



Public Health
Prevent. Promote. Protect.

Frederick County Health Department

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Frederick County Health Department Extreme Weather Checklist

A variety of weather situations can have an impact on your event, from extreme heat to flooding to winter storms. Please consult this checklist to see if there are things you need to consider for your event to keep your attendees safe and healthy.

Extreme Heat

During the summer, heat and humidity can create conditions that may cause heat-related illness such as heat cramps, heat exhaustion, or heat stroke. Heat exposure is cumulative and repeated exposure will reduce the time you can spend in the sun without feeling the effects. Avoid strenuous work/exercise during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.

Do you have a plan in place that includes:

- Educating your staff/volunteers about the signs and symptoms of heat-related illnesses?
- Providing shade or air-conditioned areas for your guests?
- Providing additional water or non-alcoholic beverages?
- Ways to get help to your guests in the event of a heat-related illness?
- Ways to get updated emergency information?

For more information, go to: <http://dhmh.maryland.gov/extremeheat/>

Who is at risk for heat-related illnesses?

Anyone at any time can suffer from heat-related illness, but some people are at greater risk than others.

- Infants and young children
- Youth athletes
- People over age 65
- People with certain health conditions, such as mental illness, diabetes and hypertension

Winter Storms & Extreme Cold

Exposure to cold temperatures can have health risks such as hypothermia and frostbite. Winter storms can complicate events by creating travel difficulties and power outages.

Do you have a plan in place that includes:

- Educating your staff/volunteers about the signs and symptoms of hypothermia and frostbite?
- Educating your staff/volunteers about what to do during extreme cold or a winter storm?
- Providing a safe and warm shelter your guests?
- Ways to get updated emergency information?

For more information, go to: <http://www.ready.gov/winter-weather>

What are the warning signs of hypothermia?

Adults:

- shivering/exhaustion
- confusion/fumbling hands
- memory loss/slurred speech
- drowsiness

Infants:

- bright red, cold skin
- very low energy

Emergency Communication

For notifications about emergencies in Frederick County, register at:

<http://www.frederickcountymd.gov/alert>

You can also get up-to-date information on the following radio stations:

*99.9 FM WFRE; *103.1 FM WAFY; *930AM WFMD

Flooding

Flooding is a common hazard in Frederick County and can occur quickly during heavy rain. Avoid areas already flooded, especially if the water is flowing fast. Do not walk through moving water. Roadbeds may be washed out under floodwaters. Never drive through flooded roadways. If your vehicle is suddenly caught in rising water, leave it immediately and get to higher ground. Be especially cautious at night when it is harder to recognize flood dangers.

Do you have a plan in place that includes:

- An evacuation route for your location?
- Educating your staff/volunteers about what to do during a flood?
- Providing a safe shelter for your guests?
- Ways to get updated emergency information about road closures or other updates?

For more information, go to: <http://www.ready.gov/floods>

Portable Generator Safety Tips:

Be aware of Carbon Monoxide, Electrical and Fire Hazards are all a concern when using a generator!

- Never use a generator indoors.
- Use CO alarms/detectors in the area where people are located
- Keep generator dry
- Never plug a generator in a wall outlet
- Always store fuel outside of living areas

Power Outages

Extreme weather can cause electrical hazards. Never touch or approach a downed power line or anything in contact with one. If a power line falls on your car, remain inside unless the car catches fire or authorities tell you to get out. Do not touch a person who has been electrocuted without making sure the person is no longer in contact with the electrical source. Do not operate electrical breakers or other devices while standing in or near water.

Do you have a plan in place that includes:

- Methods to ensure the safety and health of your guests if you lose power?
- Educating your staff/volunteers about what to do if there is an electrical hazard?
- Ways to get updated emergency information about road closures or other updates?

For more information, go to: <http://emergency.cdc.gov/disasters/poweroutage/>

Food Safety Tips:

- It should be safe as long as power is out **no more than 4 hours**. Keep the door closed as much as possible.
- Discard any perishable food (such as meat, poultry, fish, eggs, and leftovers) that have been above 40 °F for over 2 hours.
- **Never taste food to determine its safety!** You can't rely on appearance or odor to determine whether food is safe.

Thunderstorms/Lightning

Storms that include lightning can be especially dangerous for outdoor events. When you hear thunder, go to a safe building or vehicle and stay inside until 30 minutes after you hear the last clap of thunder.

Do you have a plan in place that includes:

- Educating your staff/volunteers about what to do during a lightning storm?
- Providing a safe shelter for your guests?
- Ways to get updated emergency information?

For more information, go to: <http://www.ready.gov/thunderstorms-lightning>

Things to Avoid During Thunder /Lightning storms:

- hilltops, open fields
- the beach or a boat on the water
- natural lightning rods such as a tall, isolated tree in an open area
- contact with anything metal—tractors, farm equipment, motorcycles, golf carts, golf clubs, and bicycles