

CREATE A FAMILY-DISASTER PLAN

When a disaster strikes, there may not be much time to act. Preparing now for an emergency will give you and your family time to react safely and in a well thought-out manner. A plan of action for you and your family can go a long way toward reducing potential suffering from any type of disaster that could strike. A few tips to preparing a family-disaster plan include:

- Plans should be kept simple. The best emergency plans are those that are easy to remember.
- If you must evacuate your home, it is always best to take your pets with you.
- Be familiar with escape routes in case you need to evacuate your neighborhood. Plan several escape routes for different situations. Find the safe spots in your home for each type of disaster. Instruct household members to turn on the radio or television for emergency information.
- Select one calling point, possibly a friend or relative, where family members can contact, if they are separated from the rest of the family.
- Learn and post emergency phone numbers and information.
- Take a basic first aid and CPR class.
- Stock a disaster-supply kit.
- Plan for your pets.

STOCK A DISASTER-SUPPLY KIT

When a disaster strikes, it may not leave your family much time to prepare. After a disaster, local emergency officials and relief workers will be on the scene, but they will not be able to reach everyone immediately. It could take hours or even days before help can get to your neighborhood. Preparing a disaster supply kit will help your family better cope with the situation. Some necessary items in every disaster supply kit include:

- One gallon of water per person for five days
- Enough non-perishable food for the household for at least five days
- A non-electric can opener; cooking tools and fuel; paper plates & towels; and plastic utensils & cups
- Toiletries, such as toothpaste and brush; deodorant and soap; shaving equipment; personal hygiene supplies; shampoo; wash cloth and towel; and toilet paper
- Garbage bags, resealable plastic bags and tarps
- Supplies for infants, including diapers and formula
- Supplies for senior citizens, including special dietary considerations and incontinence pads
- At least a two-week supply of prescribed family medicines, as well as a typical first-aid kit with bandages, antibiotic cream, headache medicine and antacids
- Blankets, pillows, extra clothing
- Battery-powered NOAA weather radio, HDTV and flashlight; and extra batteries
- A waterproof container with extra cash and important documents, such as insurance, bank account and Social Security cards
- A list of important phone numbers including the family's local pharmacy, doctors and designated contacts the family can call in case of an emergency
- Camera to record damage to property
- Rain gear and hard sole shoes
- Cleaning supplies and equipment
- Pet supplies including food water and medicines

LEARNING ABOUT EXTREME HEAT

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LAKE COUNTY
FLORIDA

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AVOIDING EXTREME HEAT

Due to occasional heat waves in Central Florida and the potential for the loss of power after a storm, extreme heat can be a deadly killer. Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature. Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for his or her age and physical condition. Older adults, young children and those who are sick or overweight are more likely to succumb to extreme heat.

Conditions that can induce heat-related illnesses include stagnant atmospheric conditions and poor air quality. Consequently, people living in urban areas may be at greater risk from the effects of a prolonged heat wave than those living in rural areas. Asphalt and concrete store heat longer and gradually release heat at night, which can produce higher nighttime temperatures known as the “urban heat island effect.”

Here are some tips on cooling your home when the air conditioning fails and the outside temperatures begin to rise.

- Use a circulating or box fan to spread cool air.
- Keep cool air inside by weather stripping doors and windowsills.
- Hang shades, drapes, awnings or louvers on windows that receive direct sunlight. Outdoor awnings or louvers can reduce the heat entering the house by as much as 80 percent.

TIPS ON PREVENTING HEAT-RELATED ILLNESSES

- If air conditioning is not available, stay indoors as much as possible on the lowest floor out of the sunshine.
- Eat right — Eat well-balanced, light and regular meals.
- Drink water — Drink plenty of water regularly. Persons who have epilepsy or heart, kidney or liver disease; are on fluid-restrictive diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- Skip alcohol — Though beer and alcoholic beverages appear to satisfy thirst, these types of drinks can actually cause further body dehydration.
- Dress right — Wear loose-fitting clothes that cover as much skin as possible. Lightweight, light-colored clothing reflects heat and sunlight helping to maintain normal body temperature.
- Wear a hat — Protect face and head by wearing a wide-brimmed hat.
- Use buddy system — Avoid strenuous work during the warmest part of the day. If you must work in extreme heat, use the buddy system and take frequent breaks.

HEAT-RELATED ILLNESSES

HEAT CRAMPS

Symptoms: Painful spasms usually in leg and abdominal muscles; heavy sweating.

First aid: Firm pressure on cramping muscles or gentle massage to relieve spasm. Give a half glass of water every 15 minutes. Do not give liquids with alcohol or caffeine in them, as they can make conditions worse.

HEAT EXHAUSTION

Symptoms: Cool, moist, pale or flushed skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal.

First aid: Get person to rest in a comfortable position in a cooler place. Loosen clothing. Apply cool, wet cloths. Give a half glass of cool water every 15 minutes. Make sure the person drinks slowly. Do not give liquids that contain alcohol or caffeine. Watch carefully for changes in the person’s condition.

HEAT STROKE

Symptoms: Hot, red skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be very high, as high as 105 degrees. If the person was sweating from heavy work or exercise, skin may be wet; otherwise, it will be very dry.

First aid: Heat stroke is a life-threatening situation. Help is needed immediately; call 9-1-1. Move the person to a cooler place. Quickly cool the body. Immerse victim in a cool bath or wrap wet sheets around the body and fan it. Watch for signals of breathing problems. Keep the person lying down and continue to cool the body any way you can. If the victim refuses water or is vomiting or if there are changes in the level of consciousness, do not give anything to eat or drink.

SUNBURN

Symptoms: Skin becomes red, painful and unusually warm after being in the sun.

First aid: See a doctor if the sunburn affects an infant younger than one year old or if the victim has fever, blisters or severe pain. Stay out of the sun; bathe the sunburned area with cool water; use moisturizing lotion on sunburn, do not use salve, butter or ointment; and do not break blisters.

WEATHER RADIOS SAVE LIVES



Thunderstorms, tornadoes, floods, hurricanes, bomb scares, chemical spills and wildfires. These are just a few of the potential hazards in Lake County.

Having a battery operated, tone-alert NOAA Weather Radio in your home is like having your own personal tornado siren – only it will alert you of all these impending dangers. In every home, a weather radio should be as common as a smoke detector.

A weather radio broadcasts National Weather Service warnings, watches, forecasts and other non-weather related hazard information 24 hours a day. During an emergency, the weather service forecasters interrupt routine broadcasts and send a special tone activating local weather radios. Weather radios equipped with a special alarm tone feature sound an alert to give you immediate information about a life-threatening situation.

Local SAME* code

County	SAME Code
Lake	012069
Marion	012083
Orange	012095
Osceola	012097

**Specific Area Message Encoding*

County	SAME Code
Polk	012105
Seminole	012117
Sumter	012119
Volusia	022127

Local Frequencies

Transmitter	Channel	VHF Frequency
Daytona Beach	channel 1	162.400
Orlando	channel 4	162.475
Sumterville	channel 5	162.500



AlertLake is Lake County’s public safety warning system capable of warning Lake County residents of an immediate emergency, such

as a missing person, hazardous materials spill, law enforcement advisories and wildfire and tornado warnings issued by the National Weather Service. Alerts can be sent to your home, cellular and Voice over Internet Protocol (VoIP) phones as well as email accounts.

Current landline telephone users (listed and unlisted) are already registered. Residents can register up to seven phone numbers and three e-mail addresses. To register for AlertLake, log on to www.lakecountyfl.gov, keyword search “AlertLake”.