



June 2022

the **checkup**

your pulse on preparedness

A Kansas Healthcare Coalition Publication

Summer
Edition

Reminders about Extreme Heat Safety

- Never leave people or pets in a closed car on a warm day.
- If air conditioning is not available in your home go to a cooling center.
- Take cool showers or baths.
- Wear loose, lightweight, light-colored clothing.
- Use your oven less to help reduce the temperature in your home.
- If you're outside, find shade. Wear a hat wide enough to protect your face.
- Drink plenty of fluids to stay hydrated.
- Avoid high-energy activities or work outdoors, during midday heat, if possible.
- Check on family members, seniors and neighbors.
- Watch for heat cramps, heat exhaustion and heat stroke.
- Consider pet safety. If they are outside, make sure they have plenty of cool water and access to comfortable shade. Asphalt and dark pavement can be very hot to your pet's feet.
- If using a mask, use one that is made of breathable fabric, such as cotton, instead of polyester. Don't wear a mask if you feel yourself overheating or have trouble breathing.



SIGNS OF HEAT STROKE

- Extremely high body temperature (above 103 degrees F) taken orally
- Red, hot and dry skin with no sweat
- Rapid, strong pulse
- Dizziness, confusion or unconsciousness

If you suspect heat stroke, call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives. Do not give the person anything to drink.

SIGNS OF HEAT CRAMPS

Muscle pains or spasms in the stomach, arms or legs

SIGNS OF HEAT EXHAUSTION

Heavy sweating, paleness, muscle cramps, tiredness, weakness, fast or weak pulse, dizziness, headache, fainting, nausea, vomiting

If you have signs of heat cramps or heat exhaustion, go to a cooler location and cool down by removing excess clothing and taking sips of sports drinks or water. Call your healthcare provider if symptoms get worse or last more than an hour.

REMINDER: NEVER LEAVE CHILDREN, DISABLED ADULTS OR PETS IN PARKED VEHICLES!

Each year, dozens of children and untold numbers of pets left in parked vehicles die from hyperthermia, which occurs when the body absorbs more heat than it can handle. Hyperthermia can occur even on a mild day with temperatures in the 70s. Animals can die of heat stroke in 15 minutes. If you see an animal in a hot vehicle, stay with the animal until help arrives.

Studies have shown that the temperature inside a parked vehicle can rapidly rise to a dangerous level for children, pets and even adults. Leaving the windows slightly open does not significantly decrease the heating rate. The younger the child the more severe the effects because their bodies have not developed the ability to efficiently regulate its internal temperature.

(Excerpt taken from [Children, Pets and Vehicles \(weather.gov\)](#))

Lightning Safety

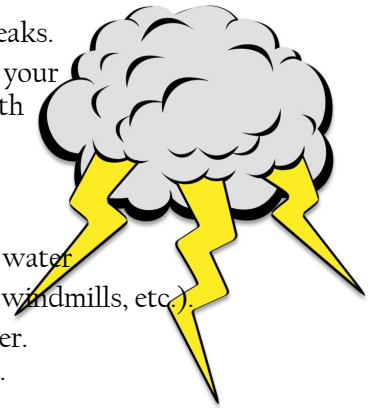
The best defense is to avoid lightning. Here are some outdoor safety tips that can help you avoid being struck. (Taken from CDC best practices):

If Outdoors...

- **Be aware.** Check the weather forecast before participating in outdoor activities. If the forecast calls for thunderstorms, postpone your trip or activity, or make sure adequate safe shelter is readily available.
- **Go indoors.** Remember the phrase, **“When thunder roars, go indoors.”** Find a safe, enclosed shelter when you hear thunder. Safe shelters include homes, offices, shopping centers, and hard-top vehicles with the windows rolled up.
- **Seek shelter immediately even if caught out in the open.** If you are caught in an open area, act quickly to find adequate shelter. The most important action is to remove yourself from danger. Crouching or getting low to the ground can reduce your chances of being struck, but does not remove you from danger.

