

LA BEOC

LOUISIANA BUSINESS EMERGENCY OPERATIONS CENTER



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Supporting business during a disaster



The dog days of summer are in full swing and the powerful summer thunderstorms are in full display. The flash flooding conditions of the northeast are a perfect reminder for us here in Louisiana that environmental conditions can change quickly.

By taking proactive measures and following essential guidelines, we can ensure the safety of ourselves, our teams, and our shared business interests. Here are some key tips:

- 1. Stay informed.** Like other weather-related challenges, knowing what's coming is important. It does not matter the way that you get your forecast; it is more important to just get it, although a good NOAA radio is not a bad investment.
- 2. Know your surroundings:** Familiarize yourself and your team with the geographic features of your area, including flood-prone zones, low-lying areas, and drainage systems. This knowledge will help you make informed decisions and take appropriate actions during a flash flood event.
- 3. Avoid flood-prone areas:** If you encounter a flash flood warning or heavy rainfall, avoid driving or walking through flood-prone areas, including underpasses, bridges, and low-lying roads. Swift-moving water can be deceptive and can easily sweep away vehicles and pedestrians.
- 4. Seek higher ground:** This may sound over-simplified, but if you are in an area prone to flash flooding, move to higher ground as soon as possible. Seek refuge on elevated floors of buildings or climb to higher terrain, away from riverbanks and streams.
- 5. Do not attempt to cross floodwaters:** Never attempt to walk, swim, or drive through floodwaters. There is a mantra that a certain weather-focused station loves to repeat, but it applies here "Turn around don't drown." It is difficult to determine the depth and current strength, and as little as six inches of moving water can knock you off your feet. Vehicles can be swept away by as little as two feet of water.

Emergency preparations don't have to be overly complicated. Apply a little common sense to keep you, your family, your business, and your employees safe.

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Check out these disaster preparedness links

[Ready.gov/business](https://www.ready.gov/business)

[LABEOC Helpful Links](#)

[Get a Game Plan!](#)

Greetings from NIMSAT!

113-degree heat index – WOW - Louisiana is heating up in July! In June, we discussed extreme heat, we would like to continue that conversation in this issue of the LABEOC Newsletter.

If you recall, FEMA describes “extreme heat as a long period (2 to 3 days) of high heat and humidity with temperatures above 90 degrees.” When you add humidity to high temperatures, we get extraordinary heat indexes and that’s what we feel when we are outside for recreation or work.

When thinking about extreme heat, we must remember to check in on our most vulnerable – the elderly, children and disabled. Have you checked on your neighbors to see how they are doing with this heat?

To prepare for the extreme heat we face, here are a few helpful hints to remember:

- Find air conditioning, if possible. If no air conditioner is available, go to a public facility like a library or cooling center
- Wear light clothing
- Avoid strenuous activities

- Drink plenty of fluids
- Watch for heat illness.
- Watch for heat cramps, heat exhaustion, and heat stroke
- Check on family members and neighbors, especially the elderly and disabled
- Never leave people or pets in a closed car.

If you or others are exposed to extreme heat, here are some of the symptoms of heat exhaustion or heat stroke you need to know:

Heat Exhaustion

- Heavy sweating
- Cold, pale, and clammy skin.
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness.
- Dizziness.
- Headache.

In case of heat exhaustion, move the person to a cooler space or environment. Loosen their clothing and apply cool, wet cloths. Offer them sips of cool water. If the person vomits or if symptoms worsen or last longer than an hour – seek medical attention.

Heat Stroke

- Throbbing headache
- Confusion
- Nausea
- Dizziness
- Body Temperature above 103° F
- Hot, Red, Dry or Damp Skin
- Rapid and strong Pulse
- Fainting.

As always, let us get prepared and stay safe!

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