



YOUR HEALTH MATTERS

Wayne County Community Health & Wellness News

Emergency Preparedness Issue

Being prepared for unexpected situations can help you and your loved ones stay safe and reduce the impact of emergencies. Here's some basics:

1. **Make emergency kits-** Include food, water, first aid supplies, and medicines. It's also important to have important documents such as IDs and insurance papers, and some cash on hand.
2. **Create a plan-** Ensure everyone knows what to do in case of an emergency. This plan should include designated meeting places, emergency contacts, first aid, and evacuation routes.
3. **Stay informed-** This can include signing up for local emergency alerts, knowing where to find shelter in case of severe weather, and being aware of potential hazards in your work & home.



Even the act of getting prepared can build peace of mind. Make your emergency kits and plans now.

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From the Nurse's Office:

Families can play a crucial role in supporting the school nurse during an emergency.

First, the school nurse may need to quickly reach out to the family, so providing up-to-date contact information to schools is very important.

Additionally, families can work with the school nurse to develop a personalized emergency plan for their child. This plan should include information on any health conditions or allergies the child may have, and any medication instructions.

Finally, families can help the school nurse by educating their children on basic first aid and emergency preparedness. This may include teaching them how to recognize the signs of a medical emergency, how to call for help, and how to stay calm and focused in a crisis situation.

3 Things to remember from this article:

- ___ Update family contacts with school
- ___ Make Emergency Medical Plan with School Nurse
- ___ Educate children on what to do in an emergency



Public Health
Prevent. Promote. Protect.
Wayne County, NY

Finger Lakes Region
Cancer Services Program
Your partner for cancer screening, support and information

SNAP-Ed
New York
SAVE TIME. SAVE MONEY. EAT HEALTHY.



The Wayne County
Partnership



WAYNE COUNTY
Community Schools

No one wants to think about a disaster or a winter storm, but these events happen. If a disaster or storm strikes, your family could be without electricity, water, or food for multiple days. Take a little time now to prepare your family properly.

- PICK IT:** First, choose canned foods (and a NON-ELECTRIC can opener) that your family enjoys. Sometimes when folks are emergency planning, they start buying all canned goods/nonperishable foods, but it's important that you spend your money and energy choosing foods you'd actually eat. Remember to include special diet needs like gluten-free, and plan for the needs of the elderly, pets, or infants needing liquid formula.
- STORE IT:** Keep all of your emergency prep foods in a dark, cool place and in original packages. You can put these foods in a large plastic tub with a lid to protect it from any animals.
- CHECK IT:** Inspect your stockpile for any items that are ripped, expired, corroded, dented cans or cans that look swollen. All of these should be discarded. Place newly purchased items at the back of the storage area and older ones in the front.
- METHOD:** If your electricity goes out, use the perishable foods in your refrigerator, garden, and countertops first. Then utilize the foods from your freezer. Try not to open your freezer multiple times. You can take a picture of the content and make a list to post on the outside of the fridge. Food in your freezer will still be safe to eat (as long as your freezer is well-insulated) for at least two days. Then finally start using the non-perishable emergency foods in your cupboards. Do your best to eat at least one well-balanced meal per day- meaning protein, vegetables, grain, and fruit. Eating this way can help you keep your nutrition and strength high during this time.
- COOKING:** For emergency cooking, you can cook in your fireplace. If you don't have one, you can use a small charcoal grill or a camp stove outdoors. Canned food does not need to be cooked prior to eating, the food can be eaten directly out of the can.
- WATER:** Emergency bottled water is a must! Human beings have a higher need for water than they do for food. One gallon of water per day per person is the gold standard. As well as water needed for cooking, washing, brushing teeth, etc.

What Should Your Emergency Pantry Look Like?
 Suggested by the Canned Food Alliance


The last thing people probably think about in an emergency situation is consuming the proper quantities and varieties of food to meet the daily recommended amounts. The Canned Food Alliance suggests stocking your emergency pantry with a variety of nutrient-rich foods and recommends keeping the following amounts of food and water per person, per day.



