

Flood Safety

Rain and flooding is something that we are no stranger to here in Central Texas. According to the National Weather Service, flooding is a coast to coast threat to the United States and its territories nearly every day of the year. This is why it is very important to know the difference between a watch and warning along with what to do during a flood.

Warning-is issued when the hazardous weather event is imminent or already happening.

Watch- is issued when conditions are favorable for a specific hazardous weather event to occur.

What to do during a flood:

- During a flood, water levels and the rate the water is flowing can quickly change.
- Remain aware and monitor local radio and television outlets.
- Avoid flood waters at all costs and evacuate immediately when water starts to rise.
- If told to evacuate, do so immediately. Be sure to lock your home as you leave. If you have time, disconnect utilities and appliances.
- Don't go into the basement, or any room, if water covers the electrical outlets or if cords are submerged. If you see sparks or hear buzzing, crackling, snapping or popping noises—get out!
- Do not walk through flood waters. It only takes six inches of moving water to knock you off your feet. If you are trapped by moving water, move to the highest possible point and call 911 for help.
- Do not drive into flooded roadways or around a barricade; Turn Around, Don't Drown! Water may be deeper than it appears and can hide many hazards. A vehicle caught in swiftly moving water can be swept away in a matter of seconds. Twelve inches of water can float a car or small SUV and eighteen inches of water can carry away large vehicles.

For more information please visit the National Weather Services website: <http://www.floodsafety.noaa.gov>



Heat Safety

Texas hot weather is just around the corner. According to the National Weather Service, during extremely hot and humid weather, your body's ability to cool itself is challenged. When the body heats too rapidly to cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, body temperature rises and you could experience heat-related illnesses such as heat cramps, heat exhaustion or a heat stroke. It is important to know the warning signs. Here are the signs you need to look out for when working out in the heat. If you experience any of the following symptoms, please seek medical attention.

Heat Cramps

- Painful muscle cramps and spasms usually in the legs and abdomen
- Heavy sweating

Heat Exhaustion

- Heavy sweating
- Weakness
- Cool, pale, clammy skin
- Fast, weak pulse
- Possible muscle cramps
- Dizziness
- Nausea or vomiting
- Fainting

Heat Stroke

- Altered Mental State
- Throbbing headache
- Confusion
- Nausea
- Dizziness
- Shallow breathing
- Body temperature above 103°F
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Faints, loses consciousness

