



BEAT THE HEAT: Extreme Heat

Heat related deaths are preventable

WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.



Children

WHO:

More males than females are affected



Older adults



Outside workers



People with disabilities

WHERE:



Houses with little to no AC



Construction worksites



Cars

HOW to AVOID:



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area



Wear light-weight, light colored, loose fitting clothes



During extreme heat the temperature in your car could be deadly.

Outside Temperature 80°



Time Elapsed: 20 minutes



Time Elapsed: 20 minutes



Time Elapsed: 20 minutes

HEAT ALERTS: Know the difference.

HEAT OUTLOOK

Minor

Excessive heat event in 3 to 7 days

HEAT WATCHES

Excessive heat event in 12 to 48 hours

HEAT WARNING/ADVISORY

Major

Excessive heat event in next 36 hours

DID YOU KNOW?

Those living in **urban areas** may be at a greater risk from the effects of a prolonged heat wave than those living in rural areas.

Most **heat-related illnesses** occur because of overexposure to heat or over-exercising.

Sunburn can significantly slow the skin's ability to release excess heat.

206 people died in the US as a result of extreme heat in 2011.

\$30 BILLION estimated total cost of the 2012 US drought and heatwave.

For more information on ways to beat the heat please visit:
<http://www.cdc.gov/extremeheat/>



Centers for Disease Control and Prevention
Office of Public Health Preparedness and Response

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
 - Hot, red, dry, or damp skin
 - Fast, strong pulse
 - Headache
 - Dizziness
 - Nausea
 - Confusion
 - Losing consciousness (passing out)
- Call 911 right away-heat stroke is a medical emergency
 - Move the person to a cooler place
 - Help lower the person's temperature with cool cloths or a cool bath
 - Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
 - Cold, pale, and clammy skin
 - Fast, weak pulse
 - Nausea or vomiting
 - Muscle cramps
 - Tiredness or weakness
 - Dizziness
 - Headache
 - Fainting (passing out)
- Move to a cool place
 - Loosen your clothes
 - Put cool, wet cloths on your body or take a cool bath
 - Sip water
- Get medical help right away if:**
- You are throwing up
 - Your symptoms get worse
 - Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
 - Muscle pain or spasms
- Stop physical activity and move to a cool place
 - Drink water or a sports drink
 - Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
- Cramps last longer than 1 hour
 - You're on a low-sodium diet
 - You have heart problems

SUNBURN

- Painful, red, and warm skin
 - Blisters on the skin
- Stay out of the sun until your sunburn heals
 - Put cool cloths on sunburned areas or take a cool bath
 - Put moisturizing lotion on sunburned areas
 - Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
 - Keep the rash dry
 - Use powder (like baby powder) to soothe the rash



UV Safety Month

The Basics

UVA Rays (Aging Rays):

Most sun exposure from these. Pass easily through the ozone layer and cause:

- Skin aging
- Wrinkles
- Contribute to skin cancer

Tanning beds use these rays!

UVC Rays (Most dangerous):

- They are blocked by the ozone layer
- Lucky us!

UVB Rays (Burning Rays)

Dangerous and cause:

- Sunburns
- Cataracts
- Effects on immune system
- Contribute to tan/red skin
- Damage skin year-round
- Cause skin cancer, particularly melanoma.

Protect Yourself!

- "Broad-spectrum" sunscreen (blocks both UVA and UVB)
- SPF of 15 or higher
- Stay in the shade, especially between 10am and 4pm
- Broad brimmed hats and UV protective sunglasses
- Apply sunblock 30 minutes before going outside; reapply it every two hours.



PROTECT YOUR EYES

from the **SUN:**

UV-Safety Facts from The Vision Council



There are three types of UV radiation: UVA, UVB and UVC. Only UVA and UVB rays can pass through the atmosphere and onto the Earth's surface.

UVA: Account for up to 95 percent of UV radiation

- While less intense than UVB, UVA rays are 30 to 50 times more prevalent and produce long-term, severe damage to the skin cells.

UVB: More likely to penetrate on cloudy days

- UVB rays are more prevalent at higher altitudes and are highly reflective off snow and ice.



Reflected UV light is just as damaging as direct UV.



Water reflects up to **100%**

Snow reflects up to **85%**

Dry sand and concrete reflect up to **25%**

Grass reflects up to **3%**



It takes about 8 minutes and 20 seconds for UV light to reach the Earth's surface.

The level of UV entering the eye in the early morning (8AM–10AM) and late afternoon (2PM–4PM) is nearly double that of midday hours (10AM–2PM) at most times of the year.



Geographic Depiction of UV Index Levels

UV Danger Zones

These danger zones are the ten cities in the United States with the highest UV levels. Each city marked below saw at least 200 days with high to extreme UV in 2012.



