

Public Health Toolkit **SOCIAL MEDIA**



Summer Emergency Preparedness

POST: Lightning kills more people in the U.S. than tornadoes, floods or hurricanes. Staying alert and knowing when to seek shelter can save your life. <http://www.health.ny.gov/publications/3109.pdf>

TWEET: Lightning kills more people in the U.S. than tornadoes, floods or hurricanes. Stay alert & know when to seek shelter. <http://www.health.ny.gov/publications/3109.pdf>

POST: Do you know how to help someone who has been struck by lightning? Get emergency medical help ASAP. If more than one person is struck by lightning, treat those who are unconscious first. They are at greatest risk of dying. A person struck by lightning may appear dead, with no pulse or breath. Often the person can be revived with cardio-pulmonary resuscitation (CPR).

<http://www.health.ny.gov/publications/3109.pdf>

TWEET: Do you know how to help someone after they're struck by lightning? Get emergency help & treat the unconscious first. <http://www.health.ny.gov/publications/3109.pdf>

POST: Heat-related illnesses occur when the body is unable to cool itself. The most common heat-related illnesses are heat stroke (sun stroke), heat exhaustion, heat cramps and heat rash. Prevention, knowing the signs, symptoms and first-aid responses can save a life.

<http://www.health.ny.gov/publications/1243/>

TWEET: Heat-related illnesses occur when the body is unable to cool itself. Know the signs, symptoms & first aid responses. <http://www.health.ny.gov/publications/1243/>

POST: Did you know it only takes a short time frame for the inside of a car to go from 80 degrees to 110? Prevent kids being left in hot cars this summer. Spread the word and post these materials at your daycare, work and other locations where parents and caregivers will see them.

<http://www.nhtsa.gov/people/injury/enforce/ChildrenAndCars/pages/unattend-hotcars.htm>

TWEET: Help prevent kids being left in hot cars. Help spread the word. Post these materials at your daycare & work. <http://www.nhtsa.gov/people/injury/enforce/ChildrenAndCars/pages/unattend-hotcars.htm>

POST: Flash flooding can be common during the summer months. When a flash flood warning is issued, always take immediate action. And when there's time, know how to prepare for a flood to protect the health of you and your family.

http://www.health.ny.gov/environmental/emergency/flood/docs/when_theres_a_flood.pdf

TWEET: When there's time, know how to prepare for a flood to protect the health of you and your family. http://www.health.ny.gov/environmental/emergency/flood/docs/when_theres_a_flood.pdf