



Remember to
SHELTER-IN-PLACE
When the siren sounds

- ▶ Seek shelter
- ▶ Shut doors and windows
- ▶ Turn off A/C or heaters
- ▶ Turn on cable television
- ▶ Avoid unnecessary use of telephone

Wait until you get word of an "all clear" before going back outside.

IT'S THE SEASON TO BE HURRICANE PREPPED & SCHOOL SAFETY AWARE

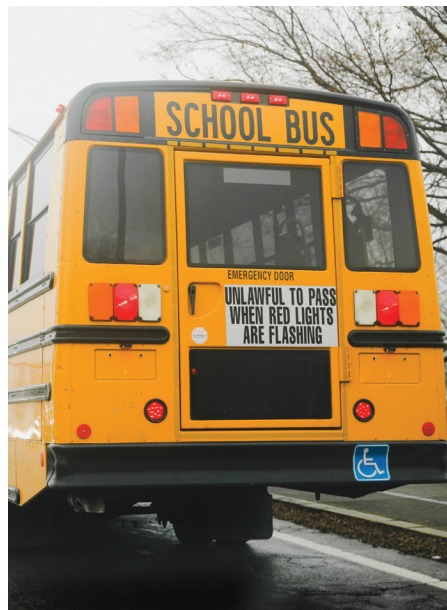
This edition of the **IBERVILLE I-CAER LEPC SAFETY NEWS** features two important topics.

Please read about **BACK TO SCHOOL SAFETY** (page 2) and **HURRICANE PREPAREDNESS** (page 5). We offer a variety of tips, useful links, and perspectives for residents, parents, and business owners.

We also include information from American Red Cross, National Safety Council, and the I-CAER and Iberville Parish Emergency Preparedness department.

Another item of importance, especially during high temperatures, is **HYDRATION**.

Please see the short article about ways to stay hydrated from foods with high water content (page 6).



Iberville CAER/LEPC – A Winning Combination – www.i-caer.org



TSRC Specialty Materials LLC



BACK TO SCHOOL SAFETY

By the time you read this newsletter, school will have been in session for a few weeks. Please take time to review these Back to School Safety Tips. We have gathered a variety of resources including from American Red Cross, National Safety Council and Allied Universal. We discuss adults bringing students to school, sharing the road, cell phones, and safety online with students.



SCHOOL DAYS BRING CONGESTION:

School buses are picking up their passengers, kids on bikes are hurrying to get to school before the bell rings, harried parents are trying to drop their kids off before work. It's never more important for drivers to slow down and pay attention than when kids are present – especially before and after school.

IF YOU'RE DROPPING OFF

Schools often have very specific drop-off procedures for the school year. Make sure you know them for the safety of all kids. The following apply to all school zones:

- Don't double park; it blocks visibility for other children and vehicles
- Don't load or unload children across the street from the school
- Carpool to reduce the number of vehicles at the school

SHARING THE ROAD WITH YOUNG PEDESTRIANS

According to research by the National Safety Council, most of the children who lose their lives in bus-related incidents are 4 to 7 years old, and they're walking. They are hit by the bus, or by a motorist illegally passing a stopped bus. A few precautions go a long way toward keeping children safe:

- Don't block the crosswalk when stopped at a red light or waiting to make a turn, forcing pedestrians to go around you; this could put them in the path of moving traffic
- In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection
- Always stop for a school patrol officer or crossing guard holding up a stop sign
- Take extra care to look for children in school zones, near playgrounds and parks, and in all residential areas
- Don't honk or rev your engine to scare a pedestrian, even if you have the right of way
- Never pass a vehicle stopped for pedestrians
- Always use extreme caution to avoid striking pedestrians wherever they may be, no matter who has the right of way

SHARING THE ROAD WITH SCHOOL BUSES

If you're driving behind a bus, allow a greater following distance than if you were driving behind a car. It will give you more time to stop once the yellow lights start flashing. It is illegal in all 50 states to pass a school bus that is stopped to load or unload children.

