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"Knowing your ‘safe place’ when extreme weather threatens is the No. 1 preparedness action anyone can take."

National Oceanic and Atmospheric Administration

Do you know where the tornado refuge areas are in your building? Finding out ahead of time is a great way to prepare for severe weather threats. Also, communicating it with others will help omit confusion during a shelter-in-place situation. Take a walk around and look for the yellow (or green) signs. If you don’t see any, email us at oem@kennesaw.edu and we can assist in getting them installed for you.

Follow Us

@KSU_Safety
oem@kennesaw.edu

fb.com/KennesawStateOEM
@KSU_Safety
The LiveSafe app is a free and easy way to help make KSU a safer university for faculty, staff and students.

The app has user-friendly features that allow direct, real-time communication with KSU Police.

You can send tips anonymously and provide pictures, videos or message to Campus Police.

The app also has a Safe Walk feature which is like a virtual buddy system. This will allow for peace-of-mind by letting a friend or family member “watch you walk” if you are alone.

Emergencies can arise at any moment; make personal safety your #1 priority by downloading the LiveSafe app today.

For more information, visit livesafe.kennesaw.edu/index.php
Surviving Georgia Summers

Heat-related Illnesses

Summertime means more outdoor activities, vacations, and hotter weather.

Extreme heat should not be taken lightly. If not careful, it can cause heat exhaustion, heat cramps and most severely, heat stroke. Heat stroke results from prolonged exposure to high temps in combination with dehydration. The medical definition of heat stroke is a core body temperature greater than 104 degrees Fahrenheit.

Heat stroke is most likely to affect older people who live in apartments or homes lacking air conditioning or good airflow. Other high-risk groups include people of any age who don't drink enough water, have chronic diseases, or who drink excessive amounts of alcohol. People who survive a heatstroke often suffer permanent damage to their organs, but heat-stroke can also be fatal.

Symptoms

Symptoms of heat stroke may include: a throbbing headache, dizziness, lack of sweating, red, hot, and dry skin, muscle weakness or cramps, nausea and vomiting, an altered mental state, rapid heartbeat, rapid shallow breathing, or unconsciousness. (webmd.com)

To administer first aid to someone exhibiting signs of a heat stroke, you should:

- Call 911 immediately.
- Move the victim to the shade or an air-conditioned area.
- Apply water to the victim’s body and fan them vigorously.
- Apply ice packs to the victim’s neck, back, underarms and groin.
- Wait for emergency crews.

Staying Cool

Limit your exposure to the heat if possible. If you are going to spend an extended amount of time outside during the summer, consider these tips when planning your day:

- Hydrate prior to outdoor activities. (2 hours before)
- Drink extra water or sports drinks with electrolytes to decrease chances of salt depletion.
- Avoid alcohol and caffeine.
- Wear light, loose-fitting clothing and a wide-brimmed hat.
- Avoid the day’s peak hours from 11 a.m. to 3 p.m., if possible.
- Wear sunscreen with an SPF of 30 or more.
- Alternate between outdoor and indoor activities.
- Know your limits. Listen to your body!

Always check with your doctor before changing exercise or activity routines. Summertime is meant to be fun; enjoy responsibly!
How long will food stored in the refrigerator be safe to eat during a power outage?

Emergencies happen, especially with extreme weather conditions. When they do, the best strategy begins with an emergency plan. This includes knowing the proper food safety precautions to take before, during, and after a power outage.

**Be Prepared**
- Have a refrigerator thermometer.
- Know where to buy dry ice.
- Keep three days worth of ready-to-eat foods on hand that do not require cooking or cooling, which depend on electricity.

**When the Power Goes Out**
- Keep the refrigerator and freezer doors closed as much as possible.
- A refrigerator keeps food cold for about four hours if it is unopened.
- A full freezer keeps the temperature for approximately 48 hours — 24 hours if it is half full — if the door remains closed.
- Refrigerators should be kept at 40 Fahrenheit or below for proper food storage.

**Once the Power is Restored**
- Check the temperature inside of your refrigerator and freezer.
- If you keep an appliance thermometer in the freezer, check the temperature when the power comes back on. If the freezer thermometer reads 40 F or below, the food is safe and may be refrozen.
- If you do not keep a thermometer in the freezer, check each package of food to determine its safety. You can't rely on appearance or odor. If the food still contains ice crystals or is 40 F or below, it is safe to refreeze or cook.
- Refrigerated food should be safe as long as the power was out for no more than four hours. Keep the door closed as much as possible.
- Discard any perishable food — such as meat, poultry, fish, eggs or leftovers — that stays above 40 Fahrenheit for two hours or more.

