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Areas of North Carolina are still being impacted by Hurricane Florence. If you live in the affected area or going there to volunteer, here is some info to remember:

- If power is still out, do not use generators, grills, or camp stoves in enclosed spaces
- If there is flooding, do not touch electrical equipment
- Eating or drinking anything contaminated by flood water can cause sickness
- Large populations of mosquitoes have emerged in the area. Wear long-sleeved shirts and long pants while outdoors and use mosquito repellent (use caution when applying to children)
- Practice good hygiene after having contact with flood waters
- Avoid contact with standing water if you have an open wound
- Wash any items or surfaces that have been flooded using a bleach solution and allow to air dry

If you are donating to hurricane relief, be sure to research the charity to assure that your donations are used appropriately.

Did you know?

It's time for "The Race For Steak"

It is time again for the annual "Walk for Hope" at the Angus Barn in Raleigh. The walk raises money for local mental health research in the Triad area. This year the Angus Barn is holding a "Race for Steak" 5k and 10k race in addition to the walk. The walk/race will be held on October 14, 2018 and 100% of the money raised by participants goes to the UNC-Chapel Hill Department of Psychiatry. To register for the walk/race or for more information go to: www.walkforhope.com