



# DECEMBER 2023

## Disaster Discovery Center Monthly Bulletin

**Save Your Pipes!**

Frozen pipes can cause significant damage to the house and put a damper on your holiday spirit. Take some time to prepare ahead of freezing temperatures to protect your property.

- Keep the garage door(s) closed.
- Open kitchen & bathroom cabinet doors to allow the warmer air to circulate.
- Let cold water drip from the faucet.
- If you are leaving for an extended period of time, leave the thermostat on and at least at 55 degrees Fahrenheit (around 13 degrees Celsius).
- If you are still concerned, add additional insulation to pipes in the higher risk areas (such as the attic, garage, basement and/or crawl spaces).

### WINTER HAS BEGUN!

As the colder temperatures come, so does the need to prepare the house. Make sure you set your self up for success by ensuring your house and pipes are warm enough.

If you are going on vacation, make sure to leave the thermostat up at least at 55 degrees F (around 13 degrees C). Open kitchen and bathroom cupboards and leave faucets on a slow drip.

For more info visit: <https://bit.ly/4akoNHA>

### DO YOU KNOW WHAT TO DO IF SOMEONE FALLS THROUGH ICE?

You should never go out onto broken ice to try and rescue someone else. Instead follow:

**PREACH** - Shout out to the victim & encourage them to keep trying to get out. Let them know help has been called.

**REACH** - If you can reach the victim from shore, stretch an object out to them and pull them in.

**THROW** - Throw a rope or flotation device out to the victim. Have them tie the rope around them.

**ROW** - Push a light boat to the hole, get in & help the victim in.

**GO** - Only professionals should perform rescues unless no other options exist.

### Recognizing a Heart Attack

- Chest Pain
- Pain or discomfort in the shoulder, arm, back, neck or jaw
- Cold Sweats
- Fatigue
- Heartburn or Indigestion
- Lightheadedness or Dizziness
- Nausea
- Shortness of Breath



**If you think you are having a heart attack - call 911 or the local emergency number.**

**If prescribed nitroglycerin, take that. If not, take a crushed aspirin to reduce the amount of clotting in the heart.**

Snow shoveling is a common pre-heart attack activity. Take precautions to keep you and your family safe. Take breaks often and check on loved ones outside. Help elderly neighbors shovel their driveways and sidewalks.



### UPDATE ON THE BUILDING DESIGN

The building and exhibit design committee has been busy and has produced a great floor plan for the Disaster Discovery Center. We are currently working on the interior design phase. Stay tuned for more updates as they come!



**"CHANCE FAVORS THE PREPARED MIND."**

**-BRADLEY LILLY**



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