

June 2026



Phillips County Emergency Management Newsletter

Stay safe during extreme heat, follow these precautions and tips:

1. Stay hydrated: Drink plenty of water, even if you don't feel thirsty. Avoid sugary or alcoholic beverages, as they can contribute to dehydration.
2. Dress appropriately: Wear lightweight, light-colored, and loose-fitting clothing to help your body cool itself.
3. Seek air conditioning: If possible, stay in an air-conditioned place during the hottest hours of the day. If your home doesn't have air conditioning, visit a shopping mall, public library, or cooling center.
4. Limit outdoor activities: Reschedule strenuous outdoor activities for cooler parts of the day, such as early morning or evening.
5. Take breaks: If you must work outdoors, take frequent breaks in shaded or air-conditioned areas.
6. Never leave anyone in a parked vehicle: Cars can quickly become dangerously hot, even with the windows cracked open.
7. Check on vulnerable individuals: Check on elderly neighbors, young children, and those with chronic medical conditions, as they are more susceptible to heat-related illnesses.
8. Learn the signs of heat-related illnesses: Be aware of the symptoms and seek medical attention immediately if you or someone you know is experiencing them.

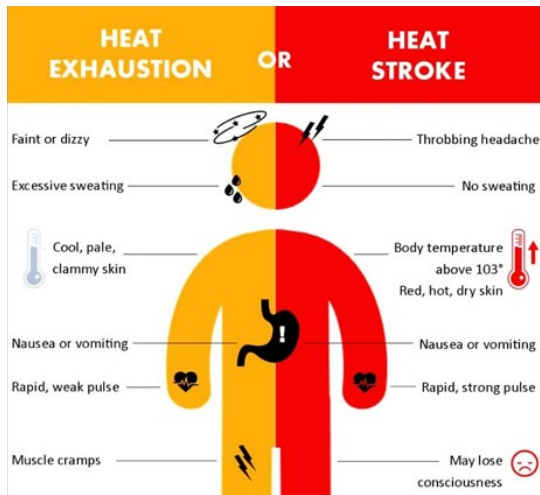
WHAT DO YOU DO?

- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives

"Lightning makes no sound until it strikes".



When the thunder roars, go indoors!

National Lightning Safety Awareness Week
June 21 to June 27 2026

Find Safe Shelter: Move into a substantial, enclosed building or a hard-topped metal vehicle. Open structures like picnic shelters, tents, and porches are not safe.

The 30-30 Rule: Wait at least 30 minutes after the final clap of thunder before going back outdoors.

Indoor Precautions: Avoid contact with plumbing, corded phones, and electrical outlets. Cell phones and cordless phones are safe to use.

If Trapped Outside: Avoid water, open areas, and tall objects like trees. Crouch down into a ball with your feet together and head tucked down to minimize your contact with the ground

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June is Firework Safety Month

It is dedicated to educating and reminding everyone about the importance of safe practices when using fireworks. By following these guidelines, you can help ensure a safe and enjoyable experience for everyone involved:

- When displaying legally purchased, approved fireworks, place them on a flat surface, clear of any combustible material and clear of all buildings.
- Keep all bystanders at least 25 feet away from fireworks.
- Read the directions.
- Do not permit young children to handle or light fireworks.
- Light only one firework at a time.
- Never throw fireworks.
- Sparklers can be very dangerous and account for most injuries. Pieces can break off and burn bystanders. Young children should not use sparklers as these can attain a temperature as high as 1800 degrees Fahrenheit.
- Store fireworks in a cool, dry place.

"They're not 'things' to be left behind — they're family. When disaster strikes, they feel fear too. They look for you to keep them safe."

June is National Pet Preparedness Month

Meaning now is the perfect time to ensure that every member of your family, including your pets, is included in your emergency plan. While pets are undoubtedly part of the family, they have specific needs that must be addressed to ensure their well-being during an emergency.

Here is a list of items to include in your pet's emergency kit:

- Pet Food: Store your pet's usual food in an airtight, waterproof container.
- Vaccination Records: Keep copies of your pet's vaccination record.
- Sanitation Supplies: Have items like cat litter, trash bags, or other necessary pet sanitation supplies.
- Photo of You and Your Pet: A current photo of you and your pet together can help with the reunification process if you become separated during an emergency.
- Comfort Item: A toy, blanket, or other item that can provide comfort to your pet.

Finally, remember that if the environment isn't safe for you, it likely isn't safe for your pet either. Know a safe place where you can take your pets before disasters and emergencies happen.

