

May 2017

KSU Office of Emergency Management

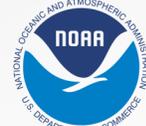
CRISIS COORDINATOR COMMUNIQUE

IN THIS EDITION:

- LiveSafe App: Are You Living Safely?
- Surviving Georgia Summers
- Food Safety in a Power Outage
- Crisis Coordinators of the Quarter
- Important Dates
- Volunteers Needed!

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

National Oceanic and
Atmospheric Administration



Know KSU's Safe Places



REACH US AT
OUR NEW EMAIL
ADDRESS

oem@kennesaw.edu

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. ■

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ARE YOU LIVING SAFELY?

Download LiveSafe Today

The LiveSafe app is a free and easy way to help make KSU a safer university for faculty, staff and students.

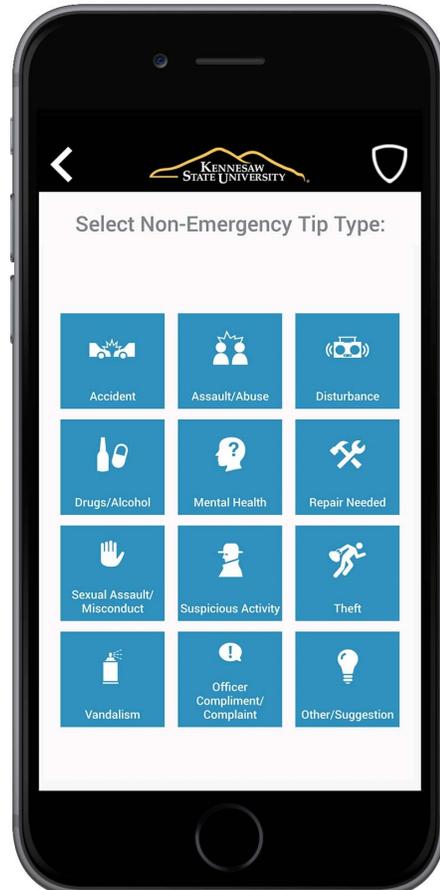
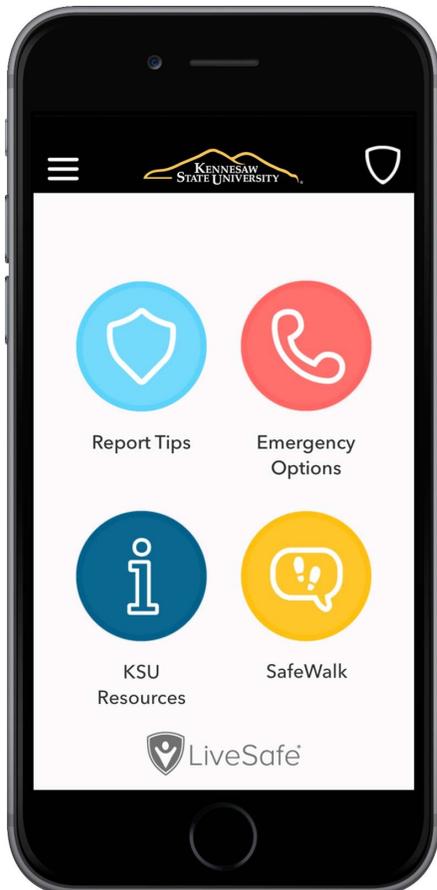
The app has user-friendly features that allow direct, real-time communication with KSU Police.

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

Staying Cool

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 heatstroke 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.

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! ■



FOOD SAFETY IN A POWER OUTAGE

Via FEMA's Individual and Community Preparedness e-Brief

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.

FOOD SAFETY BEFORE, DURING AND AFTER A POWER OUTAGE

Know how to keep food safe before during and after emergencies. Hurricanes, tornadoes, winter weather and other events may cause power outages. Follow these tips to help minimize food loss and reduce your risk of foodborne illness.

BEFORE PLAN AHEAD (IF YOU CAN) ...

- Put appliance thermometers in your refrigerator and freezer.
- Freeze containers of water and gel packs to help keep food cold if the power goes out.
- Keep freezer 0°F or below.
- Refrigerator 40°F or below.
- Group foods together in the freezer to help food stay colder longer.
- Freeze refrigerated items such as leftovers, milk, and fresh meat and poultry that you do not need immediately.
- If you think power will be out for an extended period of time, buy dry or block ice to keep the fridge or freezer cold.
- Store nonperishable foods on higher shelves to avoid flood water.

DURING WHILE THE POWER IS OUT ...

- Keep the refrigerator and freezer doors closed to maintain cold temperatures.
- IF DOORS STAY CLOSED ...**
 - ... a full freezer will hold its temperature for **48 HOURS**
 - ... **24 HOURS** if half-full
 - ... a fridge will keep food safe for **4 HOURS**

AFTER ONCE THE POWER IS BACK ON ...

WHEN IN DOUBT, THROW IT OUT! Check the temperature inside of your refrigerator and freezer. If they're still at safe temperatures, your food should be fine.

WHAT CAN I KEEP? The following foods are safe if held above 40 °F for more than 2 hours:

- Hard cheeses (Cheddar, Colby, Swiss, Parmesan, Provolone, Romano)
- Grated Parmesan, Romano, or combination (in can or jar)
- Butter or margarine
- Opened fruit juices
- Opened canned fruits
- Jelly, mink, taco sauce, mustard, ketchup, olives, pickles
- Worcestershire, soy, barbecue, and Hoisin sauces
- Peanut butter
- Opened vinegar-based dressings
- Bread, rolls, cakes, muffins, quick breads, tortillas
- Breakfast foods (waffles, pancakes, bagels)
- Fruit pies
- Fresh mushrooms, herbs, and spices
- Unsalted raw vegetables and fruit

WHAT SHOULD I THROW OUT?

- Meat, poultry or seafood products
- Soft cheeses and shredded cheeses
- Milk, cream, yogurt, and other dairy products
- Opened baby formula
- Eggs and egg products
- Dough, cooked pasta
- Cooked or cut produce

NEVER taste food to determine its safety!

REFREEZE FOOD THAT STILL CONTAINS ICE CRYSTALS OR IS AT 40°F OR BELOW.

FOLLOW THESE STEPS AFTER A FLOOD:

- DO NOT EAT any food that may have touched flood water.
- DISCARD FOOD not in waterproof containers; screw-caps, snap lids, pull tops, and crimped tops are not waterproof.
- DISCARD cardboard juice/milk/baby formula boxes and home canned foods.
- DISCARD any damaged cans that have swelling, leakage, punctures, holes, fractures, extensive deep rusting, or crushing/identifying severe enough to prevent normal stacking or opening.

SANITIZE 1 tbsp. bleach + 1 gallon water

Pots, pans, dishes and utensils

Undamaged all-metal cans after removing labels

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!



For more food safety tips, go to FoodSafety.gov

CRISIS COORDINATORS OF THE QUARTER

Deanna Hendrickson



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



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	CC Training 2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	Surv. Det. Course 18	19	20
21	22	CPR/AED Training 23	24	25	26	27
28	29	30	31			

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

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Ted Stafford
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Bob Williams
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Courtney Tabb
Administrative Assistant
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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

Personal safety should be No. 1. If you do not feel safe to travel, don't.

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.