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TRAINING DATES

- Until Help Arrives. .................. March 1st at 11am
- Natural Gas Safety and Response. ....... March 9th at 2pm
- Weather Safety and Response. ........... March 16th at 2pm
- Students in Conflict. .................. March 23rd at 2pm
- Civilian Response to Active Shooter. ...... March 30rd at 2pm

Please email Mike Guerrero at mguerre8@kennesaw.edu to sign up.
March is Flood Safety Month

www.ready.gov/floods

Flooding is a temporary overflow of water onto land that is normally dry. Floods are the most common natural disaster in the United States. Failing to evacuate flooded areas or entering flood waters can lead to injury or death.

Flooding may:

- Result from rain, snow, coastal storms, storm surges and overflows of dams and other water systems.
- Develop slowly or quickly. Flash floods can come with no warning.
- Cause outages, disrupt transportation, damage buildings and create landslides.

IF YOU ARE UNDER A FLOOD WARNING, FIND SAFE SHELTER RIGHT AWAY

- Do not walk, swim or drive through flood waters. Turn Around, Don’t Drown!
  - Just six inches of moving water can knock you down, and one foot of moving water can sweep your vehicle away.
- Stay off of bridges over fast-moving water.
- Depending on the type of flooding:
  - Evacuate if told to do so.
  - Move to higher ground or a higher floor.
  - Stay where you are.

HOW TO STAY SAFE WHEN A FLOOD THREATENS

Prepare NOW

- Make a plan for your household, including your pets, so that you and your family know what to do, where to go, and what you will need to protect yourselves from flooding and COVID-19.
- Build a “Go Kit” of the supplies you will need if you have to quickly evacuate your home.
- Know types of flood risk in your area. Visit FEMA’s Flood Map Service Center for information.
- Sign up for your community’s warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts. Sign up for email updates and follow the latest guidelines about coronavirus from the Centers for Disease Control and Prevention (CDC) and your local authorities to prevent the spread of COVID-19.
- If flash flooding is a risk in your location monitor potential signs, such as heavy rain.
- Learn and practice evacuation routes, shelter plans, and flash flood response.
If you live in a storm surge flooding zone or a mandatory hurricane evacuation zone, make plans to stay with family and friends. Evacuate to shelters only if you are unable to stay with family and friends. Check with local authorities to determine which public shelters are open. Review your previous evacuation plan and consider alternative options to maintain social and physical distancing to prevent the spread of COVID-19.

Don’t forget to include your pet in your emergency plan. Remember that some evacuation shelters do not accept pets.

- Gather supplies, including non-perishable foods, cleaning supplies, and water for several days, in case you must leave immediately or if services are cut off in your area. The CDC recommends having at least 3 days’ worth of supplies on hand, including one gallon of water per day for each person and pet. If you are able, set aside items like soap, hand sanitizer that contains at least 60 percent alcohol, disinfecting wipes, and general household cleaning supplies that you can use to disinfect surfaces you touch regularly. After a flood, you may not have access to these supplies for days or even weeks. Keep in mind each person’s specific needs, including medication. Don’t forget the needs of pets. Include extra batteries and charging devices for phones and other critical equipment.
  - Being prepared allows you to avoid unnecessary excursions and to address minor medical issues at home, alleviating the burden on urgent care centers and hospitals.
  - Not everyone can afford to respond by stocking up on necessities. If you can, make essential purchases and slowly build up supplies in advance so that you can leave longer time periods between shopping trips. This helps to protect those who are unable to procure essentials in advance of a disaster, like a flood or pandemic, and must shop more frequently. In addition, consider avoiding WIC-approved products so that those who rely on these products can access them.

- Purchase or renew a flood insurance policy. Homeowner’s policies do not cover flooding. It typically takes up to 30 days for a policy to go into effect so the time to buy is well before a disaster. Get flood coverage under the National Flood Insurance Program (NFIP).

- Keep important documents in a waterproof container. Create password-protected digital copies.

- Protect your property. Move valuables to higher levels. Declutter drains and gutters. Install check valves. Consider a sump pump with a battery.

**Survive DURING**

- Depending on where you are, the potential impact, and the warning time given for flooding, go to the safe location that you have identified. If you are not able to shelter in place or with family or friends and must go to a public shelter, remember to bring items that can help protect you and others from COVID-19, such as hand sanitizer that contains at least 60 percent alcohol, cleaning materials, and two cloth masks per person. If you can, wash your face covering regularly. Children under 2 years old, people who have trouble breathing, and those who are unable to remove masks on their own should not wear them.
If told to evacuate, do so immediately. Never drive around barricades. Local responders use them to safely direct traffic out of flooded areas.

