

Quarterly Newsletter



<http://www.hindscountyms.com/departments/emergency-management>

Hinds County Board of Supervisors

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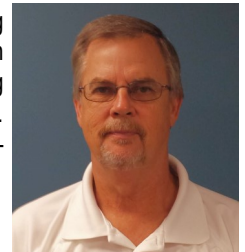
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From the Desk of the Director

Here we are at the beginning of another hot Mississippi summer, so it seems fitting to talk about Heat Safety Awareness. The leading weather related cause of death in the United States is heat, which results in hundreds of deaths each year. During times of extreme heat and humidity the ability for the body to cool itself is affected. When the body heats too quickly or loses too much salt or fluid thru sweat or dehydration, the body temperature rises and heat-related illnesses may occur.



Ricky Moore, Director

Four types of heat disorders that occur and their symptoms include:

- ◆ Sunburn: Redness and pain. (also swelling, blisters, fever and headaches)
- ◆ Heat cramps: Painful spasms usually in legs and abdomen. (also heavy sweating)
- ◆ Heat exhaustion: Heavy sweating and weakness, along with cold, pale and clammy skin.
- ◆ Heat stroke: High body temperature, hot and dry skin, rapid and strong pulse and possible unconsciousness.

All illnesses brought on by heat require attention, but heat stroke can result in death and requires immediate medical attention.

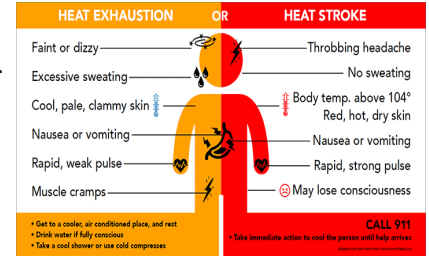
Following simple safety tips can assist in prevention of heat related issues:

- ◆ Slow down. Reduce, eliminate or reschedule strenuous activities until the coolest time of the day.
- ◆ Dress for summer. Wear lightweight, light colored clothing to reflect the heat and sunlight.
- ◆ Put less fuel on your inner fires. Foods, like meat and other proteins that increase metabolic heat production also increase water loss.
- ◆ Drink plenty of water. The body needs water to keep cool. Drink even if you don't feel thirsty. People with epilepsy, heart, kidney or liver disease that are on fluid restrictive diets or have a problem with fluid retention should consult a physician before increasing their consumption of fluids. Do not drink alcoholic beverages and limit caffeinated beverages.
- ◆ During excessive heat periods, spend more time in air-conditioned places. Air conditioning in homes and other buildings markedly reduces the danger from the heat. If you can not afford an air conditioner, go to a library, store or other location with air conditioning for part of the day.
- ◆ Don't get too much sun. Sunburn reduces the body's ability to dissipate heat.
- ◆ Do not take salt tablets unless specified by a physician.

Hyperthermia is an acute condition that takes place when the body absorbs more heat than it can handle. It can occur even on a mild day. Studies show that the inside temperature of a parked vehicle can rapidly rise to a dangerous level for children, pets and even adults. Slightly open windows do not decrease the heating rate enough to make a difference. The effects can be more severe in children because their bodies warm faster than adults. Every year, many children and pets left in parked vehicles die from hyperthermia therefore, never leave anybody in a parked vehicle.

Safety Tips Concerning Children

- ◆ Make sure your child's safety seat and buckles aren't too hot before securing child in seat.
- ◆ Never leave a child unattended in a vehicle, even with the windows down.
- ◆ Teach children not to play in, on or around cars.
- ◆ Always lock car doors and trunks, even at home. Keep keys out of children's reach.
- ◆ Always make sure ALL children have left the vehicle upon reaching destination.



The content for this article was obtained from the National Weather Service's website. If you would like more information concerning heat safety you can visit www.nws.noaa.gov

Sincerely,

Ricky J. Moore



Stay Safe on the Water

Millions of Americans enjoy time on and in the water every year. In 2017, there were 4,291 reported boating incidents that resulted in 658 deaths and nearly 3,000 injuries and close to \$46 million in property damage. Whether you are using a motorized or non-motorized vessel life jackets are at the core of safe boating. Regulations vary from state to state but it is highly encouraged that all parties wear life jackets at all times when they are on a boat. Good swimmers should still wear a life jacket. The life jacket aids in keeping a victim's head above water, which means they can breathe, therefore allowing for an easier rescue. ALL CHILDREN should wear a life jacket at all times while boating.