Inadequately refrigerated or frozen perishable food such as meat (like beef or pork), poultry (such as chicken or turkey), seafood, milk, and eggs might cause illness if consumed, even when thoroughly cooked.

Visit www.fda.gov for more tips and information!
Deanna Hendrickson has been a Crisis Coordinator since the program’s inception and is the Lead Crisis Coordinator for Kennesaw Hall. Deanna created a KSU Emergency Operations Plan (EOP) for Kennesaw Hall’s Crisis Coordinators. In spring 2016, Deanna organized Bomb Threat Management training for her building. She graduated from KSU’s Citizen’s Police Academy in April ‘17. She is the CERT Program Manager for KSU, an instructor and also a member of Cobb County CERT. Deanna currently serves as the Director of Research Compliance in KSU’s Division of Research. In her spare time, she enjoys hiking with her dog and spending time with family.

Dr. Julie Newell is the Special Assistant to the Provost and Professor of Interdisciplinary Studies at Kennesaw State University. Dr. Newell earned her Ph.D. in History of Science from the University of Wisconsin-Madison in 1993 and completed her M.S. in Conflict Management at Kennesaw State University in 2016. Dr. Newell participates in a variety of KSU bodies focused on improving the institution and the educational experience of its students. Among these are the Behavioral Response Team, the Community Emergency Response Team, the President’s Commission on Sustainability and the President’s Commission on Gender and Work-Life Issues. Julie is also active in the GA Native Plant Society and is a passionate native-plant gardener.
## Important Dates and Training

- **Radio Check (10:00 a.m.) and Siren Test (noon)**
  First Wednesday of each month

- **Crisis Coordinator Training**
  May 2 — 12:30 to 4:30 p.m. (CP 312)
  Sign up on OwlTrain

- **Surveillance Detection Course**
  May 18
  **VOLUNTEERS NEEDED** — See page 7 for details

- **CPR/AED Training**
  May 23 — 12:30 to 3:00 p.m. *For Crisis Coordinators only*
  Email Christy Hendricks (dhendr16) to sign up.

- **Bleeding Control Class (CAT)**
  June 15 — 10:00 a.m.
  Norton Hall Police Training Room (Marietta)
  Email Ted Stafford (estaffo7) to sign up.

### May 2017

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BE A "BAD GUY"

Role-Player Volunteers Needed

Thursday, May 18

Surveillance

Detection Course

Email Andy Altizer (andy_altizer@kennesaw.edu) if you're interested.
Office of Emergency Management
1200 Chastain Rd NW Suite 312
Kennesaw, Ga. 30144
Phone: 470-578-6985

Contact Us
Andy Altizer
Director
andy_altizer@kennesaw.edu

James Westbrook
Assistant Director
jwestbr9@kennesaw.edu

Christy Hendricks
Kennesaw Coordinator
dhendr16@kennesaw.edu

Ted Stafford
Marietta Coordinator
estaffo7@kennesaw.edu

Bob Williams
Communication Center Manager
rwilli47@kennesaw.edu

Courtney Tabb
Administrative Assistant
ctabb2@kennesaw.edu

HOW WILL I KNOW WHETHER CAMPUS IS OPEN, CLOSED OR DELAYED?
Check the following resources to determine whether KSU is open, closed or delayed due to inclement weather.

Web
www.kennesaw.edu
oem.kennesaw.com

The Campus Advisory Page
www.kennesaw.edu/advisories

Twitter
www.twitter.com/kennesawstate
www.twitter.com/KSU_Safety

Facebook
www.facebook.com/KennesawStateuniversity
www.facebook.com/KennesawStateOEM

Local Media Outlets
www.cbs46.com
www.wsbtv.com

On-campus emergencies: 470-578-6666
Off-campus emergencies: 911
Non-emergencies: 470-578-6206

Kennesaw State University | Office of Emergency Management
oem.kennesaw.edu | Email: oem@kennesaw.edu

MARIETTA CAMPUS

ARE YOU INTERESTED IN BECOMING A CRISIS COORDINATOR?

If so, email Ted Stafford at estaffo7@kennesaw.edu.