

DETROIT NATIVE SUN

Enlightening the Community

Pandemic preparedness - Were you ready?

By Ma'at Seba
SUN COLUMNIST



In 2003, there was a power outage that affected several northeastern states. The outage in most areas lasted no more than 24 hours and so most people coped fairly well. However, what if the blackout had

lasted for four days, a week or three weeks? If you were to experience a disaster today, the question is, Are You Ready?

Because of the Covid pandemic we have already experienced basic services such as electricity, water, sewage and telephone interruptions. Public transportation such as buses and subways ceased, the planes and trains were grounding and stranding passengers. All shipping and delivery services are still trying to recover and get their services running in spite of staff not showing up due to illness or the fear of it from the virus. Truckers threatened to stop their routes because there were no places to eat or use the restroom. Police, fire and EMS services were reduced to top priority life threatening situations only. There have been long lines at the gas pumps, grocery, car repair and hardware stores when they finally re-opened. Not only is there now an increase in the virus spreading when the numbers were going down, there are rumors of an upcoming power outage in the fall. If your city is faced with an immediate disaster, the question is, Are You Ready?

When the Covid pandemic hit there was not enough warning to prepare for it. People were going about their day and then they found themselves faced with an unexpected disastrous situation and many without the resources on how to handle it.

It is a good idea to prepare your home, car and even your business for an emergency situation by having a basic emergency supply kit and readiness plan of action. Listed are some basic suggestions (www.Ready.gov):

- Water, one gallon of water or more per person per day for at least 30 days, for drinking and sanitation
- Food, at least a 30-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dusk mask to help filter contaminated air, electrical tape, plastic sheeting and duct tape to shelter-in-place or to seal doors and windows in case of airborne contaminants, smoke etc.
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities (learn where the shut off valves are located and the proper procedure for disconnections and shutoffs)
- Can opener for food (if kit contains canned food)
- Maps (local, state and national)
- Cell phone with chargers, inverter or solar charger
- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.Ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.

• Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.

• Household chlorine bleach and medicine dropper - When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.

- Fire Extinguisher
- Matches in a plastic zip-lock bag or a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children

If there is another quarantine remember that you may not be able to get the basic things that you need for survival even medications, shoes, clothes or food so Get Prepared Now and Make A Plan! Also prepare for infants, seniors or people with special needs such as: formula, diapers, bottles, powdered milk, medications, moist towelettes, diaper rash ointment, heart and high blood pressure medication, insulin and other prescription drugs, denture needs, contact lenses and supplies, list of medications including dosages, list of any allergies, extra eyeglasses and hearing-aid batteries, extra wheelchair batteries and oxygen. Keep a list of the style and serial number of medical devices, medical insurance and Medicare cards, doctors, relatives or friends who should be notified if you are hurt. If you have a cell phone, program that person(s) as "ICE" (In Case of Emergency) in your phone. If you are in an accident, emergency personnel will often check your ICE listings in order to get a hold of someone you know. Decide ahead of time what the criteria would be for "Stay or go" if a disaster should happen and what the evacuation options are for leaving your area or city. Consider that family members might be in several locations such as work, school, church, an event etc. and what the plan will be for contacting each other and a pre-planned location of meeting up with each other should communications (phones and cell phones) be inoperable.

Select foods that require no refrigeration, preparation or cooking and little or no water, pack a manual can opener and eating utensils, avoid salty foods because they will make you thirsty, choose foods your family will eat such as ready-to-eat canned meats, fruits and vegetables, protein or fruit bars, dry cereal or granola, peanut butter, dried fruit, nuts, crackers, canned juices, non-perishable pasteurized milk, high energy foods, vitamins, infant foods comfort/stress foods. Also it is important to have items that are multi-purposed such as colloidal silver (kills viruses and bacteria's), hydrogen peroxide 35% food grade (it has internal and external uses) and green foods (which can sustain life if there is no other sources of food such as Moringa (which also purifies turbid water), spirulina, wheat grass, barley grass and alfalfa).

There are many websites, books and resources with information on emergency survival and preparedness, as well as doing research on the preparedness resources from your city. It would be wise to prepare yourself and your family for emergency situations and not assume that nothing will ever happen in your life that might require you to not be ready.

