



In this Issue

Hot Topics

- [New Forecast Calls for Fewer Major Storms](#)
- [Protect Your Health During Extreme Heat](#)
- [National Preparedness Month: Make a Plan for You and Your Family](#)

Education/Communication

- [Health Risks Associated with Wildfire Smoke](#)
- [Coping with the Aftermath of an Emergency](#)
- [What Does It Mean to Shelter in Place?](#)

Hot Topics

New Forecast Calls for Fewer Major Storms

The Colorado State University forecast team updated their forecast for the 2018 Atlantic Hurricane Season. Experts say fewer storms are likely to form this year than originally predicted. A combination of colder than normal Atlantic waters and a relatively high potential for a weak El Niño reduce the risk of a major hurricane striking the United States coastline. However, the most active time of the Atlantic hurricane season starts August 20 and peaks around September 10. Despite the updated forecast with fewer storms, people are urged to stay prepared. It only takes one storm making landfall to create a significant impact in your community.



Read More: <https://wxch.nl/2O51ruE>

[BACK TO TOP](#)

Protect Your Health During Extreme Heat



Some cities in the United States are experiencing soaring temperatures this summer. During heat waves, there are increases in illnesses, hospital admissions, and premature deaths among people with heart, kidney, and lung diseases. According to the Centers for Disease Control and Prevention (CDC), extreme heat causes more than 600 deaths each year. People with kidney disease should take additional steps to protect their health in the summer heat.

Read More: <https://bit.ly/2M0Vkl1>

[BACK TO TOP](#)

National Preparedness Month: Make a Plan for You and Your Family



Mark your calendar! September is National Preparedness Month, an opportunity to support emergency preparedness efforts and encourage the public to take action to prepare. The initiative is led by the Federal Emergency Management Agency (FEMA). This year's Preparedness Month theme is "Disasters Happen. Prepare Now. Learn How." Below is a link to tips and resources from our partners at Ready.gov.

Read More: <https://bit.ly/29XOLVI>

[BACK TO TOP](#)

Education/Communication

Health Risks Associated with Wildfire Smoke

Wildfires are destroying communities across the western parts of the United States. In California, one fire burned more than 255,000 acres. Besides destroying property, wildfires cause poor air quality and related health concerns. The CDC has some advice for reducing your exposure risk and keeping you and your family safe.



Read More: <https://bit.ly/2u4VeIz>

[BACK TO TOP](#)

Coping with the Aftermath of an Emergency



After a major emergency many people experience a wide range of reactions, including shock, confusion, feelings of numbness, stress; they may even withdraw from family and friends. These feelings are normal. Understanding what you are feeling and taking positive steps can help you cope with the disaster. These resources offer tips and tools to help with coping in the aftermath of an emergency.

Read More: <https://bit.ly/2M0mfqB>

[BACK TO TOP](#)

What Does It Mean to 'Shelter in Place'?

'Shelter in place' is a phrase you may hear during an emergency. But what does it mean? Sheltering in place is a precautionary action to keep people as safe as possible while indoors during an emergency event. When asked to shelter in place, residents should select a small, interior room, with no or few windows, and take refuge there. Click on the link below to learn more about the best places to take shelter during different types of emergencies.

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

[BACK TO TOP](#)

You can find this month's KCER Watch, along with past editions, on our website:
www.kcercoalition.com/kcerwatch

What do you think about this edition of KCER Watch?
We want your feedback! Please click here to complete a short survey:
<https://www.surveymonkey.com/r/KCERAug2018>



www.kcercoalition.com



www.facebook.com/KCERCoalition



[@KCERProgram](https://twitter.com/KCERProgram)

This material was prepared by the Kidney Community Emergency Response (KCER) contractor, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy nor imply endorsement by the U.S. Government. CMS Contract #: HHSM-500-2006-00007C Pub. No.: FL-KCER-7K2T3A-08082018-01