- Never pass a bus from behind – or from either direction if you're on an undivided road – if it is stopped to load or unload children
- If the yellow or red lights are flashing and the stop arm is extended, traffic must stop
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus
- Be alert; children often are unpredictable, and they tend to ignore hazards and take risks

www.nsc.org/community-safety/safety-topics/school-safety/back-to-school-safety-tips-for-drivers





**American
Red Cross**

SAFETY TIPS FROM THE AMERICAN RED CROSS

As we near that time of year when kids head back to the classroom, the American Red Cross offers this checklist you can follow to help make sure your student is safe.

If your student is younger or going to school for the first time, teach them:

- Their phone number, address, how to get in touch with their parents at work, how to get in touch with another trusted adult and how to dial 911.
- Not to talk to strangers or accept rides from someone they don't know.

If your child walks to school, teach them to:

- Walk on the sidewalk. If no sidewalk is available, walk facing traffic.
- Stop and look left, right and left again to see if cars are coming.
- Cross the street at the corner, obey traffic signals and stay in the crosswalk.
- Never run out into the street or cross between parked cars.

If your student takes the bus to school, teach them to:

- Get to their bus stop early and stand away from the curb while waiting for the bus to arrive.
- Board the bus only after it has come to a complete stop and the driver or attendant has instructed them to get on. And only board their bus, never an alternate one.
- Stay in clear view of the bus driver and never walk behind the bus.


If your student rides their bike to school, teach them to:

- Always wear a helmet.
- Ride on the right in the same direction as the traffic is going.

If you drive your child to school, teach them to:

- Always wear a seat belt. Younger children should use car seats or booster seats until the lap-shoulder belt fits properly (typically for children ages 8-12 and over 4'9"), and ride in the back seat until they are at least 13 years old.





DRIVERS, SLOW DOWN!

Yellow flashing lights indicate the bus is getting ready to stop – motorists should slow down and be prepared to stop. Red flashing lights and an extended stop sign indicate the bus is stopped. Motorists must remain stopped until the red lights have stopped flashing, the stop arm is withdrawn, and all children have reached safety.

Motorists must stop in both directions on two and four-lane highways. If physical barriers separate oncoming traffic from the bus, motorists in the opposing lanes may proceed with caution.

For more information, please visit redcross.org or follow us on social media.

www.redcross.org/about-us/news-and-events/news/2023/ten-safety-tips-to-follow-as-students-head-back-to-school.html?srltid=AfmB0oq_1w4TQhYuY-J40CNCZqt25UbyRF91jqwr3nM-AewRFssmvST3q

If you have a teenager driving to school, make sure they:

- Use seat belts.
- Don't use their cell phone to text or make calls and avoid eating or drinking while driving.

If you are considering getting your student a cell phone:

- Download the free Red Cross First Aid and Emergency apps to give them access to first aid tips for common emergencies and real-time weather alerts. Find the apps in smartphone app stores by searching for the American Red Cross or going to redcross.org/apps.



CELL PHONES: A DEADLY DISTRACTION

The National Safety Council is focused on efforts to eliminate distracted walking – specifically walking while using a mobile device. Kids often don't recognize the dangers of distracted walking, as this eye-opening video by Safe Kids Worldwide indicates. www.safekids.org/video/gary-street-distracted-walking

Before your children head out, remind them of these year-round safety tips:

- Never walk while texting or talking on the phone
- If texting, move out of the way of others and stop on the sidewalk
- Never cross the street while using an electronic device
- Do not walk with headphones in your ears
- Be aware of your surroundings
- Always walk on the sidewalk if available; if you must walk on the street, face oncoming traffic
- Look left, right, then left again before crossing the street
- Cross only at crosswalks

Kids Aren't the Only Ones Distracted
Drivers have a lot to pay attention to in school zones, too, and there is never an occasion that justifies using a phone while driving. One call or text can change everything.

www.nsc.org/community-safety/safety-topics/school-safety/head-up-phone-down



ONLINE SAFETY FOR CHILDREN: UNDERSTANDING THE RISKS

The web evolves quickly, making it challenging for families to keep pace. Being aware of threats — ranging from cyberbullying to privacy breaches — helps parents create a safer online experience.

