

CRISIS COORDINATOR COMMUNIQUE

APRIL 2020

Featuring...

- Severe Weather Preparedness
- Updated COVID-19 Guidelines
- Nutritional Tips

...and more!



KENNESAW STATE
UNIVERSITY

OFFICE OF EMERGENCY MANAGEMENT



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SEVERE WEATHER PREPAREDNESS

by James Westbrook

As the temperatures begin to rise, so does the threat of severe weather in Georgia. It is important to remember to always “Be Ready” for what may come along. Every year, we face strong and severe thunderstorms across the Metro Atlanta and North Georgia region. Some of these storms can include large hail, damaging winds, heavy rainfall, and frequent cloud-to-ground lightning. Each of these hazards can pose a direct threat to our campus community. As such, we should each take necessary precautions and be prepared for these types of severe weather events.

The National Weather Service provides continuously updated weather information. They also provide tips on what to do when thunderstorms threaten our area. Kennesaw State has a great working relationship with the National Weather Service office that covers our area. They help to provide us with

warnings, watches, advisories, and direct guidance for our campuses throughout the year. In the past, they have also helped us with guidance centered of “areas of refuge” from severe weather since Kennesaw State does not have any FEMA-level “storm shelters” on campus.

At Kennesaw State, we have diligently pre-determined the best areas of refuge within each campus building. While these areas are not always ideal, they do provide the best available protection during severe weather. Most likely, these sheltering areas would only be necessary during a Tornado Warning, but it is important to remember that some thunderstorms can produce wind gusts comparable to or greater than weak tornadoes. The Office of Emergency Management works hard to keep the campus community, and Crisis Coordinators in particular, aware of impending severe weather threats throughout the year.

WHAT PRECAUTIONS AM I TAKING?

by Andrew Altizer

As you can imagine, OEM has not been able to stay at home much during the COVID response, but we do practice social distancing. For example, when someone comes to my office, we have an unwritten rule to stop in the doorway -- hence, doorway conversations. We still have interactions with a few others on campus, delivery vendors, etc. Even today, it's not out of the question for someone to extend a hand, which is immediately met with an awkward look and an elbow bump. We're thankful to have great custodial service, but we still clean parts of the office throughout the day: door handles, coffee pot, microwave, etc.

Whenever anyone drives one of the departmental vehicles, they must use a disinfective wipe on the drivers side (especially the steering wheel) when they return the vehicle. Whenever we have an occasional meeting with others on campus, it's always done using a conference bridge or some kind of webinar like Teams.

Someone recently asked me -- ***what precautions are you taking?!***

First and foremost, I'm following CDC and Georgia Department of Public Health recommendations! I can be a little quirky about "staying home" if I'm not feeling quite well, but I can assure you that if I develop any of the COVID symptoms, I will not be in the office.

Again, many of the precautions that I'm taking are the based on CDC and public health guidance, but here goes, I'm:

-- more --

WHAT PRECAUTIONS AM I TAKING?

- Washing my hands all the time - I'm talking a dozen times each day, plus another dozen with the hand sanitizer. I wash them the right way -- 20 seconds, front, back, between the fingers, everywhere.
- Staying home more, and of course, avoiding large gatherings. I must admit that I'm rather enjoying my weekly Sunday Service with a cup of coffee and cat on the lazyboy.
- Grocery shopping far less frequently, which requires better meal planning.
- Eating healthier! Although I will continue to support my nearby favorite restaurants (takeout, of course), we're finding that eating at home is often healthier.
- Consciously not touching my face -- this is a tough one for me. I read an article where people who wear contact lenses should wear their glasses more often. I'm also wearing safety glasses at work simply to keep me from touching my eyes.
- Exercising more, but by walking/running outside instead of going to the gym. It's not a secret that cardio exercise has tremendous health benefits, including building your immune system.
- Although it is especially important for emergency managers to stay tuned to the most current COVID situation, I am avoiding the constant barrage of negative news, rumors and speculation.

