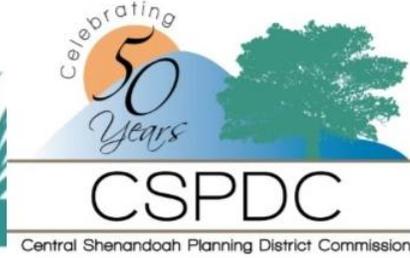
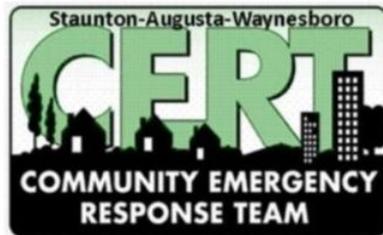




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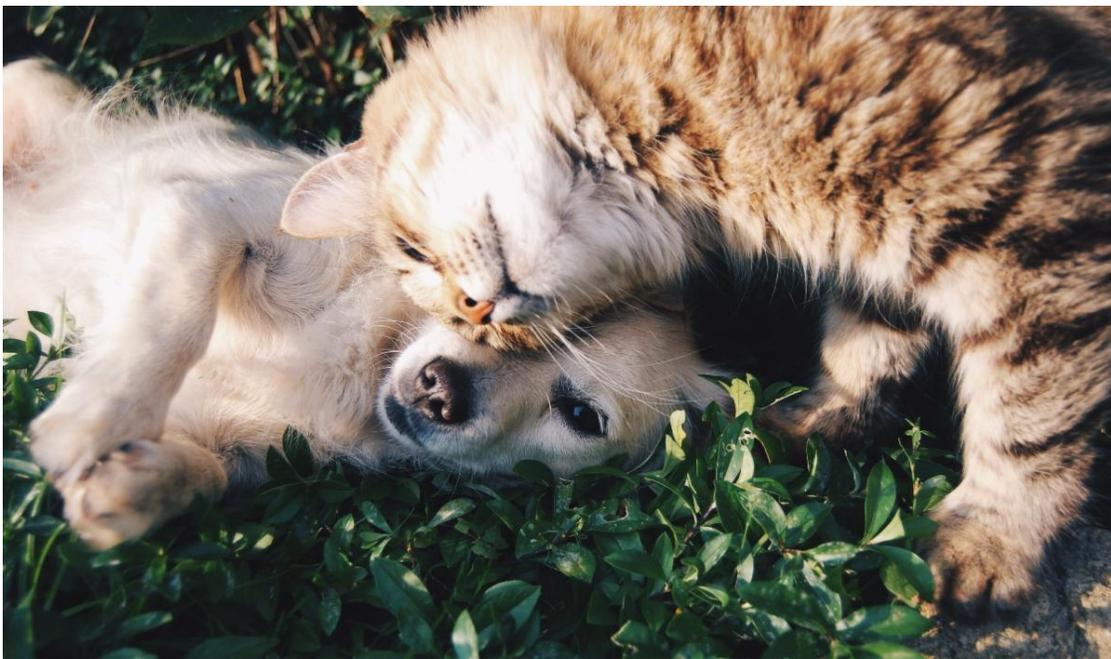
Proudly providing resilience education and training in the Shenandoah Valley since 2000.

Resiliency Digest

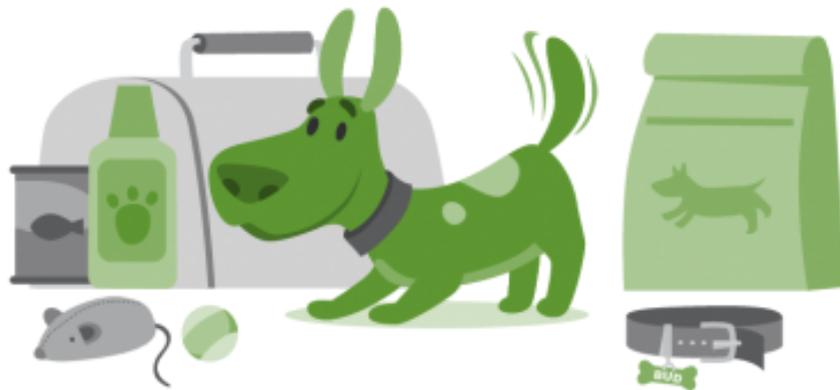
June 2021

*News & tips for being ready
before, during, and after emergencies.*

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Don't Forget Your Buddy - Pet Preparedness Month



June is National Pet Preparedness Month and we've compiled some handy [resources](#) to help you easily build an emergency plan that includes your furry and feathered family members. Find out if you're ready with this [disaster preparedness checklist](#). Then check out this [video](#) and these [tips from the ASPCA](#) for practical and proactive steps you can take now to keep everybody safe later. And with summer temps on the rise, refresh your memory on how to [keep your pets safe in heat and humidity](#).