If you are sick and need medical attention, contact your healthcare provider for further care instructions and shelter in place, if possible. If you are experiencing a medical emergency, call 9-1-1 and let the operator know if you have, or think you might have, COVID-19. If possible, put on a mask before help arrives. If staying at a shelter or public facility, alert shelter staff immediately so they can call a local hospital or clinic.

Listen to EAS, NOAA Weather Radio or local alerting systems for current emergency information and instructions regarding flooding and COVID-19.

Do not walk, swim or drive through flood waters. Turn Around. Don’t Drown!

Stay off bridges over fast-moving water. Fast-moving water can wash bridges away without warning.

If your car is trapped in rapidly moving water stay inside. If water is rising inside the car get on the roof.

If trapped in a building go to its highest level. Do not climb into a closed attic. You may become trapped by rising floodwater. Only get on the roof if necessary and once there signal for help.

Be Safe AFTER

Listen to authorities for information and instructions. Return home only when authorities say it is safe.

Avoid driving except in emergencies.

Be aware that snakes and other animals may be in your house. Wear heavy work gloves, protective clothing, and boots during clean up. Wear a mask and maintain a physical distance of at least six feet while working with someone else. Use an appropriate mask if cleaning mold or other debris. People with asthma and other lung conditions and/or immune suppression should not enter buildings with indoor water leaks or mold growth that can be seen or smelled. Children should not take part in disaster cleanup work.

Be aware of the risk of electrocution. Do not touch electrical equipment if it is wet or if you are standing in water. If it is safe to do so, turn off the electricity to prevent electric shock.

Avoid wading in floodwater, which can be contaminated and contain dangerous debris. Underground or downed power lines can also electrically charge the water. There is no evidence that COVID-19 can be transmitted through water; however, you should avoid contact with floodwaters.

Continue taking steps to protect yourself from COVID-19 and other infectious diseases, such as washing your hands often and cleaning commonly touched surfaces with disinfecting products.

Use a generator or other gasoline-powered machinery ONLY outdoors and away from windows.

Engage virtually with your community through video and phone calls. Know that it’s normal to feel anxious or stressed. Take care of your body and talk to someone if you are feeling upset. Many people may already feel fear and anxiety about the coronavirus 2019 (COVID-19). The threat of a flood can add additional stress. Follow CDC guidance for managing stress during a traumatic event and managing stress during COVID-19.
Aspirin for heart attack: Chew or swallow?

(Harvard Health Publishing)

Immediate first aid works to minimize blood clotting triggered by plaque ruptures.

How should you take aspirin for a heart attack? You've always been healthy, but you seemed to run out of steam at your wife's 60th birthday dinner last week. And now your chest feels heavy, as if you're in a vise. You take some antacids, even though it's 7:00 a.m. and you haven't even had breakfast. But you get no relief, and the pain is spreading to your jaw and shoulder. You call your wife, who takes one look at you and rushes to the phone. After calling 911, she brings you an aspirin and some water.

Your wife got it right: You may be having a heart attack, and you need to get to the hospital fast. You also need to get some aspirin into your system quickly — but should you chew the tablet or swallow it?

Aspirin for heart attack first aid

The reason you need aspirin is the same reason you should call 911 without delay: A heart attack is a dynamic event, and early intervention can limit the damage. The paramedics can give you oxygen and medication, and they'll monitor your blood pressure and heart rhythm to forestall complications as they speed you to the ER. In the hospital, doctors will take EKGs and blood tests to see if you are having a heart attack; if so, they will usually try to open the blocked artery with an angioplasty and stent or, if that's not available, with a clot-busting drug.

It's modern cardiology at its best, and it has improved considerably the outlook for heart attack victims. But how can a humble aspirin tablet add to high-tech medicine, and why is speed so important?

Most heart attacks develop when a cholesterol-laden plaque in a coronary artery ruptures. Relatively small plaques, which produce only partial blockages, are the ones most likely to rupture. When they do, they attract platelets to their surface. Platelets are the tiny blood cells that trigger blood clotting. A clot, or thrombus, builds up on the ruptured plaque. As the clot grows, it blocks the artery. If the blockage is complete, it deprives a portion of the heart muscle of oxygen. As a result, muscle cells die — and it's a heart attack.