If you are caught outside with no safe shelter nearby, the following actions may reduce your risk:

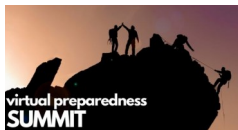
- Immediately get off elevated areas such as hills, mountain ridges, or peaks.
- Never lie flat on the ground. Crouch down in a ball-like position with your head tucked and hands over your ears so that you are down low with minimal contact with the ground.
 - Never shelter under an isolated tree.
 - Never use a cliff or rocky overhang for shelter.
- Immediately get out of and away from ponds, lakes, and other bodies of water.
- Stay away from objects that conduct electricity (barbed wire fences, power lines, windmills, etc.)
 - If you are in a group during a thunderstorm, separate from each other. This will reduce the number of injuries if lightning strikes the ground.



If Outdoors Don't...

- **Don't stay in open vehicles, structures, and spaces.** During a thunderstorm, avoid open vehicles such as convertibles, motorcycles, and golf carts. Be sure to avoid open structures such as porches, gazebos, baseball dugouts, and sports arenas. And stay away from open spaces such as golf courses, parks, playgrounds, ponds, lakes, swimming pools, and beaches.
- **Don't stay near tall structures.** Do NOT lie on concrete floors during a thunderstorm. Also, avoid leaning on concrete walls. Lightning can travel through any metal wires or bars in concrete walls or flooring.

If Indoors... Avoid water, electronic equipment, corded phones, windows, doors, porches, and concrete.



Save the Dates of September 27th, 28th, & 29th

Virtual Preparedness Summit from 12:00 to 1:30 pm each day!

Weather Turns Wicked in Kansas



Andover Tornado

The 2022 Andover tornado damaged over 1,000 buildings in a 12.75 mile path. The EF-3 tornado struck the Wichita suburb of Andover stayed on the ground for 21 minutes, carving a path of destruction 12.75 miles long, according to the Wichita office of the National Weather Service.

Haboobs in Elkhart area in Morton County. Haboobs are giant dust storms. The National Weather Service said haboobs occur due to thunderstorm outflow winds. The strong winds pick up and carry dust, reducing visibility.

© Provided by KSNW Wichita Picture of haboob near Elkhart in Morton County (Courtesy: Matt Thomas) (Picture on the right)

Summertime Snow Predicted in NWK



Getting Ready for Summer Crowds

Summertime in Kansas is full of parades, festivals and celebrations. If you are involved planning such an event, please consider some of the best practices learned from other communities to help keep it a safe event for attendees and staff. To minimize risks, organizers must maintain sufficient safety precautions which are appropriate for the number of people attending the event. The bigger the event, the larger the security needs. Broad topics to consider include: the type of event, attributes of the facility or location, the size and makeup of the crowd, entry and exit points, communications, and effective crowd control practices and tools.

The International City/ County Management Association, the National Association of Counties and the National League of Cities encourage local leaders to use their publication as a guide when developing regulations for parades and other events ([Parade Safety Guidelines.pdf \(naco.org\)](#)). Highlights are as follow:



1. **REGULATIONS AND REQUIREMENTS** Create an online or physical “one stop shop” for city and county ordinances, permit applications, regulatory guidance, key contact information and related items can help citizens obtain all pertinent information for holding parades and special events, including details relating to permitting, volunteers, attendees, parking and safety.
2. **KEY CONTACTS** It is important to develop a master list of local officials and county/municipal staff who will be involved in the event planning and permitting process, as well as key contacts with whom parade organizers should coordinate.
3. **WRITTEN SAFETY PLAN AND EMERGENCY RESPONSE PLAN** A written safety plan is critical for addressing unexpected emergencies. [Top 12 Things to Include in Parade Safety Plans | icma.org](#)
4. **ROUTE** Maps and emergency detour maps should clearly delineate street closures. Route planning should pay special attention to regulations around hospitals, schools and jails.
5. **VEHICLES** Local police officials can assist in determining a speed limit for parade vehicles and safety guidelines for types and sizes of vehicles allowed to haul floats and external passengers. Local regulations should address height and device guidelines for railings for external passengers on floats.
6. **DRIVERS** Beyond the requisite driver’s license needed to operate a moving vehicle, local police officials should provide additional guidance to determine minimum age and other safety requirements or training for drivers, especially those that are pulling the extra length and load of a large float.
7. **PARTICIPANTS** Parade organizers should identify participants or performers within the parade, and what vehicles, uni/bicycles, large inflated balloons or animals will be used within each display ahead of time.
8. **ANIMALS** If animals are included, officials should identify the species, quantity and health of the participating animals.
9. **ASSEMBLY AND DISASSEMBLY** It is important to identify and communicate to all participants the sites and specified times for parking, loading and unloading parade vehicles. Parade organizers should notify residents and businesses near the parking and loading zones of these sites.