Beat the Heat: Avoid. Spot. Treat.



Gardening, outdoor chores, playing on the beach, family picnics... summer is a time for enjoying the great outdoors. But extreme heat waves, power outages, or heat overexposure can make it difficult to [#KeepYourCool](#). In fact, heat is one of the leading causes of weather-related fatalities. But heat stroke and heat exhaustion are preventable.

Reduce your risks during extreme heat by following this mantra: [Avoid. Spot. Treat](#). And never, ever leave children, disabled or elderly adults or pets in parked vehicles, [regardless of the temperature!](#)

Staying Safe in the Heat

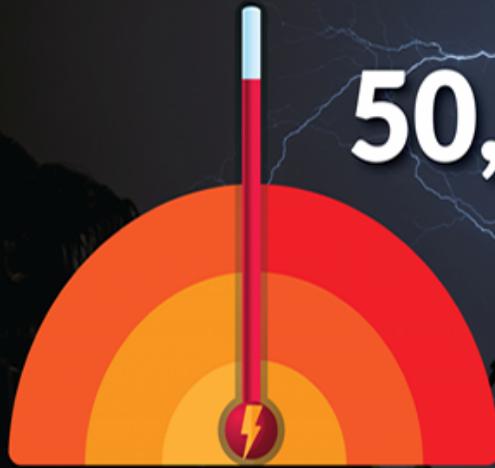
- ☀ Limit Outdoor Activities
- ☀ Drink Plenty of Water
- ☀ Avoid Alcohol
- ☀ Wear Light Clothing
- ☀ Wear Sunscreen
- ☀ Work Outdoors Early or Very Late in the Day



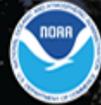
Lighting Facts & Precautions

Lightning is **hotter** than the surface of the Sun
and can reach temperatures around

50,000°F



When Thunder Roars Go Indoors
weather.gov/lightning

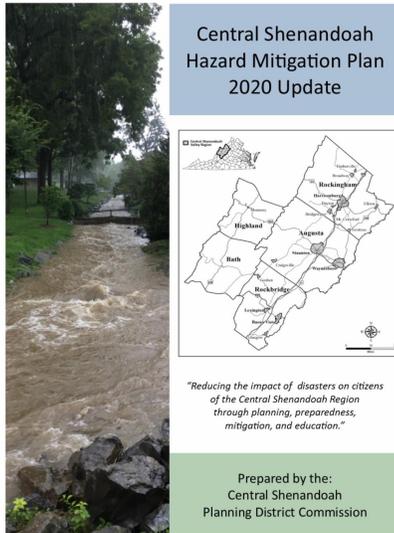


Did you know there are **FIVE different ways a person may be struck by lightning**, including from the ground up? Being struck by lightning may not be on the top of your mind when getting ready for your summer activities outdoors, but it pays to be aware of lightning safety. The National Lightning Safety Council has created a short video to explain the danger and precautions you should take indoors and outside. And remember, **When Thunder Roars, Go Indoors!**

National Lightning Safety Council



An Introduction To Lightning and Lightning Safety



Have you heard that familiar saying by Ben Franklin, “an ounce of prevention is worth a pound of cure?” It’s an expressive way of stating that it is much easier to prevent something from happening than to make repairs after the damage is done.

This is also the basic concept of hazard mitigation. CSPDC staff recently received word that the Federal Emergency Management Agency (FEMA) has approved the latest update of the Central Shenandoah Hazard Mitigation Plan (CSHMP) and a brand new regional plan, the Central Shenandoah Regional Wildfire Protection Plan (CSRWPP). The CSHMP identifies hazards and vulnerabilities in the region as well as strategies to help the region and its communities become more resilient. The CSRWPP takes the same approach but focuses solely on wildfire particularly where development encroaches wild and forested lands in the area known as the Wildland Urban Interface (WUI). Both plans are on the CSPDC website and can be found at the links below:

[**Central Shenandoah Hazard Mitigation Plan**](#)

[**Central Shenandoah Regional Wildfire Protection Plan**](#)

For additional resources to help protect yourself, loved ones, and property, visit the [National Weather Service](#), [Ready.gov](#), [U.S. Fire Administration](#), and the [National Safety Council](#).

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