YOUR EYES ARE EXPOSED TO UV 365 DAYS A YEAR

Every day, whether it's sunny or cloudy, summer or winter,
your eyes and vision can be damaged by exposure to UV radiation.



1 In 4 Americans rarely or never wear sunglasses, leaving eyes at risk



2 In 3 Americans leave eyes unguarded on cloudy or rainy days



3 In 10 Americans don't protect their eyes in the winter, when UV rays are still present



40% of UV exposure occurs when we are **NOT** in direct sunlight

The dangers of unprotected UV exposure are underrecognized:

- Sunburned eyes (58% don't identify connection)
- Cataracts (65% don't identify connection)
- Age-related macular degeneration (65% don't identify connection)



REFLECTED UV LIGHT IS JUST AS DAMAGING AS DIRECT UV



WATER
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100%



SNOW
REFLECTS UP TO
85%



DRY SAND & CONCRETE
REFLECT UP TO
25%



GRASS
REFLECTS UP TO
3%



Get Ready to Grill Safely

Separate

When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.



Chill

Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep below **40°F** in an insulated cooler.



Clean

Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.



Cook

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at **225°F** to **300°F** to keep meat at a safe temperature while it cooks.

145°F	beef, pork, lamb, veal (then let rest 3 minutes before serving)
145°F	fish
160°F	hamburgers and other ground meat
165°F	poultry



Don't cross-contaminate

Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.



Refrigerate

Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above **90°F** outside).



www.cdc.gov/foodsafety

Accessible version: <https://www.cdc.gov/foodsafety/communication/bbq-iq.html>

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FOOD SAFETY BEFORE, DURING AND AFTER A POWER OUTAGE

Know how to keep food safe before during and after emergencies. Hurricanes, tornadoes, winter weather and other events may cause power outages. Follow these tips to help minimize food loss and reduce your risk of foodborne illness.

BEFORE PLAN AHEAD (IF YOU CAN) ...

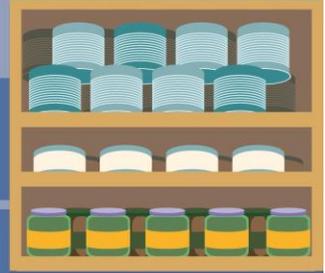


Put **appliance thermometers** in your refrigerator and freezer.

Keep **freezer 0°F** or below



Group foods together in the freezer to help food stay colder longer.



Store nonperishable foods on higher shelves to avoid flood water.



Freeze **containers of water and gel packs** to help keep food cold if the power goes out.

Refrigerator **40°F** or below

Freeze refrigerated items such as leftovers, milk, and fresh meat and poultry that you do not need immediately.

If you think power will be out for an extended period of time, buy **dry or block ice** to keep the fridge or freezer cold.



DURING WHILE THE POWER IS OUT ...

IF DOORS STAY CLOSED ...

... a full freezer will hold its temperature for **48 HOURS** if half-full **24 HOURS**

... a fridge will keep food safe for **4 HOURS**

Keep the refrigerator and freezer doors closed to **maintain cold temperature.**



AFTER

ONCE THE POWER IS BACK ON ...

WHEN IN DOUBT, THROW IT OUT!



Check the temperature inside of your refrigerator and freezer. If they're still at safe temperatures, your food should be fine.



Never taste food to **determine its safety!**

WHAT SHOULD I THROW OUT?



Meat, poultry and seafood products



Soft cheeses and shredded cheeses



Milk, cream, yogurt, and other dairy products



Opened baby formula



Eggs and egg products



Dough, cooked pasta



Cooked or cut produce

WHAT CAN I KEEP?

The following foods are safe if held above 40°F for more than 2 hours:



Hard cheeses (Cheddar, Colby, Swiss, Parmesan, Provolone, Romano)



Grated Parmesan, Romano, or combination (in can or jar)



Butter or margarine



Opened fruit juices



Opened canned fruits



Jelly, relish, taco sauce, mustard, ketchup, olives, pickles



Worcestershire, soy, barbecue, and Hoisin sauces



Peanut butter



Opened vinegar-based dressings



Bread, rolls, cakes, muffins, quick breads, tortillas



Breakfast foods (waffles, pancakes, bagels)



Fruit pies



Fresh mushrooms, herbs, and spices



Uncut raw vegetables and fruit



REFREEZE FOOD THAT STILL CONTAINS ICE CRYSTALS OR IS AT 40°F OR BELOW.

AFTER A FLOOD

FOLLOW THESE STEPS AFTER A FLOOD:

- DO NOT EAT any food that may have touched flood water.
- DISCARD FOOD not in waterproof containers; screw-caps, snap lids, pull tops, and crimped tops are not waterproof.
- DISCARD cardboard juice/milk/baby formula boxes and home canned foods
- DISCARD any damaged cans that have swelling, leakage, punctures, holes, fractures, extensive deep rusting, or crushing/denting severe enough to prevent normal stacking or opening.



