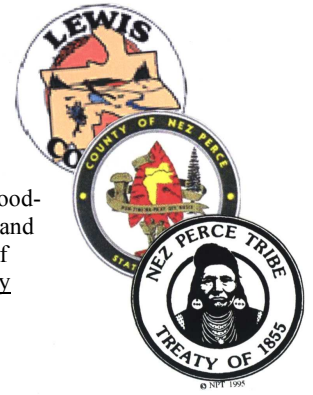
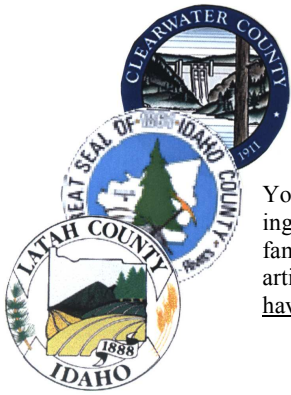


# Get Pandemic Ready



Your Office of Emergency Management plans and prepares for disasters, ranging from localized flooding to worldwide events. Preparation includes local government, the private sector and individuals and families. Pandemic flu is a rapidly emerging threat affecting all of us. The purpose of this series of articles is to inform citizens of what they can do to protect themselves. We recommend each family have three months of food, water, medications, and other supplies on-hand.

## Issue 11: Keeping Cool

**Stay hydrated.** Drink at least a cup of water every 20-30 minutes during extreme heat periods in the summer, even if you aren't thirsty. Avoid soft drinks, caffeine, and alcoholic beverages.

**Cook outside** to avoid increasing the heat and humidity inside your house.

**Adjust your diet.** Eat small, light meals, spaced throughout the day, rather than 2 or 3 big heavy meals.

**Dress for the season.** Wear shorts and a light shirt. Loose fitting clothes are cooler and more comfortable than tight fitting garments. Go barefoot or wear sandals. Natural fabrics are cooler than synthetics. At night, use light cotton sheets on your bed.

**Shade is your friend.** Keep the sun's heat from hitting windows, doors, walls. Shade the outside of the windows. Indoor curtains are not enough (although they help). Once the sun hits the glass and window frame, the heat gets inside the house, even if you have curtains. Use auto sun shades to make a cheap outdoor window shade. Duct tape 2 or 3 of them together (depending on the size of the window). Hang them on the *outside* of the windows. A roll-up window shade also works fine. One or more curtains inside will help. Choose white or another light color (sheets work). Shade the doors. Shade your walls with plants.

**Ventilate your house at night.** Keep the house closed up during the day until the inside and outside temperatures are the same. Then open up the windows and doors. If practical for your situation, during the day only open windows and doors that are shaded. Open every window and door to facilitate cross breezes. In the morning, close your windows and doors when the temperature outside is the same as the temperature inside.

**Minimize outdoor activities.** Any work or exercise outdoors, generates extra heat.

**Cooling off.** If the heat becomes oppressive, douse your head, arms, and feet with cool water, or go outside and douse yourself with a water hose. Keep a spray bottle of cool water handy, and give yourself spritzes of cool water. Dip cloths in cool water and wrap around your neck, wrists and ankles.

**Location.** Since heat rises, stay on the lowest floor possible. Basements are especially cooler.

Thanks to Bob Waldrop at [www.energyconservationinfo.org](http://www.energyconservationinfo.org)

### Contact #'s

#### Clearwater County

Emergency Management  
476-4064

#### Idaho County

Emergency Management  
983-3074

#### Latah County

Disaster Services  
883-2265

#### Lewis County

Emergency Management  
937-2380

#### Nez Perce County

Emergency Management  
799-3084

#### Nez Perce Tribe

ERWM  
843-7375 ext. 2377

For more information, or to participate in local pandemic flu planning, contact your local Emergency Manager.