

The Safety Express Newsletter

Spring is almost here. Make sure you are prepared!

Flood Safety

Monitor the NOAA Weather Radio All Hazards, or your favorite news source for vital weather-related information.

- If flooding occurs, get to higher ground. Get out of areas subject to flooding. These include dips, low spots, canyons, and normally dry washes.
- Avoid roads already flooded.
- Road may be washed out under flood waters. Turn Around Don't Drown™ when you encounter a flooded road.
- If heavy rain is forecast or occurring, move your camp site and vehicle away from streams and washes.
- Be especially cautious when driving at night when it is harder to recognize flood dangers.
- For more information: Turn Around Don't Drown™ online Toolbox - <http://www.weather.gov/os/water/tadd/>
http://tadd.weather.gov/resources/TADD_6_Arial.pdf



Basic Disaster Supplies Kit

A basic emergency supply kit could include the following recommended items:

- Water - one gallon per person per day for at least three days
- Food - (three-day supply)
- Battery-powered or hand crank radio
- Flashlight
- First aid kit
- Extra batteries
- Whistle to signal for help
- Dust mask
- Moist towelettes, garbage bags (for personal sanitation)
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone (chargers and backup battery)



What else would you add????

<https://www.ready.gov/build-a-kit>



Interested in volunteering?

Vermont's Medical Reserve Corps (MRC) units are community-based groups of medical and non-medical volunteers who supplement local emergency and public health resources.

Volunteers: Receive training in emergency preparedness, prepare for and respond to emergencies, and support Health Department initiatives.

Our group can help at local, non-emergency events by giving out information on preparedness, provide basic first aid assistance, offer free blood pressure checks, etc.

For more information go to www.oncallforvt.org or email mrc@peacham.net or rebecca.petelle@vermont.gov.



Spring Weather Safety - Severe Weather

- Thunderstorms can produce tornadoes, strong wind, large hail, and lightning
- Practice a severe weather plan for home and work
- Make a communications plan so you can contact loved ones
weather.gov/safety

ADDITIONAL RESOURCES:

- www.healthvermont.gov/emerg/index.aspx
- www.ready.gov
- www.redcross.org/get-help/prepare-for-emergencies/be-red-cross-ready/
- <http://tadd.weather.gov/>

Interested in having an Emergency Preparedness Presentation given at your facility? Call Becky at (802) 777-7851 to set up a time.