

Barren River Rundown



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Disaster Preparedness: July is Firework Safety Month!

The best way to protect your family is to not use fireworks at home. The U.S. Fire Administration recommends attending public displays and leaving the lighting of fireworks to the professionals.



CAUTION

What you should know about fireworks

• A study by the U.S. Consumer Product Safety Commission (CPSC) shows that over 200 people on average go to the emergency room every day with fireworks-related injuries around the 4th of July holiday. Fireworks are dangerous!

When Fireworks are not used safely, they can cause serious burns, injuries, and even hearing damage. More than 1/3 of people who suffer hand injuries from fireworks require at least a partial amputation.

**HEALTHY COMMUNITY.
HAPPY FAMILIES.**



Barren River
DISTRICT HEALTH DEPARTMENT

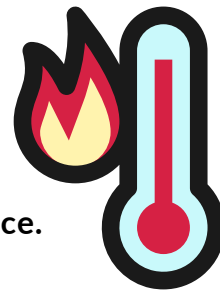


Please submit articles for the newsletter to Jessica Wright at Jessica.Wright@barrenriverhealth.org
Submissions will be reviewed for approval

EXTREME HEAT AWARENESS:

There is hot, and then there is hot! Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. In extreme heat, your body works extra hard to maintain a normal temperature, which can lead to death. Extreme heat is responsible for the highest number of annual deaths among all weather-related hazards. Never leave people or pets in a closed car on a warm day. Here are a few more tips for staying safe in extreme heat:

- If air conditioning is not available in your home, go to a cooling center.
- Take cool showers or baths.
- Wear loose, lightweight, light-colored clothing.
- Use your oven less to help reduce the temperature in your home.
- If you're outside, find shade. Wear a hat with a brim wide enough to protect your face.
- Drink plenty of fluids to stay hydrated.
- Avoid high-energy activities or work outdoors during midday heat if possible.
- Check on family members, seniors, and neighbors.
- Watch for heat cramps, heat exhaustion, and heat stroke.
- If pets are outside, make sure they have plenty of cool water and access to shade.
- Don't walk pets on pavement until the pavement cools down. Asphalt and dark pavement can be very hot to your pet's feet and can cause painful burns.
- If using a mask, use one that is made of breathable fabric, such as cotton, instead of polyester. Don't wear a mask if you feel yourself overheating or have trouble breathing.



HEAT STROKE:

Signs:

- Extremely high body temperature (above 103 degrees F taken orally)
- Red, hot, and dry skin with no sweat
- Rapid, strong pulse
- Dizziness, confusion, or unconsciousness



HEAT CRAMPS:

Signs:

- Muscle pains or spasms in the stomach, arms, or legs



HEAT EXHAUSTION:

Signs:

- Heavy sweating, paleness, muscle cramps, tiredness, weakness, fast or weak pulse, dizziness, headache, fainting, nausea, and vomiting



If you have signs of heat cramps or heat exhaustion, go to a cooler location and cool down by removing excess clothing and taking sips of sports drinks or water. Call your healthcare provider if symptoms get worse or last more than an hour.

If you suspect heat stroke, call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives. Do not give the person anything to drink.

PREPAREDNESS COMMITTEE MEMBERS WANTED:

The Preparedness Team is looking for interested employees to join us in planning for emergency responses. Committee members will assist in reviewing and updating our current plans by providing subject matter input. We are looking for each branch and each county to be represented. If you are interested in Disaster Preparedness or want to learn more about the process, this is the committee for you!

Email Janarae.Conway@barrenriverhealth.org to join.



Do you know a new or expecting parent who could use an extra pair of hands? Click here for info on BRDHD's HANDS Program!



HANDS is always accepting referrals!

Contact Tammy.Drake@barrenriverhealth.org to learn more about the HANDS Program



Our babysitting class was a success!

Warren County Public Library Summer Reading Program Kick-Off



HAPPY

4th of July

INDEPENDENCE DAY

*Barren River Lake State Park:

There is no charge for entry, but first come, first serve. Beach front parking is available for \$20. This exciting event features music, food and drink vendors. July 4th All day

*BG Thunderfest 2022 July 2, 2022

5pm-11:30pm National Corvette Museum

\$25 per Car Load

Rain Date July 3rd

Food Trucks, Live Music, Free Kids Zone and MORE!