Approximately 17 years ago, I went to China to adopt my daughter in the middle of the SARS outbreak. When I landed in Beijing everyone seemed to be practicing social distancing -- I don't even think "social distancing" was a "thing" at that time. I returned to the U.S. on a Saturday, and went to work (GEMA) on Monday -- when people saw me at work it was like a fire drill! Even though I wasn't sick, my co-workers taught me a lifelong lesson on the importance of "staying away!" My 87 year old mother lives in rural Missouri, and I would be remiss if I didn't remind everyone the importance of the many precautions we must take with this vulnerable population. A frequent phone call from her "little boy" is often the best medicine she needs.

Please stay healthy. Thanks for listening.

ISOLATION VS. QUARANTINE

by Christy Hendricks

During these unprecedented times, we are seeing and hearing the words isolation and quarantine all over the news and social media. You've probably seen some funny memes, parodies, and videos of people doing things they never would have imagined doing before COVID-19 came along. People are using isolation and quarantine interchangeably, but do you know the real meanings of the words?

The CDC's (Center for Disease Control) latest guidance says, "**Isolation** refers to the separation of a person or people known or reasonably believed to be infected or contagious from those who are not infected in order to prevent spread of the disease. Isolation may be voluntary, or compelled by governmental or public health authorities.

Quarantine in general means the separation of a person or people reasonably believed to have been exposed to a communicable disease but not yet symptomatic from others who have not been so exposed in order to prevent the possible spread of the disease. With COVID-19, the CDC has recommended a 14-day period to monitor for symptoms."

So isolation is for people who are infected or contagious, and quarantine is for people who have been exposed.

We encourage you to check [CDC.gov](https://www.cdc.gov) for up-to-date information on COVID-19 and ways to protect yourself and your family.

Stay well!



CORONA VIRUS GUIDELINES

THE PRESIDENT'S **CORONAVIRUS GUIDELINES** FOR AMERICA

30 DAYS TO SLOW THE SPREAD

Listen to and follow the directions of your **STATE AND LOCAL AUTHORITIES**.

IF YOU FEEL SICK, stay home. Do not go to work. Contact your medical provider.

IF YOUR CHILDREN ARE SICK, keep them at home. Do not send them to school. Contact your medical provider.

IF SOMEONE IN YOUR HOUSEHOLD HAS TESTED POSITIVE for the coronavirus, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider.

IF YOU ARE AN OLDER PERSON, stay home and away from other people.

IF YOU ARE A PERSON WITH A SERIOUS UNDERLYING HEALTH CONDITION that can put you at increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.



For more information, please visit
CORONAVIRUS.GOV

CORONA VIRUS GUIDELINES

THE PRESIDENT'S CORONAVIRUS GUIDELINES FOR AMERICA

DO YOUR PART TO SLOW THE SPREAD OF THE CORONAVIRUS

Even if you are young, or otherwise healthy, you are at risk and your activities can increase the risk for others. It is critical that you do your part to slow the spread of the coronavirus.

Work or engage in schooling **FROM HOME** whenever possible.

IF YOU WORK IN A CRITICAL INFRASTRUCTURE INDUSTRY, as defined by the Department of Homeland Security, such as healthcare services and pharmaceutical and food supply, you have a special responsibility to maintain your normal work schedule. You and your employers should follow CDC guidance to protect your health at work.

AVOID SOCIAL GATHERINGS in groups of more than 10 people.

Avoid eating or drinking at bars, restaurants, and food courts — **USE DRIVE-THRU, PICKUP, OR DELIVERY OPTIONS.**

AVOID DISCRETIONARY TRAVEL, shopping trips, and social visits.

DO NOT VISIT nursing homes or retirement or long-term care facilities unless to provide critical assistance.

PRACTICE GOOD HYGIENE:

- Wash your hands, especially after touching any frequently used item or surface.
- Avoid touching your face.
- Sneeze or cough into a tissue, or the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.

CORONAVIRUS.GOV

School operations can accelerate the spread of the coronavirus. Governors of states with evidence of community transmission should close schools in affected and surrounding areas. Governors should close schools in communities that are near areas of community transmission, even if those areas are in neighboring states. In addition, state and local officials should close schools where coronavirus has been identified in the population associated with the school. States and localities that close schools need to address childcare needs of critical responders, as well as the nutritional needs of children.