Before setting out make sure that you are prepared. Check all of your equipment to ensure it is in good working order. Be sure to have all the things you need in your boat, include a first-aid kit and tool kit. Make sure somebody know where you will be going (at least the general area) in case of an emergency. Dress properly, bring extra clothes in case you get wet and always remember your sunscreen.

Always exercise good judgement when you are on a boat. Don't drink and drive a boat, alcohol affects your coordination, balance, vision and judgement. Pay attention to any changes in the weather and use common sense when there is a change. If you notice storm clouds, sudden temperature changes or wind picking up speed it is always better to be safe rather than sorry.

Do you enjoy popular water sports like skiing, tubing and wakeboarding? They are fun but can also be dangerous. Remember to take these steps to minimize your risk:

- ◆ Learn how to get up out of the water and how to safely use a tow rope
- ◆ Always have a spotter in the boat and be sure the participant and spotter go over basic hand signals.
- ◆ Check your towline, be sure it is in good condition and not caught in the propeller or wrapped around anything before you begin your activity.
- ◆ Do not get back on the boat until the propeller has stopped.
- ◆ These type of activities should only be enjoyed during daylight hours.



Volunteers NEEDED for Hinds County Fire Services

The fire and rescue service is one of the most diverse and challenging professions today. It is the diversity that inspires most men and women to enter the service -both as volunteers and career employees. Imagine having to train to prepare yourself to cope with situations which range from building fires to childbirth to hazardous chemical spills to heart attacks, and almost any imaginable emergency situation in between. This diversity is coupled with the fact that these skills may be needed at any time of the day, seven days a week, in any kind of weather and very often under potentially stressful and emotional circumstances. These challenges contribute to our profession being personally rewarding.

As volunteers, we are here for two basic purposes. The first is to prevent fires or medical emergencies from occurring. This is achieved through fire prevention, health maintenance education, inspections, fire safety education, and code enforcement programs. Secondly, we are here to prepare ourselves to control fire or medical emergencies, should prevention fail. This is done through education, training, pre-incident planning, more training, state-of-the-art equipment, and more training. We are a paramilitary profession working in a "hurry up and wait" environment.

This business is not for everyone. You need more than just a desire to help people. You need courage and dedication, assertiveness, and a willingness to learn new skills and face new challenges. And you need to have the time for training sessions, meetings, emergency calls, maintenance of equipment, and other duties. The fire and rescue service is not for the meek or timid or for those who lose control during times of crises. Our service is one which calls on its members to perform hot, sweaty, dirty, and strenuous work, often in uncertain and hazardous environments.

The personal rewards and satisfaction received from the fire and rescue service are often beyond description. There is a sense of accomplishment after controlling a building fire, joy and elation when a child is born, compassion for accident victims, and fulfillment in teaching fire safety. This list goes on and on. The bottom line in our business is measured by the loss of life, pain and suffering and property damage we have prevented or reduced. We are here and prepared for one reason, and that is to provide service to the people." Passage was taken from FEMA's Retention and Recruitment manual titled "The Nature of the Business – A Picture of What It's Like to Volunteer in the Fire Service".

There are twelve volunteer fire departments within Hinds County which ensures that there is one near you. Maybe you have a desire to leave a legacy of service for your children and grandchildren. Maybe you are the grandchild of somebody who has served in fire service for their entire life and you want to be a part of that legacy. Maybe you have had a medical emergency or a fire at your home and volunteer fire personnel responded and you are so thankful that you want to give back to your community in the same way. Then this article was written just for you.

There are many roles to fill within Hinds County Fire Services. Everybody has a skill that can be used in one of our departments. Whether you are a nurse, EMT, paramedic or would like to fight fires there is a place for you. If you have administrative skills, are comfortable with maintenance, checking equipment regularly or cleaning up around the station there is a place for you.

If you believe you have what it takes to become a member of the Hinds County Volunteer Fire Services and you live in the rural areas of Hinds County contact our office at 601.960.1476 for an application. You may also apply on our Facebook page at www.facebook.com/HindsEOC

After you return your completed application we will provide your information to the appropriate volunteer fire chief.