Here are a few common concerns:



- **Stranger contact:** Predators can target minors through chat features in games, social apps, or messaging platforms.
- **Inadvertent exposure:** Even a simple search can lead to explicit or disturbing content.
- **Phishing attempts:** Emails or links that seem genuine may trick children into revealing personal details.
- **Cyberbullying:** Hurtful posts or messages can damage a child's self-esteem and sense of security.
- **Safeguarding** children goes beyond installing antivirus software. It involves setting boundaries, fostering open dialogue, and maintaining consistent supervision. By staying informed and involved, parents can guide children toward safer online behaviors.

7 ONLINE SAFETY TIPS FOR PARENTS

1. Keep Lines of Communication Open

Encourage children to speak freely about their online activities. Ask which apps they use and whom they talk to in digital spaces. If they report feeling uneasy about a conversation or an interaction, listen attentively. Reassure them you are always available to help, no matter the situation.

2. Set Clear Rules and Boundaries

Kids thrive when they understand what is allowed and why it matters. Establish guidelines regarding screen time, suitable websites, and approved platforms. Explain the purpose behind these rules so children appreciate that they exist to protect their well-being.

3. Use Parental Controls

Most smartphones, tablets, and gaming systems include settings that limit content based on age ratings or specific keywords. You can also install third-party apps that track usage and block certain categories of websites. While these

controls offer extra security, nothing substitutes for close monitoring and family discussions.

4. Monitor Social Media Use

Social networks can be breeding grounds for privacy violations. Go through app permissions with your child to confirm personal information is not publicly visible. Encourage them to keep their accounts private, limit friend requests to people they genuinely know, and never share passwords.

5. Teach Safe Password Practices

Emphasize that strong passwords are essential. They should contain a mix of letters, numbers, and symbols to maximize security. Children might feel tempted to share a password with close friends. Stress that passwords should remain private to reduce the risk of hacking or unwanted account access.

6. Guide Children on Recognizing Red Flags

Explain how to spot alarming content and scam attempts. Emails or messages that ask for personal details, such as birthdates, should raise suspicion. If children know what looks questionable, they are more likely to pause and ask an adult for help.

7. Lead by Example

Model the online behavior you want your kids to follow. Maintain respectful interactions on social media, exercise caution with personal information, and be mindful of your digital footprint. Actions often speak louder than words, especially when children observe adults' habits.

www.pollyklaas.org/how-to-keep-children-safe-online-essential-tips-for-parents/?gad_source=1&gad_campaignid=21151467800&gbraid=0AAAAAD-3wR7d2LjCmZ1KZz_FdUBm9S0S9i

HURRICANE PREPAREDNESS

Hurricane season officially began June 1 and extends until November 30.

While the winds are quiet is a great time to review your plan, gather your emergency kit, and discuss details with your family.

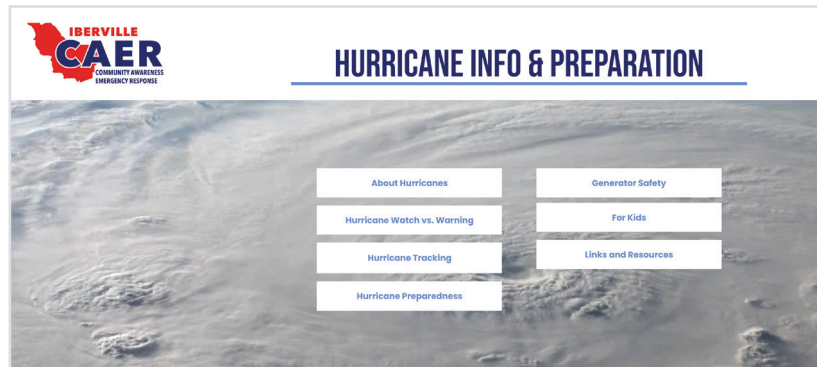
We have learned a lot since Hurricane Katrina, which struck 20 years ago on August 29. We encourage and urge you to take the time and review your plan!