10. **VIEWING STANDS AND VENDORS** Designated viewing areas are useful to direct pedestrian traffic. If viewing stands and platforms are necessary, municipal officials should determine safety standards of construction and breakdown to guide parade organizers. For street-side viewers, municipal officials should consider if regulations are needed on handheld signs or posters, or if setbacks or fence requirements are necessary. If street vendors are allowed, any required permits and regulations should be communicated.

11. **INSURANCE** Parade organizers should offer proof of insurance on vehicles and drivers participating in the parade. Municipal officials should determine if the organizations participating and coordinating the parade need to provide additional insurance.
12. **DEBRIS REMOVAL** Parade planning procedures should incorporate debris clean up and removal of sanitary units.

It is very unfortunate that parades have sometimes been the target of attacks. By planning ahead and being prepared for emergencies, the health of participants and parade-goers alike can be safeguarded. Please contact your local Emergency Managers for their insight and assistance in keeping your parades safe.





Kansas City Metro HCC Membership Meeting June 23rd at 2:00 pm . Please register for this meeting on KS Train using course number 1092673.

NCK HCC Membership Meeting will be on July 8th. Please register on KS Train using course number 1092953.

NEK HCC Membership Meeting will be held August 2nd at 9:00 am. Please register for this meeting on KS Train using course number 1071554.

NWK HCC Membership Meeting will be held Tuesday, June 14th at 1:30 pm. Please register for this meeting on KS Train using course number 1084798.

SCK HCC Membership Meeting will be held on July 20th. Please register for this meeting on KS Train using course number 1098828.

SEKS HCC Membership Meeting will be held June 28th at 10:00 am. Use KS Train course number 1092952.

SHERT HCC Membership Meeting will be held on July 8th. Please register on KS Train using course number, 1089096.



Best Practices Around Kansas

NE - One of the four-core member disciplines will kick-off a “teaching take-back” at the beginning of every Core-four Report. Each discipline will go one time per ear. The Executive Committee representative will work with the discipline to find a common issue or teaching they want to share with the membership as a whole.

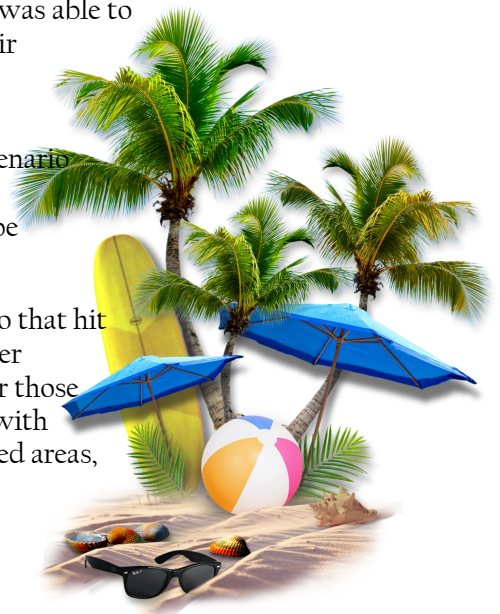
SE - We recently had a lot of different disciplines attend a tabletop in our region. Expanding our invitations to those outside the core four and typical membership scope has enhanced our exercises and conversations.

NC - The NCK HCC is encouraging membership to work locally to plan for rolling black outs by encouraging those reliant on electrically dependent medical equipment to plan for the rolling black outs. <https://adata.org/factsheet/emergency-power>

NW - The NW HCC had a great turnout for the Burn Surge Exercise and everyone was able to take away some great strengths and areas of improvements to be implemented in their facilities and/or counties as well as provided areas to help improve the NWKS HCC Burn Surge Annex.

SW - One facility in the Southwest holds 15-minute unannounced drills, where a scenario is presented to different departments of the facility, and employees verbally respond according to the policy/procedure in the Emergency Operations Plan. This can also be done in HCC meetings over various aspects of region’s plans.

SC - The Butler County Health Department responded to the needs after the tornado that hit Sedgwick and Butler Counties on April 29th. They set up two locations, the volunteer reception center and the community resource center, to provide free tetanus shots for those residents impacted by the tornado, as well as those volunteering their time to assist with clean up. The Health Department also went mobile, walking the streets in the affected areas, offering the tetanus shot and water to those working to clear the debris.



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