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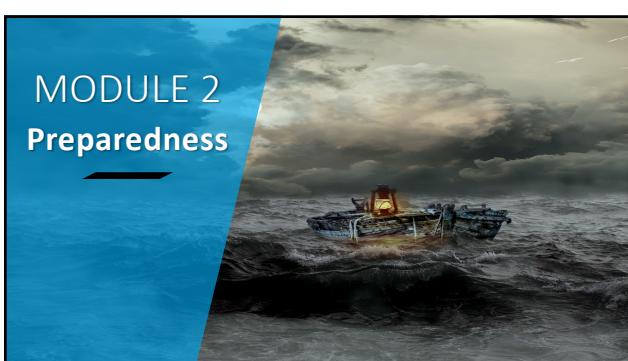
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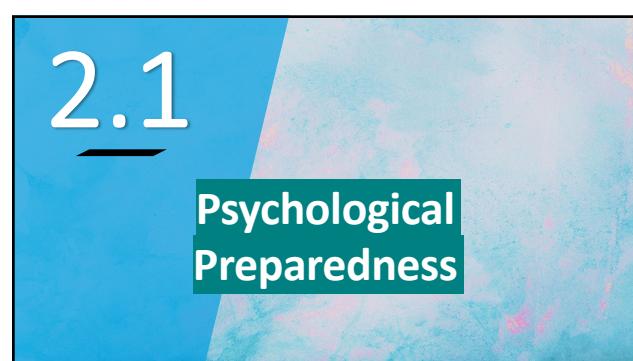
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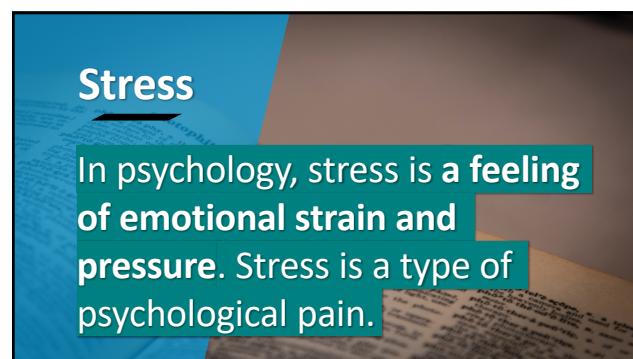
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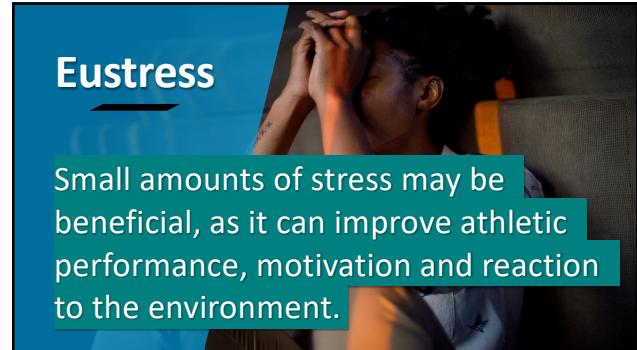
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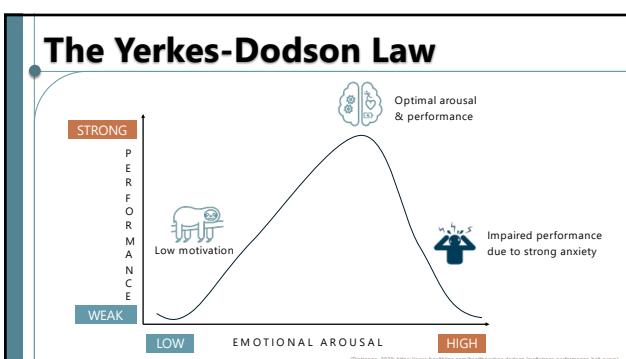
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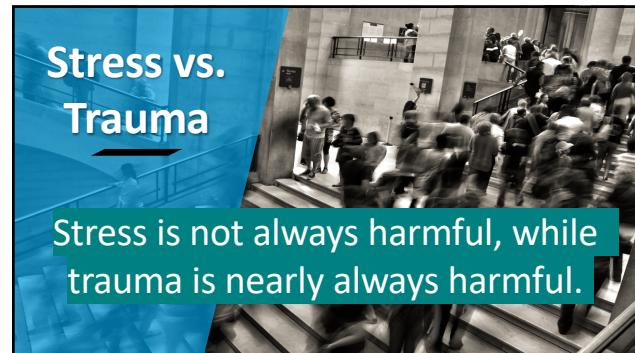
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The Stress Continuum Model			
READY (Green)	REACTING (Yellow)	INJURED (Orange)	ILL (Red)
DEFINITION <ul style="list-style-type: none"> Optimal functioning Adaptive growth Wellness FEATURES <ul style="list-style-type: none"> At one's best Well-trained and prepared Controlled Physically, mentally & spiritually fit Mission-focused Motivated Calm and steady Having fun Behaving ethically 	DEFINITION <ul style="list-style-type: none"> Mild and transient distress or impairment Always goes away Low risk FEATURES <ul style="list-style-type: none"> Any Stressor 	DEFINITION <ul style="list-style-type: none"> More severe & persistent distress or impairment Leaves a scar Higher risk FEATURES <ul style="list-style-type: none"> Life threat Loss Moral Injury Wear & tear 	DEFINITION <ul style="list-style-type: none"> Clinical mental disorder Unhealed stress injury causing life impairment TYPES <ul style="list-style-type: none"> PTSD Depression Anxiety Substance use disorders FEATURES <ul style="list-style-type: none"> Symptoms persist & worsen over time Severe distress or social/occupational impairment