Below is a list of departments looking for dedicated volunteers to join their ranks:

Bench Volunteer Fire Department
7460 Old Port Gibson Rd.
Utica, MS 39175

Bolton Volunteer Fire Department
117 W. Madison St.
Bolton, MS 39041

Brownsville Volunteer Fire Department
Station 1: 8057 Bolton Brownsville Rd.
Bolton, MS 39041

Station 2: 4675 Farr Rd.
Edwards, MS 39066

Byram Volunteer Fire Department
2571 Davis Rd.
Terry, MS 39170

Crossroads Volunteer Fire Department
3660 Dry Grove Rd.
Terry, MS 39170

Learned Volunteer Fire Department
323 Front St.
Raymond, MS 39154

Maclean Volunteer Fire Department
1367 Ross Circle
Jackson, MS 39209

Pocahontas Volunteer Fire Department
1140 FOA Road, Jackson, MS 39209

Raymond Volunteer Fire Department
109 Court St.
Raymond, MS 39154

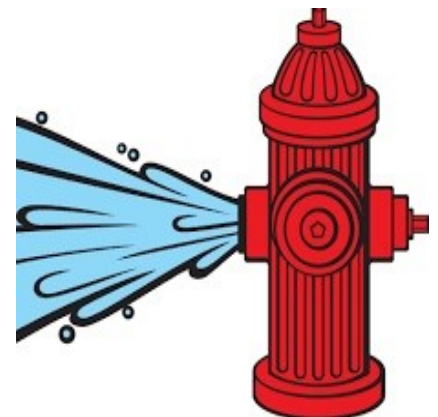
Terry Volunteer Fire Department
Station 1: 2001 Tank Rd.
Terry, MS 39170

Station 2: 129 Railroad Ave.
Terry, MS 39170

Utica Volunteer Fire Department
Station 1: 105 Depot St.
Utica, MS 39175

Station 2: 111 School St.
Utica, MS 39175

West Hinds Volunteer Fire Department
203 Main St..
Edwards, MS 39066



Do You Have These Items In Your Family Disaster Kit?

The majority of people know the basic items needed in their Family Disaster Kit such as, water, food, radio, flashlight and a first aid kit. There are actually quite a few other additional emergency supplies that should be part of your kit. Here is a list of additional things you should consider adding to your kit. If you need assistance building your kit go to: www.ready.gov/build-a-kit

- ◆ Prescription medications
- ◆ Non-prescription medications, such as pain relievers, anti-diarrhea medication, antacids or laxatives.
- ◆ Glasses/contacts and contact lens case and solution
- ◆ Infant formula, bottles, diapers, wipes, rash cream
- ◆ Pet food and extra water for your pet
- ◆ Cash or traveler’s checks
- ◆ Feminine supplies and personal hygiene items
- ◆ Important family documents such as copies of insurance policies, ID, bank account information, copies of birth certificates, marriage licenses, divorce papers, etc., keep in waterproof container
- ◆ Sleeping bag or warm blanket for each person
- ◆ Complete change of clothing appropriate for your climate and sturdy shoes
- ◆ Bleach and medicine dropper to disinfect water
- ◆ Matches in a waterproof container
- ◆ Mess kits, paper cups, plates, paper towels and plastic utensils
- ◆ Paper and pencil
- ◆ Books, games, puzzles or other activities for children
- ◆ Phone chargers
- ◆ Extra batteries
- ◆ Copy of your Family Emergency Plan and Communication Plan

For help creating your plans go to: www.ready.gov/make-a-plan

Find us on Facebook at www.facebook.com/HindsEOC



Follow us on Twitter at www.twitter.com/HindsEOC

<http://www.hindscountymiss.com/departments/emergency-management>

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| Joey Perkins: jperkins@co.hinds.ms.us | Robin Garrard: rgarrard@co.hinds.ms.us |
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Prevention ~ Protection~ Mitigation ~ Response ~ Recovery

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Emergency Management protects communities by coordinating and integrating all activities necessary to build, sustain, and improve the capability to prepare for, protect against, mitigate against, respond to, and recover from threatened or actual natural disasters, acts of terrorism, or other manmade disasters.