

ATCPHD HEALTH CONNECTIONS

ARE YOU READY?

ALTHOUGH NORMALLY HOT AND DRY, THE WEATHER HERE IN WEST TEXAS CAN BE QUITE VOLATILE. ANY GIVEN YEAR MAY SEE EXCESSIVE HEAT LEADING TO WILDFIRES, BONE-CHILLING COLDS, OR STORMS THAT GENERATE FLOODS, DEADLY LIGHTNING, OR EVEN TORNADOS. ANY OF THESE WEATHER EVENTS COULD MEAN DISASTER FOR THOSE AFFECTED AND MAY MERIT EVACUATING YOUR HOME.

IF AN EVACUATION ORDER IS GIVEN, IT IS BEST TO LEAVE IMMEDIATELY FOR BOTH YOUR SAFETY AND TO MAKE IT EASIER FOR RESPONDERS AND OFFICIALS TO MITIGATE THE EMERGENCY. FOR THAT TO GO SMOOTHLY, YOU NEED TO BE READY; A "READY KIT" CAN HELP YOU. LIKEWISE, IF A SHELTER IN PLACE ORDER IS ISSUED, THERE ARE CERTAIN ITEMS YOU WILL WANT ON HAND, PREFERABLY ENOUGH TO LAST 72 HOURS FOR EACH PERSON IN THE HOME. FOOD IN THE KIT SHOULD BE NON-PERISHABLE AND WATER NEEDS ARE GENERALLY CONSIDERED TO BE ONE GALLON PER DAY PER PERSON OR PET.



REBUILD HEALTH HAS A NEW LOOK

CHECK OUT OUR NEW LOOK AND TRY SOME OF OUR HEALTHY RECIPES IN THE HEALTHY LIVING SECTION OR READ UP ON HOW TO BE READY AND SAFE DURING EACH TEXAS SEASON IN OUR EMERGENCY PREPAREDNESS SECTION!

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HERB GARDENS TO SPICE THINGS UP

WANT TO MAKE YOUR OWN SEASONING? YOU CAN GROW HERBS IN YOUR KITCHEN (OR IN A GARDEN OUTSIDE) AND USE THEM TO SEASON YOUR FOOD.

STEP 1. FIND A SUNNY SPOT, EITHER BY A WINDOW OR OUTSIDE

STEP 2. USE POTTING SOIL AND PLACE 1-2 SEEDS 1/4 INCH BELOW THE TOP OF THE SOIL, COVERING IT WITH SOIL. YOU CAN ALSO USE A STARTER PLANT TO SPEED THE PROCESS UP.

STEP 3. BE SURE TO WATER THE SOIL, ENOUGH TO KEEP IT MOIST, BUT NOT WATERLOGGED. IF YOU ARE USING A POT OR CONTAINER FOR YOUR HERB GARDEN, ENSURE THAT HAS DRAINAGE HOLES TO PREVENT OVERWATERING.

STEP 4. WATER ONCE A WEEK

PRO TIP: YOU CAN USE A CHOP STICK OR TOOTHPICK TO CHECK HOW WET THE SOIL IS.

IF YOU'RE STILL STUCK, TRY TO USE A STARTER KIT WITH OREGANO, CILANTRO AND MORE KEY SPICES. IT'LL PROVIDE WHAT YOU NEED (EXCEPT THE WATER) AND WALK YOU THROUGH THE PROCESS!



BREASTFEEDING MONTH

AUGUST IS NATIONAL BREASTFEEDING MONTH, AND SEPTEMBER 1ST THROUGH 7TH IS NATIONAL BREASTFEEDING FRIENDLY WORKPLACE WEEK. DID YOU KNOW THAT YOUR BUSINESS BEING DESIGNATED BREASTFEEDING-FRIENDLY HAS SEVERAL BENEFITS?

**GIVE US A CALL AT THE HEALTH DEPARTMENT TO LEARN MORE!
325.437.4673**



PUBLIC HEALTH
CITY OF ABILENE TEXAS