

CURRENTS

JNEC's June 2023 Newsletter



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ELECTRICITY AND HEAT BOTH SILENT KILLERS

It is often said that electricity is a silent killer. This is true because you cannot see, hear, or smell electricity. Intense summertime heat is also a silent killer. Unlike hurricanes, floods, and tornadoes, the dangers of extreme weather strike without much notice. An average of 702 heat-related deaths occur each year in the United States, according to the Centers for Disease Control and Prevention (CDC).

Heat related illnesses

Hot Weather is associated with an increase in heat-related illnesses, including cardiovascular and respiratory complications, renal failure, electrolyte imbalance kidney stones, and negative impact on fetal health and preterm birth, according to the CDC. Death rates increase during and after heat waves, which is why the number of deaths is attributed to heat-related illnesses. Heat-related deaths result from:

- Heat stroke and related conditions.
- Cardiovascular disease.
- Respiratory disease.
- Cerebrovascular disease.

Deaths from heat events

The National Weather Service (NWS) reports that 105 fatalities per year are directly related to extreme heat (based on a 10-year average). Both the NWS and the CDC agree that extreme summer heat events are increasing in the U.S.

Anyone can be at risk of the health effects of heat, but some are more vulnerable, according to the CDC. Those more vulnerable include:

- Pregnant women.
- People with heart or lung conditions.
- Young children.
- The elderly.
- Athletes.
- Outdoor workers.

Heat stroke

Heat stroke is the most serious heat-related illness, as it restricts the body's ability to cool itself. Body temperature can reach 106 degrees or higher within 10 to 15 minutes, according to the CDC. Heat stroke can cause permanent disability or death if emergency treatment is not initiated. Symptoms of heat stroke include confusion, altered mental status, slurred speech, hot/dry skin or profuse sweating, seizures, very high body temperature, and coma.

- Call 9-1-1
- Stay with the person to a shaded, cool area.
- Remove outer clothing.
- Cool the person with water.
 - o Place cold clothes on the skin.
 - o Soak clothing in cool water.
 - o Concentrate on cooling the head, neck, armpits, and groin.
- Circulate air around the person.

Heat exhaustion

This type of heat-related illness is the body's response to an excessive loss of water and salt, usually due to excessive



sweating. Heat exhaustion is most likely to affect the elderly, people with high blood pressure, and those who work outdoors. Symptoms include headache, nausea, dizziness, weakness, irritability, thirst, heavy sweating, elevated body temperature, and decreased urine output.

If someone is displaying symptoms of heat exhaustion, do the following:

- Take the person to a clinic or emergency room.
- Call 9-1-1 if medical care is unavailable.
- Stay with the person until he or she is evaluated.
- Remove the person from the heat.
- Give the person liquids to drink.
- Remove unnecessary clothing, including shoes and socks.
- Use cold compresses to cool the person's body.
- If compresses are not available, splash cold water on the head, face, and neck.

Other heat-related illnesses

Other illnesses related to heat stress include rhabdomyolysis, heat syncope (fainting or dizziness), heat cramps, and heat rash. Rhabdomyolysis is a medical condition associated with heat stress and prolonged physical exertion. The condition causes the rapid breakdown, rupture, and death of muscle. People who have this condition and experience symptoms (muscle cramps, weakness, dark urine) should seek immediate care at the nearest medical facility.

Severity scale

Heat stroke is the most serious, followed by heat exhaustion and heat syncope (both severe), and then heat cramps and heat rash (less severe).

If you suspect someone is experiencing heat stroke, act right away by calling 9-1-1. Heat exhaustion also requires medical evaluation and treatment. In both cases, cool the body as quickly as possible.

Hurricane Preparedness Guidelines

IF YOU ARE UNDER A HURRICANE WARNING, FIND SAFE SHELTER RIGHT AWAY.

When a hurricane is 36 hours from arriving

- Turn on your TV or radio in order to get the latest weather updates and emergency instructions.
- Restock your emergency preparedness kit. Include food and water sufficient for at least three days, medications, a flashlight, batteries, cash, and first aid supplies. <https://www.ready.gov/build-a-kit>

When a hurricane is 18-36 hours from arriving

- Bookmark your city or county website for quick access to storm updates and emergency instructions.
- Bring loose, lightweight objects inside that could become projectiles in high winds (e.g., patio furniture, garbage cans); anchor objects that would be unsafe to bring inside (e.g., propane tanks); and trim or remove trees close enough to fall on the building.