SANITIZE
1 tsp. bleach +
1 gallon water

Pots, pans, dishes and utensils

Undamaged all-metal cans after removing labels



For more food safety tips, go to FoodSafety.gov



There are many species of stinging insects that live throughout North Carolina. Stinging insects can be dangerous to people because of their ability to deliver painful, venom-filled stings. Insects like wasps, bees, hornets, and yellow jackets have stingers that they use to hunt food, defend themselves and their colony from danger. When living outside and away from people, these pests are important to our ecosystem, pollinating crops and preying on nuisance insects.

Are stinging insects dangerous?

Stinging insects can be very dangerous. You should never provoke these insects or purposely come into contact with them. Their stings are not only painful, but their venom is strong enough to trigger allergic reactions. In the case of a group attack, or highly allergic people, their stings can cause anaphylaxis. Stinging insects that build their nests in the ground in a high traffic area, or on a home, pose the most significant risks to people.

Why do I have a stinging insect problem?

Unfortunately, almost any yard or outdoor space can become a home for stinging insects. Any property that offers a place to nest, that is near food and water, is a place that stinging insects may decide to call home. Depending on the species, stinging insects feed on a variety of things, including other insects, proteins, nectar, honeydew, and sweets. They forage for food in gardens, on flowering trees, in garbage cans, and outdoor eating areas. Also clogged gutters, birdbaths, ponds, and pools provide stinging insects with easy access to water.

Where will I find stinging insects?

Where stinging insects decide to nest varies by species, but most prefer to nest outside and are either aerial or ground nesters. Those that place their nests up off of the ground build them on tree branches, inside tree cavities, on utility poles, in doorways, and under decks. Ground nesters often build nests in the abandoned nests of small animals, under woodpiles, and in shrubs or bushes. If given the opportunity, stinging insects sometimes place their nests inside homes in chimneys, attics, or behind walls.



How can I prevent stinging insects in the future?

Keep stinging insects out of your home with the help of the following prevention tips.

- Keep stinging insects out of your home by fixing holes along the roofline, walls and repairing torn screens.
- Fill in ground holes to discourage ground nests.
- Trim tree limbs back away from the exterior of your house.
- Limit the amount flowering vegetation planted on your property
- Remove fallen trees and tree stumps from your property.
- Keep tight-fitting lids on trash cans and compost bins to stop stinging insects from foraging for food in them.
- Make sure outdoor eating areas clean and free of food debris

Want to learn more about bees, bugs and other insects that can be found in North Carolina visit link below.

<https://www.insectidentification.org/insects-by-state.asp?thisState=North%20Carolina>

KNOW YOUR BEEES (AND NOT-BEEES)

True Bees

There are many types of bees and thousands of species. Below are three common groups. Note the long antennae and fuzzy body. While difficult to see, all bees also have two pairs of wings.



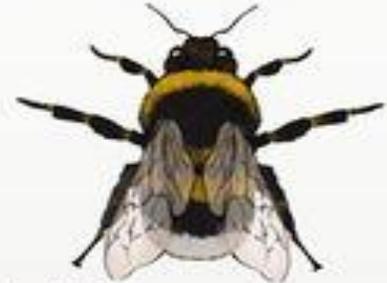
Honey Bee

- Lives in large colony hives
- Not aggressive
- Barbed stinger - stays in the victim, killing the bee



Carpenter Bee

- Solitary, burrows into wood
- Not aggressive
- Smooth stinger - capable of stinging multiple times



Bumble Bee

- Nests underground or in confined spaces like attics
- Somewhat aggressive
- Smooth stinger - capable of stinging multiple times

About Africanized "Killer" bees: Africanized bees are hybrids of African and European honey bees, meant to combine the high honey production of European bees with the quick colony growth and heat tolerance of African bees. **As a hybrid of two honey bees, they are often visually indistinguishable from normal honey bees.** However they are more aggressive and are prone to swarming, leaving the victim with many stings. Regardless, they are pollinators and honey producers like other honey bees. Studies suggest they may be resistant to the colony collapse facing other bees.

Wasps & Mimics

Bees, wasps, and hoverflies are often confused. While there are thousands of wasp and hoverfly species, they are most easily distinguished from bees by the wasp's tapered midsection and the hoverfly's fly eyes.