For additional information, visit Loving Life Health Store at 15224 W. 7 Mile, Detroit, MI. 48235 Mon-Fri. 10-7 pm & Sat. 10 - 6 pm. Call (313)861-1118.

For Veggie Sake

EAT YOUR WATER



By Melody Thompson
SUN COLUMNIST



If projections become reality, Detroit could be halfway to a historic heat wave of consecutive 90-degree days set more than six decades ago.

On extremely hot days, it's important to stay cool, to remain hydrated and drink plenty of water! Be careful when going outside. If you feel or see someone that's dizzy or nauseous, it could be heat stroke. In fact, not drinking enough water can lead to dehydration which can cause fatigue, headaches, skin problems, muscle cramps, low blood pressure and a rapid heart rate. What's more, prolonged dehydration can lead to serious complications like organ failure. Experts generally recommend drinking several glasses of water per day to meet your hydration needs. But while drinking water is very important, you can also get it from foods. There are many healthy foods that can contribute a large amount of water to your diet.

1. Watermelon 92% Water content in addition to some excellent water content, watermelon also contains important nutrients, including vitamin C, vitamin A and magnesium. Furthermore, watermelon is rich in powerful antioxidants, including lycopene. It's also quite low in calories.
2. Strawberries 91% Water content Strawberries also provide lots of fiber, disease-fighting antioxidants and vitamins and minerals, including vitamin C, folate and manganese.
3. Cantaloupe 90% Water content

One cup of cantaloupe also contains 2 grams of fiber, which works together with water to promote fullness and reduce your appetite.

4. Peaches Water content 89% They also provide several important vitamins and minerals, such as vitamin A, vitamin C, B vitamins and potassium. Furthermore, eating peaches with the skin on may also contribute disease-fighting antioxidants like chlorogenic acid to your diet.

5. Oranges Water content 88% Also packed with vitamin C and potassium, which may boost your immune function and heart health. Oranges are also rich in disease-fighting antioxidants, including flavonoids, which may prevent cell damage by reducing inflammation.

6. Cucumber Water content 95% They are made up almost entirely of water and also provide a small amount of some nutrients, such as vitamin K, potassium and magnesium. Compared to other water-rich vegetables, cucumbers are one of the lowest in calories. There are only 8 calories in a half-cup serving, and their water content makes them very refreshing.

7. Lettuce Water content 96% Additionally, lettuce is high in vitamins K and A, both of which have been studied for their roles in keeping your bones and immune system healthy.

8. Celery Water content 95% In addition, celery contains some fiber and lots of important nutrients. It's particularly high in vitamin K and potassium, which may protect against heart disease, certain types of cancer and bone-related diseases like osteoporosis.

For more information, ideas or questions contact us at forveggiesake@yahoo.com.

How to tell if you have severe asthma

(StatePoint) While the majority of the more than 25 million Americans living with asthma enjoy active, healthy lives, for others, severe symptoms are part of daily life, despite using high dose asthma medicines and avoiding triggers.

Does this sound familiar? If so, you could have severe asthma, a type of asthma that affects approximately 5-10 percent of those with the condition. Increasing the risk of death, illness, and depression, and limiting the ability to work or go to school, severe asthma is dangerous, and is responsible for 50 percent of all asthma healthcare costs. Control is the key and is attainable even if you do have severe asthma.

Is your asthma under control? To find out, start by visiting the American Lung Association website, where you can take the My Asthma Control Assessment and access a downloadable summary of its findings to take to your next doctor's appointment. Visit Lung.org/severe-

asthma for more information, as well as to access questions that you can ask your doctor for a more productive conversation.

Better understanding your asthma is the first step to taking better control of your symptoms.

Do I Have Severe Asthma?

Better understand your asthma, so you have better control of your symptoms.

	Well Controlled	Uncontrolled	Difficult-to-treat	Severe
Daily asthma symptoms and activity limitations		✓	✓	✓
Waking up at night due to asthma		✓	✓	✓
Daily use of quick-relief medicine		✓	✓	✓
Asthma episodes requiring an oral corticosteroid, emergency room visit or hospital stay		✓	✓	✓
Use of multiple medium to high-dose long-term controller medicines			✓	✓
Biomarkers are positive for type 2 or non-type 2 inflammation				✓