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Hot Topics

The Peak of Flu Season Has Arrived

The United States is in the peak of the flu season, and doctors say it could be a long one. According to the Centers for Disease Control and Prevention (CDC), the flu is widespread in 31 states, with 19 states reporting high levels of flu activity. According to health experts, it's not too late to get a flu shot.

Read More: <https://cnb.cx/2FIVFEn>



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Taking Care of Your Emotional Health After an Emergency

Being in a disaster and dealing with its aftermath can be an emotional strain. Having a strong reaction or trouble coping is normal. Everyone reacts differently. Learn how to deal with the common emotions that come with the unexpected.

Read More: <https://bit.ly/2wDnzqW>

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Why Handwashing Matters

Handwashing with soap and water is the best way to avoid getting sick and prevent the spread of germs to others. Washing your hands not only gets rid of dirt and grime, it helps get rid of germs. In the video link below, a Mayo Clinic healthcare professional shows you the proper method for washing your hands.



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Watch it Now: <https://bit.ly/1U5bLUH>

The Best Defense is a Good Offense in Emergency Preparedness

The well-known adage, “the best defense is a good offense,” also applies to big emergencies. It’s important for individuals to develop an emergency response plan to minimize damage before, during, and after an event. There are no one-size-fits-all templates to the perfect emergency response plan; however, there are common elements that all plans should include. The Centers for Disease Control and Prevention outlines some of those elements for you.



Read More: <https://bit.ly/2PDsmlH>

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Emergency Preparedness for Older Adults

For millions of older adults, emergencies such as fires, floods, and acts of terrorism, may be especially challenging. That’s why it is important for them to be prepared at all times. A well-prepared plan can turn any emergency situation around. The American Red Cross has information to help you create an emergency plan that addresses your special needs.

Read More: <https://rdcrss.org/2N6lgkZ>

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Helping Apartment Renters Prepare for the Next Storm



Living in an apartment poses unique concerns. It’s important to know the location of your stairwells and have an emergency escape route. Apartment dwellers should have a plan for every possible event. Your plan may be different for a fire, severe weather, or a natural disaster. Click on the link below for tips to help you prepare for the next emergency.

Read More: <https://bit.ly/2RNjESS>

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