Wasp

- Lives in large colony hives
- Aggressive
- Smooth stinger - capable of stinging multiple times
- Two pairs of wings like a bee
- Body is nearly hairless and has a distinct taper
- Not a major pollinator, but eats other insect pests



Syrphid Fly/Hoverfly

- Varied habitats
- No stinger
- As the name implies, often hovers in flight
- Only one pair of wings
- Major predator of aphids
- Some species are pollinators

Honey bee

Note antennae and small eyes



Hoverfly

Note small antennae and large eyes



Alithographica

<https://www.pestwiki.com/bee-identification/>
<https://animals.howstuffworks.com/insects/bee-vs-wasp.htm>



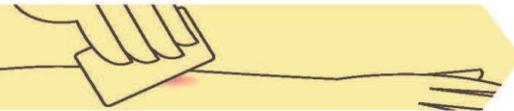
WHAT TO DO AFTER A BEE STING

3 SIMPLE STEPS

For the majority of people, a bee or wasp sting causes pain, swelling, tenderness and redness near the sting.

Treat these symptoms at home by following these 3 steps

1



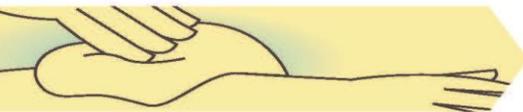
REMOVE THE STINGER WITH A DULL-EDGED OBJECT

Use a blunt object, such as a credit card or butter knife, to gently scrape across the affected area.



Do not use tweezers, they could squeeze the stinger's venom sack and make symptoms worse.

2



APPLY A COOL COMPRESS

Apply a cool compress, such as an ice pack, once the stinger is removed to help alleviate pain.



An antihistamine taken orally or applied as a cream can help alleviate itching and swelling.

3



ELEVATE THE AREA

Elevate the area, depending on the location of the sting, to help reduce swelling.



These symptoms can last between a few hours and a few days.

GO TO THE ER IMMEDIATELY

IF

You are experiencing a more severe reaction.

These symptoms include:

- A feeling of uneasiness, tingling sensations, and dizziness
- Generalized itching & hives
- Swelling of the lips & tongue
- Wheezing and difficulty breathing
- Collapse and loss of consciousness

PREVENTION

Protect yourself from bee and wasp stings by avoiding:



WEARING BRIGHT COLORS



SCENTED PERFUME



HAIR SPRAYS

Bees and wasps are social creatures and only sting humans to protect their hive. Don't bother them, and they won't bother you!



The

FoodKeeper helps you understand food and beverages storage. It will help you maximize the freshness and quality of items. By doing so you will be able to keep items fresh longer than if they were not stored properly.

It was developed by the USDA's Food Safety and Inspection Service, with Cornell University and the Food Marketing Institute.

It is also available as a mobile application for [Android](#) and [Apple](#) devices.



SUMMER PET SAFETY TIPS

Beat the heat and keep your pets safe this summer!

- SUN PROTECTION**
Don't forget the sunscreen and have your dog wear clothing. Dogs that are white, hairless and with light colored fur are most likely to suffer from sunburn.
- SHADY**
Prevent overheating with breaks out of the sun into a shady retreat every 30 minutes or so.
- TIME TO BE COOL!**
- HOT CAR**
Even with the windows cracked, the inside of a car can heat up to 120 degrees! Ouchies!
- SIGNS OF HEATSTROKE**
Keep your eyes peeled for excessive panting, weakness, drooling, lethargy, vomiting, dark red gums, incoordination, rapid heart beat and seizures.
- STAY HYDRATED**
Refill your dog's water bowl more often than usual on hot days. Add ice cubes to cool down your pup and prevent vomiting.
- HOT PUP PAWS**
Dog booties to the rescue! Be a friend to those paw pads with dog shoes to prevent burns and blisters. Avoid hot surfaces such as pavement, concrete, wood, stone, metal and sand.
- COOLER HOURS**
Exercise your dog in the morning or evening. The intense heat of midday can overwhelm your dog.



Your links to all official City Thomasville Social Media sources

<http://www.thomasville-nc.gov/services/thomasville-social-media-outlets>

The City maintains a variety of Social Media outlets that are dedicated to different departments and user groups. This page gives you access to all of the official outlets maintained by city staff including the City Facebook page, Parks and Recreation Facebook page, Emergency Management Facebook Page, Police Department Twitter page, and Emergency Management Twitter page.

We also have an emergency push notification system called Nixle. This system allows you to sign-up for notifications- including weather information from the National Weather Service, Emergency road closures or other emergency notifications, along with other community information. Nixle Alerts:

Receive alerts from your local agencies Sign Up at <https://local.nixle.com/register/> ...or text your ZIP CODE to 888777 for mobile alerts

Sign Up : Nixle

You will receive a single opt in welcome message. Reply YES to continue to receive SMS text messages. You may opt out at any point by sending STOP to 888777 . Send HELP to 888777 for information.

Follow our “Safety Sunday” Post on Ready Thomasville’s Facebook Page

For additional Fire & Life Safety Information Contact: Thomasville FD Fire & Life Safety Division (336)475-5545

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