Aspirin helps by inhibiting platelets. Only a tiny amount is needed to inhibit all the platelets in the bloodstream; in fact, small amounts are better than high doses. But since the clot grows minute by minute, time is of the essence.
To find out how aspirin works fastest, researchers in Texas asked 12 volunteers to take a standard 325-mg dose of aspirin in three different ways: by swallowing a tablet with 4 ounces of water, by chewing the tablet for 30 seconds before swallowing it, or by drinking 4 ounces of water with Alka-Seltzer. Each subject tried all three methods on an empty stomach on different days. The scientists monitored blood levels of aspirin and its active ingredient, salicylate, at frequent intervals, and they also measured thromboxane B2 (TxB2), an indicator of platelet activation that drops as platelets are inhibited.

By all three measurements, chewed aspirin worked fastest. It needed only five minutes to reduce TxB2 concentrations by 50%; the Alka-Seltzer took almost 8 minutes, and the swallowed tablet took 12 minutes. Similarly, it took 14 minutes for the chewed tablet to produce maximal platelet inhibition; it took Alka-Seltzer 16 minutes and the swallowed tablet 26 minutes.

**Aspirin for heart attack prevention**

Aspirin can help prevent heart attacks in people with coronary artery disease and in those who have a higher-than-average risk. Only low dose, usually just 1 a day, is needed. But people who think they may be having an attack need an extra 325 mg of aspirin, and they need it as quickly as possible. For the best results, chew a single full-sized 325-mg tablet, but don't use an enteric-coated tablet, which will act slowly even if chewed. And don't forget to call 911, then your doctor. It's a contemporary update on the old reminder to take two aspirin and call in the morning — and it's good advice to chew over.

Heart failure is manageable. To learn the mechanics of the heart, the symptoms and warning signs of heart failure, and, most of all, the keys to an effective treatment plan, buy the Harvard Special Health Report Heart Failure: Understanding the condition and optimizing treatment.
Natural Gas Safety Tips
(www.shipleyenergy.com)

Natural gas is also a colorless, odorless gas. Natural gas suppliers add a chemical called “mercaptan” to give the gas that “rotten eggs” smell that is commonly known. This makes it easy to detect in the event of a natural gas leak. Natural gas is nontoxic and will dissipate harmlessly in the air, but it is highly combustible. It is recommend to the following precautions for natural gas users:

- Keep combustible materials such as papers, fluids, paints, curtains, and rags away from furnaces, water heaters and gas ranges and dryers.
- Keep all pilot lights lit as dangerous buildups of gas can occur if they are not.
- Clear chimneys, vents, and flues. Leaves, birds’ nests, fallen bricks or mortar can mean problems, including exposure to carbon monoxide (CO)
- See that your heating equipment is clean and in good working order. Properly adjusted pilots and burners and clean filters pay off in both safety and savings.

What to do in event of a gas leak at home

If you happen to detect an odd or “rotten egg” smell in your home, It is urged to take the following actions.

- Do not operate electric switches, appliances, or flashlights.
- Do not light matches and be sure to extinguish any open flames, such as candles.
- Leave doors and windows open, but don’t take the time to open them if they are closed.
- Leave the premises and call your gas company immediately from a nearby phone or cell phone.
- Do not reenter your home until a certified technician or other specialists has.

Know Your General Fuel Safety

Regular inspections and cleanings of your heating system help to ensure maximum efficiency during the winter months.

Carbon monoxide (CO) is a colorless, odorless gas that can be deadly. It is the byproduct of incomplete combustion of any type of fossil fuel, including Bioheat™ Heating Oil, coal, and natural gas. Symptoms of CO poisoning are “flu-like” and include headache, dizziness, nausea, vomiting and confusion. You should suspect the presence of CO if your symptoms improve or
disappear when you leave a particular building where you think there may be a buildup of CO. If that occurs, here are some lifesaving tips.

- Open all windows and doors to let in the fresh air.
- Call your fuel supplier or a licensed heating contractor immediately for an emergency inspection.
- Seek medical attention immediately.
- Have a carbon monoxide detector always working in your home.
FEMA &
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INFORMATION SESSIONS
Would you like to learn more about the Federal Emergency Management Agency or FEMA?
Please join one of our FEMA overview sessions to learn:
- What is FEMA?
- Career paths to explore within FEMA and the federal family.
- Actions students can take to prepare for a disaster.

SAVE THE DATE
March 16
March 24
April 1
TIME | 6:30 PM to 7:30 PM
LOCATION | Zoom
For more information contact:
Dr. Monica Nandan
mnandan@kennesaw.edu

Scan the code to RSVP
STAY CONNECTED

FOR MORE INFO
To learn more about the Office of Emergency Management, please visit
https://oem.kennesaw.edu/

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STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for at least 20 seconds.

cdc.gov/COVID19