First, you may find it helpful to visit a few websites. Here are some valuable LINKS and RESOURCES:

Please visit www.i-caer.org

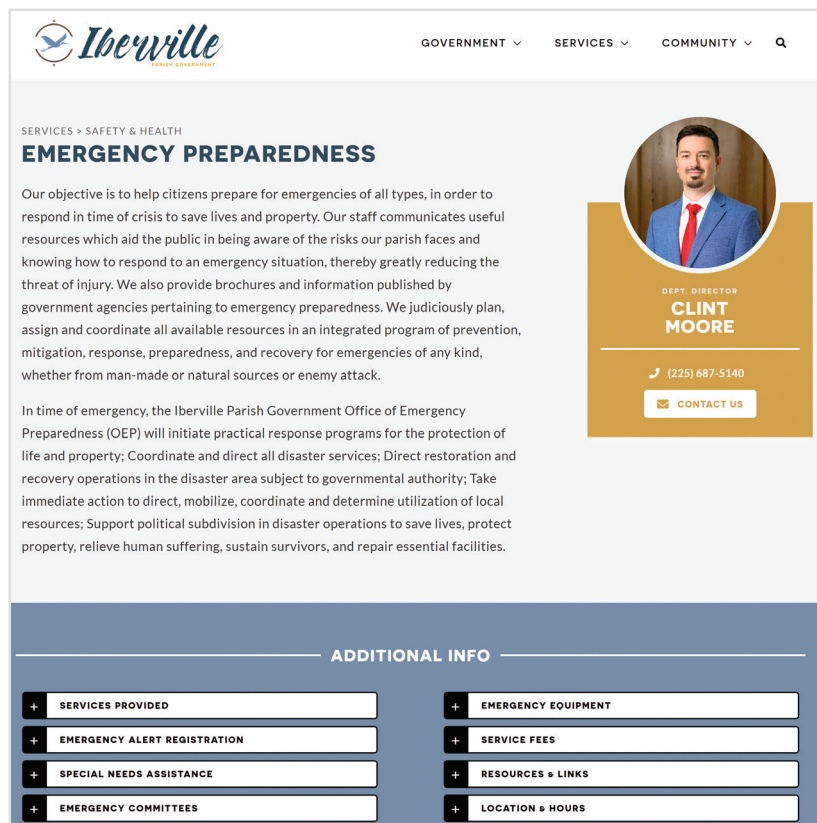
We offer a wealth of hurricane preparedness information and checklists. Remember to check the Emergency Preparedness Guide on pages 17 & 18. On the I-CAER website on the Emergency Preparation button is a drop down menu option for HURRICANE INFO & PREPARATION.

It takes you here:



Likewise, Iberville Parish and the Emergency Preparedness department share many useful links.

Visit ibervilleparish.com/emergency-preparedness/ and look for Links and Resources.



 **entergy** promotes this information:

PREPARE NOW FOR HURRICANE SEASON

Hurricane season is officially underway, and we're encouraging all customers to join us in being storm-ready. As we've experienced recently, storms are impacting our region more frequently and with increasing intensity, and while storm season serves as an important milestone, readiness is a year-round focus for Entergy Louisiana. We continue to make progress on our five-year grid resilience plan, which includes projects designed to strengthen the state's electric infrastructure. This plan aims to hasten recovery after the storm, reduce restoration costs, and enhance reliability for Louisiana communities and businesses. Find out more about Entergy Louisiana's grid resilience plan, including projects in your area, by visiting entergy-louisiana.com/resiliency.

Now is the time for you to prepare safety preparations to minimize storm impacts, too. Learn how to make an emergency kit and get important safety tips at the Entergy Storm Center:

- **Start with a plan:** Hurricane preparedness tips.
- **Build your kit:** What to pack and how to prepare.
- **Your mobile phone:** A lifeline during a disaster.
- **Stay safe:** Safety after the storm.
- **Generator safety:** Know the hazards.
- **Extreme heat:** Know the signs.

