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Shelby Safety Net

PREPAREDNESS TIPS AND PRACTICES TO KEEP YOU, YOUR FAMILY, YOUR BUSINESS AND COMMUNITY SAFE



In the past few months, we've seen an abundance of rainfall, severe weather, and an increase in tick-borne illnesses in Ohio. This Shelby Safety Net Summer edition encourages you to plan, practice, and prepare safety measures for severe weather events, cleaning up mold after a flood, and your health and wellbeing. Be safe and enjoy your summer!



Be Weather Ready

The recent Memorial Day Tornado Outbreak with 16 confirmed tornados ripping through the Miami Valley reiterates the importance to be prepared for severe weather.

Before severe weather strikes, sign up with HyperReach, Shelby County's community warning system (937-265-8400). The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts. If your community has sirens, heed the warning and seek shelter. Pay attention to weather reports. Meteorologists can predict when conditions might be right for a tornado. Identify and practice going to a safe shelter before high wind events happen. Consider constructing your own safe room that meets FEMA or ICC 500 standards.

IF YOU ARE UNDER A TORNADO WARNING, FIND SAFE SHELTER RIGHT AWAY. If you can safely get to a sturdy building, then do so immediately. Go to a safe room, basement, or storm cellar. If you are in a building with no basement, then get to a small interior room on the lowest level. Stay away from windows, doors, and outside walls. Do not get under an overpass or bridge. You're safer in a low, flat location. Watch out for flying debris that can cause injury or death. Use your arms to protect your head and neck.

Links for severe weather preparedness:

NWS
<http://www.nws.noaa.gov/safety.php>

FEMA
<https://www.fema.gov/>

Ready.gov
<https://www.ready.gov/>

Ohio Committee for Severe Weather Awareness
<http://www.weather-safety.ohio.gov/>

Plan

Practice

Prepare



Measles: What You Need To Know



Measles is a highly contagious disease caused by a virus. It spreads to others through coughing and sneezing. It is so contagious that if one person has it, up to 90% of the people around him or her will also become infected if they are not protected. Measles starts with a high fever. Soon after, it causes a cough, runny nose, and red eyes. Then a rash of tiny, red spots breaks out. It starts at the head and spreads to the rest of the body. Measles can be serious. It can lead to pneumonia, encephalitis (swelling of the brain), and death. Visit: [CDC.gov/measles](https://www.cdc.gov/measles), Measles Information.

<https://www.cdc.gov/measles/vaccination.html>

Wellness Tips for Summer Fun

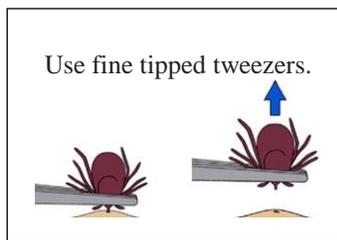
- Stay Cool – enjoy the sun before 10 am and after 4 pm.
- Hydrate, Hydrate, Hydrate – drink 8-10 glasses of water daily
- Enjoy Seasonal Foods – Visit your local Farmers Market
- Keep moving – Go outside and play. Keep up your exercise routine.
- Summer days are long, but get your rest! Aim for 7-8 hours of sleep a night.



Uptick in Ticks Protect, Check, Remove

Diseases spread by ticks are an increasing concern in Ohio and are being reported to the Ohio Department of Health more frequently in the past decade, with Lyme disease and Rocky Mountain spotted fever (RMSF) being the most common. The best way to prevent tickborne diseases is to prevent tick bites. In Ohio, tickborne illnesses are most often transmitted between early spring and late fall since ticks are most active during warm months. Take action to decrease your risk of infection:

1. Protect against tick bites.
 - Avoid areas where ticks live.
 - Avoid wooded and brushy areas with high grass and leaf litter.
 - Walk in the center of trails.
 - Use tick repellents.
 - Cover up to keep ticks off your body.
 - Wear long pants, long sleeves and long socks.
2. Check for ticks.
 - Don't let ticks hitchhike inside on your clothing.
 - Check your whole body for ticks.
3. Remove ticks as soon as you can.



Watch for symptoms - The most common symptoms of tick-related illnesses are:

- Fever/chills: Patients can experience fever at varying degrees and time of onset.
- Aches and pains: Symptoms include headache, fatigue and muscle aches.
- With Lyme disease, you may also experience joint pain.
- Rash

Source: <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/zoonotic-disease-program/resources/tickborne-diseases>

Register with the Shelby County mass notification system by phone. Just call 937-265-8400 to receive tornado and other severe weather warnings. Messages will come via phone, text, or both.

Find the Shelby Safety Net online at <http://co.shelby.oh.us/>

After a Flood

8 Tips to Clean Up Mold

- Protect Yourself** – Put on personal protective gear
- Toss** - take photos of discarded items for filing insurance claims
- Air It Out** – open all doors and windows
- Circulate** – use fans and dehumidifiers
- Don't Mix Cleaners**- DO NOT mix bleach and ammonia
- Scrub Surfaces**- Clean with water and detergent
- Don't Cover It; Remove It**- clean all mold before painting or chalking
- Dry It Up** –as quickly as possible, within 24-48 hours if you can.

Public Information: For more information about the Shelby County Safety Committee, please contact the Shelby County Commissioners Office, 129 E Court St, Sidney OH 45365, 937-498-7226.

The purpose of the Shelby County Safety Committee is to outline safety guideline requirements which will provide the basis for compliance with the Occupational Safety and Health Act (PERRP/OSHA) Part 1910 – Occupational Safety and Health Standards for the Code of Federal Regulations Title 29. To provide a mechanism to conduct self-audit evaluations to ensure the safety and health of site employees, and to provide a safe and healthful work environment.