

CRISIS COORDINATOR COMMUNIQUE

JULY 2020

Featuring...

- **HEAT!**
- **Lightning Safety**
- **COVID Reminders**

...and more!



**KENNESAW STATE
UNIVERSITY**

OFFICE OF EMERGENCY MANAGEMENT

IMPORTANT DATES

- **Wednesday, July 29th 1:00pm - 2:30pm**
- **Virtual Crisis Coordinator Meeting**
(via Teams)

TRAINING DATES

- **Cleaning for COVID **TOMORROW**, July 7th at 2:00pm - 3:00pm**
(email Christy Hendricks to sign up)
- **Weather Hazards July 14 from 2:00pm - 3:00pm**
(*email Mike Guerrero to sign up*)
- **Stop the Bleed July 21 from 2:00pm - 3:00pm**
(*email Mike Guerrero to sign up*)
- **Students in Crisis July 28 from 2:00pm - 3:00pm**
(*email Mike Guerrero to sign up*)



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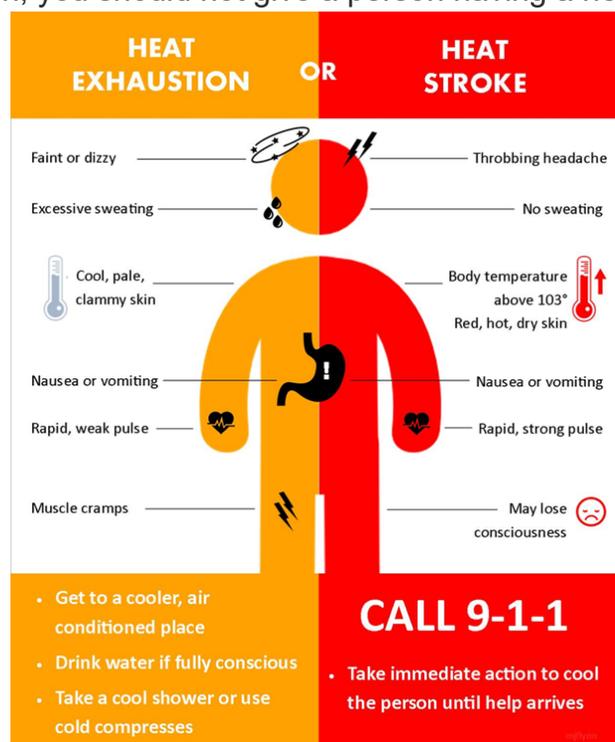
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HEAT-RELATED ILLNESSES

James Westbrook

As the calendar moves into the summer months and the temperatures continue to rise, the threat of severe heat-related illnesses also rises. During very hot and humid conditions, the body struggles to self-regulate and cool itself. When the body's temperature rises too rapidly – or when the body loses too much fluid and salt through sweating and dehydration – a person may begin to experience heat exhaustion and/or heat stroke. Generally, heat-related injuries are a sliding scale that moves from heat cramps to heat exhaustion to heat stroke. It is commonly seen as a progression of symptoms, which is why it is important to recognize the warning signs early and provide appropriate treatment. Heat cramps are the first sign of a heat-related illness and involve painful cramps – usually in the legs or abdomen – and heavy sweating. Massaging the affected muscles and taking sips of water can usually alleviate any issues. Heat exhaustion is the next step on the scale. Symptoms for heat exhaustion include heavy sweating, weakness, a fast and weak pulse, dizziness, nausea or vomiting, fainting, and the person may have cool, clammy skin. To treat heat exhaustion, you should move the person to a cooler environment, lay the person down, and apply a cool, wet cloth to as much of the body as possible. You can also offer sips of water. If the person vomits more than once, you should seek medical attention.

Heat stroke is the most dangerous of the heat-related illnesses. Symptoms for a heat stroke can include altered mental status, a throbbing headache, confusion, nausea, dizziness, and shallow breathing. The person's temperature could be elevated over 103 degrees. Other signs of heat stroke include hot, red, dry skin, a rapid and strong pulse, and loss of consciousness. To treat a heat stroke, you should call 911 immediately as heat stroke is considered a severe medical emergency and could be fatal if not treated properly. While waiting on help to arrive, move the person to a cooler, preferably air-conditioned, environment and utilize cool cloths or a bath to reduce their body temperature. Unlike heat cramps or heat exhaustion, you should not give a person having a heat stroke fluids.



LIGHTNING SAFETY



There is no safe place outside when thunderstorms are in the area. If you hear thunder, you are likely within striking distance of the storm. Just remember, When Thunder Roars, Go Indoors. Too many people wait far too long to get to a safe place when thunderstorms approach. Unfortunately, these delayed actions lead to many of the lightning deaths and injuries in the United States. There is little you can do to substantially reduce your risk if you are outside in a thunderstorm. The only completely safe action is to get inside a safe building or vehicle.

