How prepared are you for severe weather?

Spring Storms are On Their Way
Here are some ways to stay safe

Are you prepared for a severe storm? Tornadoes, severe storms, and flash floods all occur every year throughout the state. On average, Georgia has between 50-60 days with thunderstorms every year. So, with spring bringing warmer weather and an increase in these storms, it’s important to be ready for them.

Here are some things to keep in mind to keep safe:

► Six inches of fast-moving water can knock you off your feet.

► Two feet of rushing water can carry away most vehicles (including SUVs and pickups). Turn around if you see water on the road!

► Lightning may occur as far as 10 miles away from any rainfall- take shelter before a storm hits.

► Have an action plan for you and your family in case of tornadoes, hurricanes, thunderstorms, and floods.

Do not let a severe storm catch you off guard, as it’s often too late to be prepared after a storm hits. Use technology to your advantage and sign up for weather alerts on your phone or through email.

Plan Now To Protect You and Your Family from Storms

(NOAA or Weather Channel are good ones) so you can be warned of severe weather developments. Now is the time to Prepare...Because you care.

NOAA Weather
www.weather.org
The Weather Channel
www.weather.com
**Celebrate Diabetes Alert Day**

Are you at risk for Type 2 diabetes? To find out, take the Diabetes Risk Test.

Why should you take it? Because often Type 2 diabetes can be prevented or at least delayed by losing 7% of your current body weight and by being physically active for just 30 minutes five or more days a week.

The American Diabetes Association estimates that 79 million American have **pre-diabetes.** You are more at risk if you:

- Have close family members with diabetes.
- Are of African, Asian or Hispanic heritage.
- Are over the age of 65
- Are overweight or obese

You can get the test by visiting the American Diabetes Association on Facebook, stopdiabetes.com or by calling 1-800-DIABETES (1-800-342-2383).

**National Sleep Awareness Week Begins March 3**

Many Americans of all ages are suffering from inadequate sleep. Most adults need 7-9 hours of sleep. Children and teens need even more than that. Even sleeping 30 minutes less can make you drowsy all day. Here are some ways to improve the quality and quantity of your sleep.

Take time to calm down before you go to sleep. Have a bed time ritual like a warm bath, reading a book or listening to soft music. Turn off the TV, computer and phone at least one hour before you go to bed. Just the light from these machines can disturb your sleep pattern.

Do not consume caffeine, drink alcohol or eat a heavy meal or snack near bedtime. Make sure your bed is comfortable and the room is cool and dark.

If you are on diuretics (water pills), take them early in the day so you will not have to get up often to use the bathroom.

If you are still sleepy despite these measures, you may have sleep apnea that causes you to stop breathing for short periods of time and wakes you up. Your doctor can order a sleep study to see if you have this problem. If you do, you may need to use a special device to improve your breathing. Losing weight, if you are overweight, can also help.