When a hurricane is 6-18 hours from arriving

- Turn on your TV/radio, or check your city/county website every 30 minutes in order to get the latest weather updates and emergency instructions.
- Charge your cell phone now so you will have a full battery in case you lose power.

When a hurricane is 6 hours from arriving

- If you're not in an area that is recommended for evacuation, plan to stay at home or where you are and let friends and family know where you are.
- Close storm shutters, and stay away from windows. Flying glass from broken windows could injure you.
- Turn your refrigerator or freezer to the coldest setting and open only when necessary. If you lose power, food will last longer. Keep a thermometer in the refrigerator to be able to check the food temperature when the power is restored.

Survive DURING

- If told to evacuate, do so immediately. Do not drive around barricades.
- If sheltering during high winds, go to a FEMA safe room, ICC 500 storm shelter, or a small, interior, windowless room or hallway on the lowest floor that is not subject to flooding.
- If trapped in a building by flooding, go to the highest level of the building. Do not climb into a closed attic. You may become trapped by rising flood water.

Be Safe AFTER

- Listen to authorities for information and special instructions.
- Do not touch electrical equipment if it is wet or if you are standing in water. If it is safe to do so, turn off electricity at the main breaker or fuse box to prevent electric shock.
- Avoid wading in flood water, which can contain dangerous debris. Underground or downed power lines can also electrically charge the water.



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Guía para la Preparación de Huracanes

SI ESTÁ BAJO UN AVISO DE HURACÁN, ENCUENTRE REFUGIO SEGURO DE INMEDIATO.

Cuando un huracán está a 36 horas de llegar

- Encienda su televisor o radio para obtener las últimas actualizaciones meteorológicas e instrucciones de emergencia.
- Reponga su equipo de preparación para emergencias. Incluya alimentos y agua suficientes para al menos tres días, medicamentos, una linterna, pilas, dinero en efectivo y suministros de primeros auxilios. <https://www.ready.gov/build-a-kit>

Cuando un huracán está a 18-36 horas de llegar

- Marque el sitio web de su ciudad o condado para el acceso rápido de las actualizaciones de tormentas e instrucciones de emergencia.
- Traiga adentro objetos sueltos y ligeros que puedan convertirse en proyectiles con vientos fuertes (por ejemplo, muebles de patio, botes de basura); sujete objetos que no son seguros para llevar adentro (por ejemplo, tanques de propano); y recorte o retire los árboles que están lo suficientemente cerca como para caer en el edificio.

Cuando un huracán está a 6-18 horas de llegar

- Encienda su televisor / radio, o visite el sitio web de su ciudad / condado cada 30 minutos para obtener las últimas actualizaciones meteorológicas e instrucciones de emergencia.
- Cargue su teléfono celular ahora para que tenga una batería llena en caso de que pierda energía.

Cuando un huracán está a 6 horas de llegar

- Si no se encuentra en un área recomendada para la evacuación, planifique quedarse en su casa o donde se encuentra y avise a sus amigos y familiares dónde se encuentra.
- Cierre las contraventanas y manténgase alejado de las ventanas. Los vidrios que vuelan de las ventanas rotas podrían dañarlo.
- Gire su refrigerador o congelador a la posición más fría y ábralos solo cuando sea necesario. Si pierde la energía, la comida durará más tiempo. Mantenga un termómetro en el refrigerador para poder verificar la temperatura de los alimentos cuando se restaure la energía.

Sobrevivir DURANTE

- Si se le indica que evacue, hágalo inmediatamente. No maneje alrededor de las barricadas.
- Si se refugia durante vientos fuertes, vaya a una habitación segura de FEMA, refugio contra tormentas ICC 500 o una habitación o pasillo pequeño e interior sin ventanas en el piso más bajo que no esté sujeto a inundaciones.
- Si queda atrapado en un edificio por inundación, vaya al nivel más alto del edificio. No suba a un ático cerrado. Usted puede quedar atrapado por las crecientes inundaciones.

Sea Seguro DESPUÉS

- Escuche a las autoridades para obtener información e instrucciones especiales.
- No toque el equipo eléctrico si está mojado o si está parado en el agua. Si es seguro hacerlo, apague la electricidad en el interruptor principal o en la caja de fusibles para evitar una descarga eléctrica.
- Evite vadearse en el agua de la inundación, que puede contener desechos peligrosos. Las líneas eléctricas subterráneas o caídas también pueden cargar el agua eléctricamente.

