

Welcome to the First Edition of the Public Health Preparedness Press!



Each month, this newsletter will keep you informed about seasonal preparedness topics, public health awareness campaigns, and tools you can use both in your work and in your everyday life. Whether it's extreme weather, emergency planning, or national health observances, we're here to keep preparedness top of mind year-round.

Welcome Summer: Stay Prepared, Stay Safe

Summer brings longer days, sunshine, and outdoor fun — but it also comes with risks like extreme heat, severe weather, and more time spent away from home routines. It's a great time to refresh personal emergency plans and encourage others to do the same.



June is Pet Preparedness Month

Disasters don't just affect people, they affect our furry, feathered, and scaly family members too.

Here are a few ways to be pet-prepared:



1. Make a Plan

- Have an evacuation plan for your pet
- Identify friends, family, or neighbors who can help care for or evacuate your pet if you're not home.
- Microchip your pet and ensure your contact information is up to date

2. Build an emergency kit, which includes:

- Food and water
- Medicine and basic first aid supplies
- Collar, leash, ID tags, and a sturdy crate or carrier

3. Stay informed

- Sign up for your local alerts
- Follow instructions from local officials during emergencies
- Bring pets indoors at the first sign of severe weather or other hazards

More information: [Prepare Your Pets for Disasters | Ready.gov](https://www.ready.gov/pets)

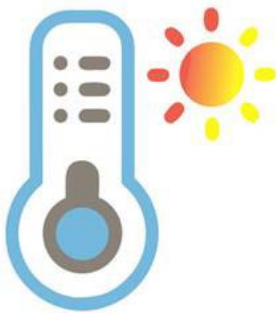
Extreme Heat Safety: Know the Signs & Stay Cool

As temperatures rise, so does the risk of heat-related illness. Heat is one of the deadliest weather-related hazards in the U.S.

Tips to beat the heat:

- Drink plenty of fluids to stay hydrated
- Check on family members, older adults, and neighbors
- Never leave people or pets in a closed car on a warm day

Heat-Related Illnesses:



- **Heat Stroke**

- Body temperature above 103 degrees F
- Red, hot, and dry skin with no sweat
- Rapid pulse
- Dizziness, confusion, or unconsciousness

- **Heat Cramps**

- Muscle pains or spasms

- **Heat Exhaustion**

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

More Information: [Extreme Heat | Ready.gov](https://www.ready.gov/extreme-heat)

National Lightening Safety Awareness Week

June 22-28, 2025



Lightning can strike in an instant, so “When Thunder Roars, Go Indoors!” No place outside is safe when a thunderstorm is in the area.

Preparedness Reminders:

- Always head indoors at the first sign of thunder or lightening
- Do not touch anything that is plugged into an electrical outlet
- Keep away from outside doors and windows
- Remain inside for 30 minutes after the last rumble of thunder

More Information: [Lightning Safety | National Lightning Safety Council](https://www.nationallightningsafety.org/)

What's Next?

In future issues of the Public Health Preparedness Press, we'll continue exploring topics that matter to our work and our community, like emergency communication, public health response roles, and seasonal hazards.

If you have ideas, questions, or want to highlight team efforts in preparedness, reach out! Let's make this a helpful, interactive resource for everyone.

Thanks for reading! 😊