Anjali Patel

Health Strategist - District



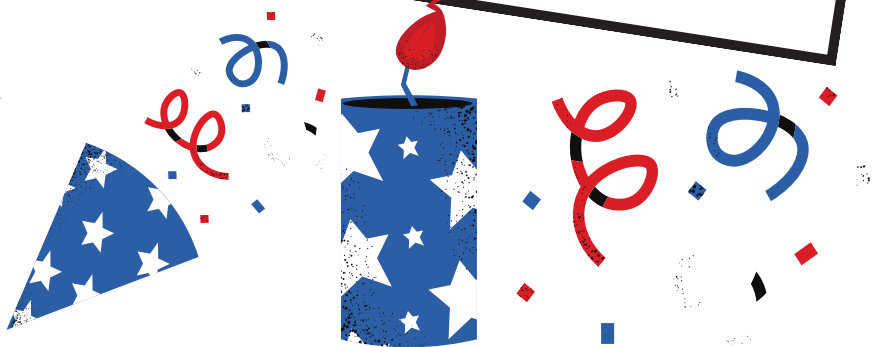
Susan Willis

Health Strategist - District

UPCOMING EVENTS

4th of July
No
Work!

Meetings:	
District Wide:	Sep. 30th at 9am
District Board of Health:	Aug. 15th at 5pm
Local Board of Health:	
Barren:	Aug. 9th at 12pm
Butler:	Aug. 5th at 12pm
Edmonson:	Dec. 21st at 12pm
Hart:	Dec. 8th at 11am
Logan:	Oct. 20th at 12pm
Metcalfe:	Sep. 13th at 12pm
Simpson:	Sep. 8th at 12pm
Warren:	Sep. 12th at 5pm



QUALITY IMPROVEMENT/ ACT TEAM

The ACT Team is here for you! Do you have an idea that would make your job easier? Is there an improvement the agency could make to better serve our community?

Let the ACT Team know!
Submit your ideas here:

SUBMIT



PREPAREDNESS COMMITTEE

- Be a subject matter expert to the preparedness and response branch
- Assist in reviewing and updating agency preparedness and response plans
- Influence future preparedness trainings

QUALITY IMPROVEMENT COMMITTEE

- Lead as a QI expert
- Give direct input on the agency QI Plan
- Track wins and learn from challenges
- Implement change throughout the health department

APPLY TODAY!

YOU'RE INVITED TO A FREE

Baby Shower

LUNCH
SNACKS
DRINKS

JULY
26
2022

12:00-
2:00

LOCATION:
WARREN COUNTY PUBLIC LIBRARY
1225 STATE ST, BOWLING GREEN, KY 42101

Baby Shower is for WHO:

For pregnant & up to 60 days postpartum mothers who have not already attended a baby shower with their current baby/pregnancy. This includes in-person, virtual, & the baby shower at the KY Moms Day. If you are able to attend alone, please do. If you can't, that is perfectly fine.

PRE-REGISTRATION:

Please e-mail: ASIKES@LIFESKILLS.COM

-Full legal name, due date/baby birthdate

-By PRE-REGISTERING you will help us with numbers on getting lunch & you will get a pre-registration gift.

Only for those who live in these Counties:

Warren, Hart, Butler, Simpson, Monroe, Edmonson, Barren, Logan, Allen, Metcalfe

Proof of Pregnancy or Birth DOCUMENT GIFT:

If you e-mail me an image or copy of your proof of pregnancy or birth OR bring it with you to the event, you will receive an EXTRA gift. For assistance on what these documents are, please feel free to email me! **ULTRASOUND PHOTOS, PHOTOS OF BABIES, PHOTOS OF BELLY ARE NOT DOCUMENTS and will not be accepted for gifts.**

Lunch:

We will not be able to accommodate food restrictions. We are going to do our best to get a variety. If you have food allergies/restrictions and are worried, please feel free to bring your own. Thank you for understanding.

PLEASE READ DETAILS: →

\$20
gift card



Car Seat
giveaway



TONS
of small
giveaways

Days to Celebrate in August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 National Girlfriends Day	2 National Ice Cream Sandwich Day	3 National Watermelon Day	4 National Chocolate Chip Cookie Day	5 Work Like a Dog Day	6 National Root Beer Float Day	7 International Beer Day every First Friday
8 International Cat Day	9 National Rice Pudding Day	10 National S'mores Day	11 Son and Daughter Day	12 Baseball Fans Day	13 National Filet Mignon Day	14 National Creamsicle Day
15 National Relaxation Day	16 National Bratwurst Day	17 National Black Cat Appreciation Day	18 National Fajita Day	19 National Potato Day	20 National Bacon Lovers Day	21 National Spumoni Day
22 National Bao Day	23 National Sponge Cake Day	24 National Waffle Day	25 National Whiskey Sour Day	26 National Dog Day	27 National Banana Lovers Day	28 Red Wine Day
29 Lemon Juice Day	30 National Toasted Marshmallow Day	31 Eat Outside Day				

August is coming! Send photos that relate with the days to celebrate in August, based on the calendar provided. I cannot wait to see the photos everyone sends in!

Send your photos to:

Jessica.Wright@barrenriverhealth.org

Follow BRDHD on social media!



Barren River
DISTRICT HEALTH DEPARTMENT



Click here to visit
our website



Please submit articles for the newsletter to Jessica Wright at Jessica.Wright@barrenriverhealth.org
Submissions will be reviewed for approval.