Food Group	What Counts	Recommended Amounts (per person for 3,000 calories a day)	Pantry Options (per person, per day)
Meats & Beans	Canned meat, chickens, turkey, seafood and other protein-rich foods, such as beans (legumes), nuts and peanut butter	Enough to provide 5 1/2 ounces per day	<ul style="list-style-type: none"> 1 can (5 ounces) meat, fish, chicken or turkey 1 can (15 ounces) beans (provides about 1 3/4 cups beans to equal about 7 ounces meat) Keep peanut butter and nuts on hand: 1 Tbsp peanut butter or 1/2 ounce nuts is equivalent to 1 ounce meat
Vegetables	Canned vegetables and vegetable juices	Enough to provide about 2 1/2 cups per day	<ul style="list-style-type: none"> 1 can (14 1/2 ounces) (provides about 1 1/3 cups) 1 can (8 ounces) (provides about 1 cup)
Fruits	Canned fruits and fruit juices	Enough to provide about 2 cups per day	<ul style="list-style-type: none"> 1 can (8 ounces) (provides about 1 cup) Keep dried fruit on hand: 1 1/4 cup dried fruit is the equivalent of 1/2 cup canned fruit
Milk	Canned, boxed or dried milk and shelf-stable, processed cheese	Enough to provide 3 cups of fluid milk equivalent per day	<ul style="list-style-type: none"> 1 can (12 ounces) evaporated milk (provides about 3 cups fluid milk) 1 box (1 quart) shelf-stable milk Keep dry milk and shelf-stable, processed cheese on hand: 2 ounces processed cheese or 1/3 cup dry milk is equivalent to 8 ounces of milk
Grains	Ready-to-eat cereal, crackers, pretzels, instant oatmeal or other non-perishable grain products (granola, granola bars) that don't require cooking	Enough to provide 6 ounces of grain equivalent per day	<ul style="list-style-type: none"> 1 ounce or 1 cup ready-to-eat breakfast flakes or 5 whole-wheat crackers or 7 saltines
Water		Enough for 1 gallon per day	<ul style="list-style-type: none"> In hot weather or when vigorous activity is required (perhaps during storm clean up), people may require more and may need to plan to have additional fluids on hand.

Remember to have other non-perishable items on hand such as canned chili, soup and spaghetti, trail mix, instant pudding, mustard, catsup, vinaigrette-type salad dressing, cookies and perhaps candy. Plan ahead to keep any unopened canned products in a well-chilled cooler. Plan for food and water for infants, those with special health needs and don't forget your pets.

NOTE: Suggested amounts reflect the amount of food in common sizes of canned products, and help people consume amounts close to the USDA's MyPyramid recommendations.




Click the image or go to website below



Use These Checklists to be Emergency Prepared!

HOME EMERGENCY CHECKLIST!

FEMA and the American Red Cross recommend:

- __ 3-days of food & water
- __ Portable, battery-powered radio or TV, and extra batteries.
- __ Flashlight and extra batteries.
- __ First aid kit and manual.
- __ Sanitation and hygiene (hand sanitizer, toilet paper).
- __ Matches & lighter
- __ Whistle.
- __ Extra clothing and blankets.
- __ Kitchen items and cooking utensils.
- __ Copies of IDs and credit cards.
- __ Cash and coins.
- __ Medications, glasses, contact solution, and hearing aid batteries.
- __ Items for infants, such as formula, diapers, bottles, and pacifiers.
- __ Tools, pet supplies, a map of the local area, and other items to meet your unique family needs

10 SKILLS THAT CAN SAVE A LIFE.

DO YOU KNOW HOW TO:

1. Wash your hands properly.
2. Administer CPR.
3. Work an automated external defibrillator (AED).
4. Use a portable generator.
5. Perform first aid.
6. Help someone that's choking.
7. Turn off utilities.
8. Use a fire extinguisher.
9. Call 9-1-1/ Reach emergency
10. Stop sever bleeding.

In addition to jumper cables, a spare tire, and flares,

Keep these in your car in case of emergencies:

- __ Flashlight & batteries
- __ Blanket or sleeping bag, towels, and tarp
- __ Drinking water
- __ A map of your area
- __ Dry Food
- __ First Aid Kit

CAR EMERGENCY CHECKLIST!



Food Safety During a Power Outage:

★ When in Doubt, Throw it Out!

