside faucets
- Move house cooler drain hoses frequently
- Make sure air conditioner condensation drains away
- Connect open waste-water drains to a sewage system, or construct separate sump or leach lines
- Keep downspouts and gutters cleared of debris and drain flat roofs
- Stock ornamental ponds with mosquito eating fish
- Change water or scrub vases holding flowers or cuttings twice each week - or grow cuttings in sand
- Change water in bird baths twice weekly
- Screen rain barrels and openings to water tanks or cisterns and empty watering pans beneath plants
- Fill holes in trees with sand or mortar, or drain or spray them as required
- Fill or drain low areas on your property that hold water for longer than 4 to 7 days



## Protection

Be a partner in the fight against West Nile by following these simple steps to protect your family:

- Wear mosquito repellent with DEET
- Avoid being outdoors during peak mosquito activity periods (around dawn and dusk)
- Cover up with long sleeves and long pants when you are outside
- Report dead birds to parish health officials at your local health unit
- Prevent mosquitoes from entering your home by keeping window screens in good repair
- Educate yourself by visiting the West Nile-related web page at <http://oph.dhh.state.la.us/infectiousdisease/westnile>

## Take back control of your lawn

**Stamp out mosquitoes!**

With the outbreak of the West Nile virus, more people than ever are concerned about mosquitoes. In addition to West Nile, mosquitoes carry malaria and other diseases. Fortunately, with a little bit of effort, you can prevent them from breeding in your yard.

Most mosquitoes lay their eggs around water, so any damp or wet place in your yard is a potential breeding ground.