ADDITIONAL USEFUL HURRICANE PREPAREDNESS WEBSITES/LINKS:



National Weather Service:

www.weather.gov/srh/

Cox Communications provides details of their service and tips for residents.

www.cox.com/residential/support/outages/disaster-support.html.

FEMA has preparation information available entitled, How to Prepare for a Hurricane | FEMA.gov Visit www.fema.gov/blog/how-prepare-hurricane.

Hanover Insurance

www.hanover.com/resources/tips-individuals/weather-resource-center/hurricane-safety-tips-and-resources?ID=ab%3A1894183

The U.S. Government at Ready Business, LWCC and AccuWeather offer instruction for business owners regarding hurricane preparedness.

Ready Business Hurricane Toolkit | Ready.gov:

www.ready.gov/collection/business-hurricane-toolkit

LWCC: www.lwcc.com/hurricane-preparedness

AccuWeather: www.accuweather.com/en/blogs-webinars/hurricane-preparedness-checklist-for-businesses-protecting-your-assets-and-operations/1702523

HYDRATION

The Top 20 Hydrating Foods:

- Cucumber
- Iceberg lettuce
- Celery
- Tomatoes
- Romaine lettuce
- Zucchini
- Watermelon
- Spinach
- Strawberries
- Skim milk
- Soy milk
- Cantaloupe
- Honeydew melon
- Kale
- Broccoli
- Peaches
- Carrots
- Oranges
- Pineapple
- Apples



Importance of **HYDRATION**

SYMPTOMS OF DEHYDRATION:

- THIRST
- DIZZINESS
- CONFUSION
- FATIGUE
- DRY SKIN/MOUTH
- LESS-FREQUENT URINATION
- INCREASED HEART RATE

Tips to hydrate

- DRINK AT LEAST 64 OUNCES OF FLUID PER DAY
- MINIMIZE THE CAFFEINE
- AVOID ALCOHOL AND SUGARY BEVERAGES
- WHETHER YOU ARE THIRSTY OR NOT, DRINK WATER BEFORE, DURING AND AFTER EXERCISING

BaylorHealth.com/sportscare

These 20 foods contain at least 85% water, making them a great choice for a person's hydration needs.

Water is essential for human health, but water alone does not hydrate the body. In fact, people can increase their hydration level and water intake with many foods and other drinks.

Eating healthful hydrating foods — especially during warm weather, when the body loses water and vital electrolytes

through sweating — can keep hydration levels up and provide a variety of nutrients.

To read the full article and information, visit this website www.medicalnewstoday.com/articles/325958

For additional Heat Wave Safety Tips, please see page 6 of the Iberville Parish Emergency Preparedness Guide, available online at www.i-caer.org

SIGN UP FOR EMERGENCY ALERTS!

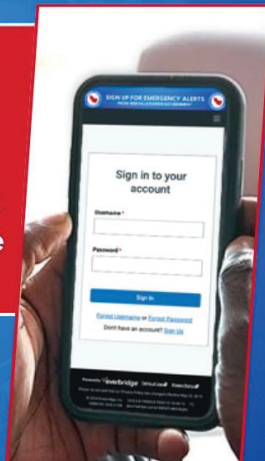
Register your mobile number to receive critical messages from Iberville Parish!

Sign up online by using the link on our website or call the Office of Emergency Preparedness.



EMERGENCY PREPAREDNESS

(225) 687-5140



<https://member.everbridge.net/107925548826627/login>



Reminder: **FREE Smoke Detectors and Installation**

In an effort to reduce fire-related deaths and injuries, the Louisiana State Fire Marshal's office launched a program which offers a free smoke detector to any homeowner who does not have one.

If you do not have a smoke detector and would like a free one, simply call your local fire department or the Emergency Operations Center at **(225) 687-5140** to get an application. A fireman will deliver it to your home and install it for you.