The USDA notes “your refrigerator may keep food safe for up to 4 hours during a power outage. **Keep the door closed** as much as possible! **Discard perishable food** such as meat, poultry, fish, eggs, and leftovers after 4 hours without power. After a power outage, **never taste food** to determine its safety. You will have to evaluate each item separately – use this guide: *When in Doubt, Throw it Out!*”

<https://www.foodsafety.gov/food-safety-charts/food-safety-during-power-outage>

★ Remember: 40 degrees or Below to Keep Food Safe!

- Use a fridge thermometer to keep food & fridge at 40 degrees or below.
- In a power outage, use the thermometer to track how long fridge is over 40 degrees, and when to throw things away.
- You can put frozen items (like ice packs or foods you won't eat) in the fridge to try to keep it at 40 degrees or below.
- Use the guide linked above to view the frozen food safety to decide when and what food to discard from your freezer.

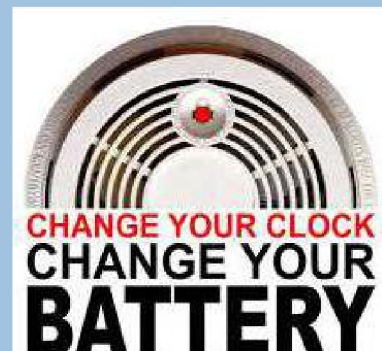
-Adam Bullock, SNAP-Ed Nutrition Educator



**DON'T WAIT
UNTIL AN
EMERGENCY**



**Get screened for
cervical cancer
beginning
at age 21**



**Test your smoke
alarms monthly**

**Change the batteries
every 6 months**

*Remember it when we
have a time change.*

**Replace alarms every
ten years.**

Fire and Carbon Monoxide (CO) Safety during the Winter months

Smoke and Carbon Monoxide Alarms

- Smoke alarms should be installed on every level of the home
- Carbon Monoxide (CO) alarms should be installed on every level of the home
- Testing alarms should be done every month to make sure they are working
- Practice with your family, what to do if the alarm goes off

Space Heaters

- Use a wall outlet to plug in the heater. NEVER a power strip or extension cord
- Keep heater flat on the ground and at least 3 feet from anything flammable
- DO NOT leave a space heater unattended. Always turn it off before leaving or going to bed

Fire Place Safety

- Have flues and chimneys inspected by a professional before each heating season
- Open the fireplace damper before lighting the fire and keep it open until the ashes are cool. Never close the damper if the ashes are still warm
- Store fireplace ashes in a fire resistant container and cover it with a lid. Keep the container outdoors and away from combustibles.

Generator Safety

- Place generators at least 20 feet away from your home, garage and open windows
- DO NOT use generators in rain/wet conditions
- Before refueling, turn off the generator and let it cool for 15 minutes
- Have a fire extinguisher nearby
- NEVER plug a generator into a wall outlet; instead use an outdoor extension cord to plug appliances into the generator



**For a life threatening emergency
call 9-1-1**

NYSEG -800.572.1131 (Electric Emergency)
800.572. 1121 (Natural Gas Emergency)
RG&E - 800.743.1701



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Wayne County, NY



Foodlink
NOURISHING LIVES

Foodlink and the Wayne County Partnership bring you the following 2024 food distribution events:

January

- 12 (Fri.) Lyons Transportation Facility, 70 Clyde Road, Lyons
- 18 (Thurs.) Lyons Transportation Facility, 70 Clyde Road, Lyons
- 30 (Tues.) Lyons Transportation Facility, 70 Clyde Road, Lyons

February

- 2 (Fri.) Lyons Transportation Facility, 70 Clyde Road, Lyons
- 9 (Fri.) Lyons Transportation Facility, 70 Clyde Road, Lyons
- 29 (Thurs.) Lyons Transportation Facility, 70 Clyde Road, Lyons

March

- 8 (Fri.) Lyons Transportation Facility, 70 Clyde Road, Lyons
- 11 (Mon.) Lyons Transportation Facility, 70 Clyde Road, Lyons
- 20 (Wed.) Lyons Transportation Facility, 70 Clyde Road, Lyons
- 29 (Fri.) Williamson Town Park, 3773 Eddy Road, Williamson

Free and open to all Wayne County Residents.

Pre-registration not required.

10:00 AM until food gone.

Please understand that this is a working transportation facility for the Lyons School District and the Town of Lyons. Buses, plows, and other vehicles need to operate unobstructed. **PLEASE DO NOT ARRIVE AT THE SITE BEFORE 9:15 AM**