If you absolutely cannot get to safety, you can slightly lessen the threat of being struck with the following tips. But don't kid yourself--you are NOT safe outside. Know the weather patterns of the area you plan to visit. For example, in mountainous areas, thunderstorms typically develop in the early afternoon, so plan to hike early in the day and be down the mountain by noon. Listen to the weather forecast for the outdoor area you plan to visit. The forecast may be very different from the one near your home. If there is a high chance of thunderstorms, stay inside.

- **Avoid open fields, the top of a hill or a ridge top.**
- **Stay away from tall, isolated trees or other tall objects. If you are in a forest, stay near a lower stand of trees.**
- **If you are in a group, spread out to avoid the current traveling between group members.**
- **If you are camping in an open area, set up camp in a valley, ravine or other low area. Remember, a tent offers NO protection from lighting.**
- **Stay away from water, wet items, such as ropes, and metal objects, such as fences and poles. Water and metal do not attract lightning but they are excellent conductors of electricity. The current from a lightning flash will easily travel for long distances.**

Source: weather.gov

When Thunder Roars, Go Indoors!

STOP all activities.

Seek shelter in a substantial building
or hard-topped vehicle.

Wait 30 minutes after the storm to
resume activities.



www.lightningsafety.noaa.gov



COVID-19 REMINDERS

Former CDC Director, Dr. Frieden offers the 3 Ws for staying safe during this pandemic:

- 1) Wear a mask
- 2) Wash your hands
- 3) Watch your distance

Check KSU's Coronavirus (COVID-19) Information and Resources web page for regular updates:
coronavirus.kennesaw.edu

FOLLOW THESE 5 SAFETY STEPS to keep us all healthy

1 STAY HOME IF YOU DON'T FEEL WELL
Or if you tested positive for COVID-19 or were exposed to someone with COVID-19 in the last 14 days



2 STAY 6 FEET AWAY FROM PEOPLE
who don't live with you, both in and out of the water and avoid sharing items with other people



3 WEAR A CLOTH FACE COVERING
when not in the water*

* Don't place cloth face coverings on children under age 2 or anyone who has trouble breathing or is unconscious, weak, or otherwise unable to remove the cover without help.



4 WASH YOUR HANDS OFTEN with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol



5 COVER YOUR COUGHS AND SNEEZES
with a tissue or your elbow, throw the tissue in the trash, and wash your hands



Learn about COVID-19 Testing



CS 1121448 9/6/2020

Now, **let's swim!**

cdc.gov/coronavirus

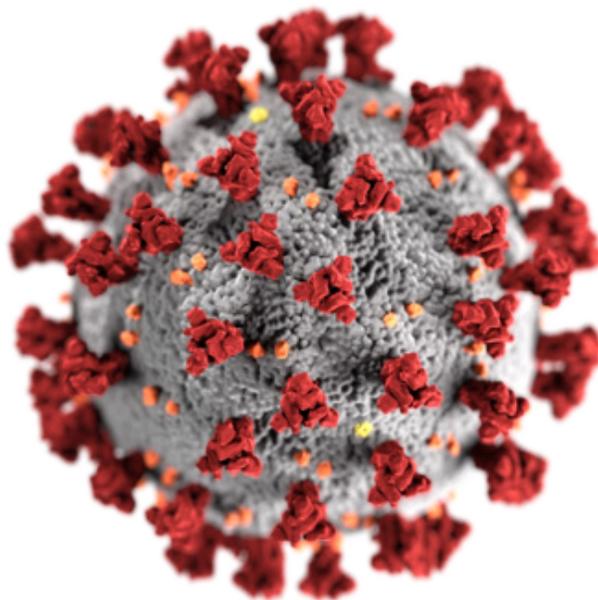
COVID AWARENESS TOOLKIT

Kennesaw State University's Environmental Health and Safety (EHS) worked closely with the Office of Strategic Communications and Marketing on a variety of COVID-19 flyers. Many of these flyers are being put up around campus this week!

As you return to campus, please use the tool kit to add signage that may be missing in your area.

Anything we can do to encourage others to practice good hygiene, social distancing, etc. will continue to be helpful.

To view the full list of flyers, [click here](#).



STAY CONNECTED

FOR MORE INFO

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

FOLLOW US!



/kennesawstateOEM



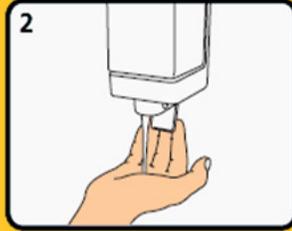
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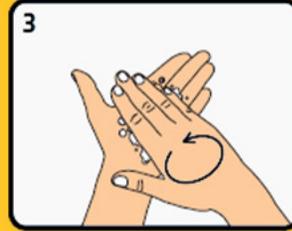
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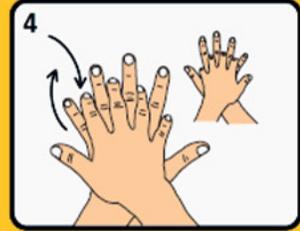
We are the owls



**And we bring the
flight,**



**All through the
South-land,**



**All know our
might!**

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WASH YOUR HANDS

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](https://www.cdc.gov/COVID19)