Older people are particularly at risk from the coronavirus. All states should follow Federal guidance and halt social visits to nursing homes and retirement and long-term care facilities.

In states with evidence of community transmission, bars, restaurants, food courts, gyms, and other indoor and outdoor venues where groups of people congregate should be closed.

NUTRITION

Counseling Services

Counseling includes meeting one-on-one with our registered dietitian to discuss concerns. If interested, please email tpham25@kennesaw.edu to make a screening appointment.



Fuel Your Fitness

You asked, our dietitian answered! Check out the latest [Nutrition Workshop on Instagram](#).

Nutrition Workshops have moved online. Make sure to follow [@KSUWellness](#) on Instagram to submit your nutrition questions and watch our video series.

COOKING CORNER



STUFFED BELL PEPPERS

Ingredients

- 2 large green peppers
- 1/2 lb ground beef
- 1/4 cup chopped onion
- 1 can (15 oz) tomato sauce, divided
- 1 cup cooked rice
- 1/8 tsp salt
- 1/8 tsp garlic powder
- 1/8 tsp pepper

Directions

1. Preheat the oven to 350°F
2. Cut off tops of peppers and remove all seeds
3. Place peppers in a large saucepan and cover with water. Bring to boil and cook for about 5 minutes
4. Drain immediately and place in ice water; invert on paper towels
5. In a small skillet, cook beef and onion over medium heat until the meat is no longer pink (160 degrees). Remove from heat and drain
6. Stir 1 cup of tomato sauce, rice, salt, garlic powder, and pepper
7. Spoon mixture into peppers
8. Place peppers in ungreased baking dish and drizzle with remaining tomato sauce
9. Cover and bake 25-30 minutes or until peppers are tender

TOTAL TIME: 40 MINUTES
SERVES: 2
SOURCE: TASTE OF HOME



KENNESAW STATE UNIVERSITY
DIVISION OF STUDENT AFFAIRS
Health Promotion and Wellness

Source: HelpGuide.org

YOU GOTTA NOURISH TO FLOURISH: SELF-CARE STARTS TODAY

It is normal to feel sad, stressed, anxious, or overwhelmed during times of uncertainty. Try these helpful tips for managing the feelings below.



FEELING DEPRESSED OR LONELY?

Video chat or call and talk to someone who always makes you feel better, play with your dog or cat, or look at a favorite photo or cherished memento

FEELING ANXIOUS?

Release your nervous energy by dancing to your favorite song, squeezing a stress ball, taking a brisk walk, doing yoga, or meditate



FEELING MENTALLY OR PHYSICALLY EXHAUSTED?

Pamper yourself with a hot cup of tea, take a bath, light some scented candles, or wrap yourself in a warm blanket

FEELING BORED?

Read a good book, watch a YouTube video, or turn to an activity you enjoy (playing the guitar, singing, drawing, etc.)



STAY CONNECTED

FOR MORE INFO

To learn more about the Office of Emergency Management, please visit <https://oem.kennesaw.edu/>.

FOLLOW US!



/kennesawstateOEM



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WASH YOUR HANDS

CONTACT US

ANDY ALTIZER

Director of Emergency Management
andy_altizer@kennesaw.edu

JAMES WESTBROOK

Assistant Director of
Emergency Management
jwestbr9@kennesaw.edu

CHRISTY HENDRICKS

Emergency Manager,
Kennesaw Campus
dhendr16@kennesaw.edu

MIKE GUERRERO

Emergency Manager,
Marietta Campus
mguerre8@kennesaw.edu

WAYNE RANDLE

Emergency Management Specialist (PT)
rrandle@kennesaw.edu

KENNETH JONES

Student Assistant
kjone437@students.kennesaw.edu

MARY-KATE BILLINGS

Communications Intern
mbilli11@students.kennesaw.edu

Email us at: oem@kennesaw.edu
Call: 470-578-6985



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