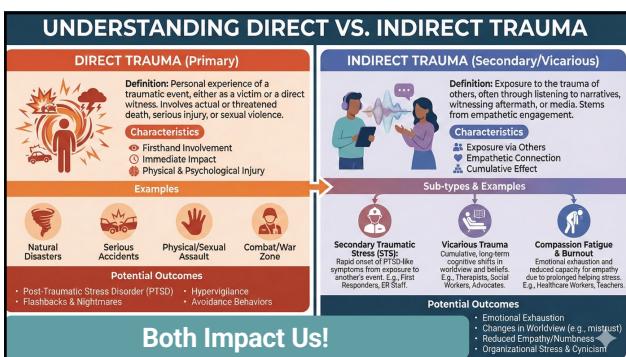
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Four Causes of Stress Injuries			
Trauma	Loss	Inner Conflict	Wear and Tear
A traumatic injury Due to the experience of or exposure to intense injury, horrific or gruesome experiences, or death.	A grief injury Due to the loss of people, things or parts of oneself.	A moral injury Due to behaviors or the witnessing of behaviors that violate moral values.	A fatigue injury Due to the accumulation of stress from all sources over time without sufficient rest and recovery.

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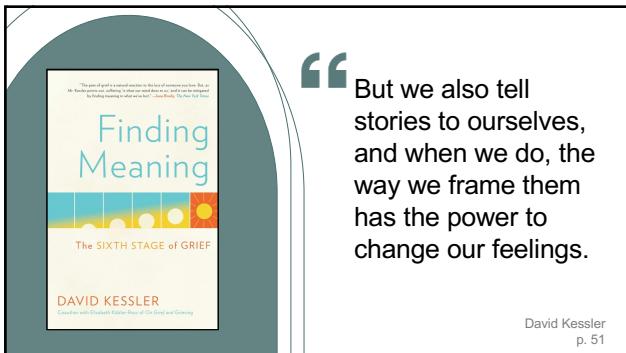


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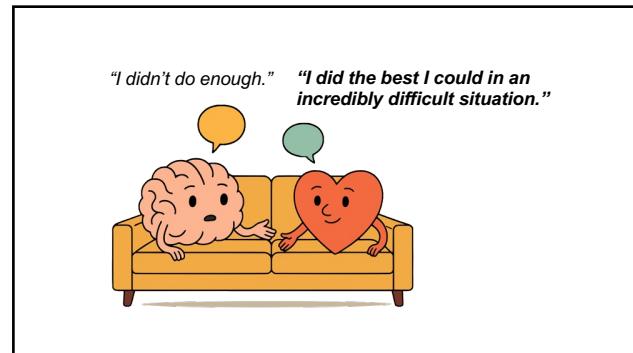
It is crucial to remember that when a natural disaster strikes, it exacerbates pre-existing trauma -- including individual victimization and the trauma that results from chronic neighborhood violence, poverty, and lack of resources. In addition, it is often under-resourced communities that take the longest to recover from large-scale trauma.

Florida State University

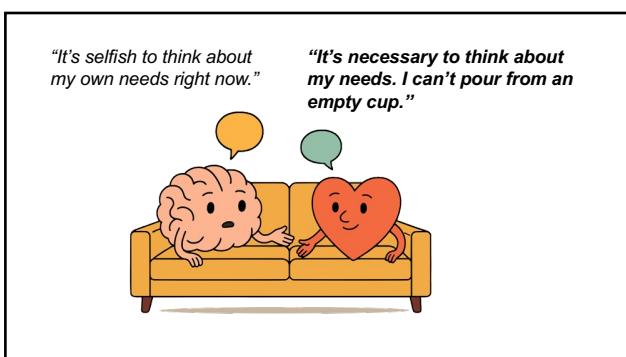
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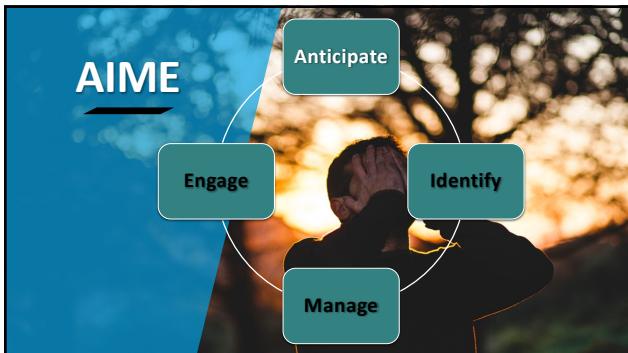
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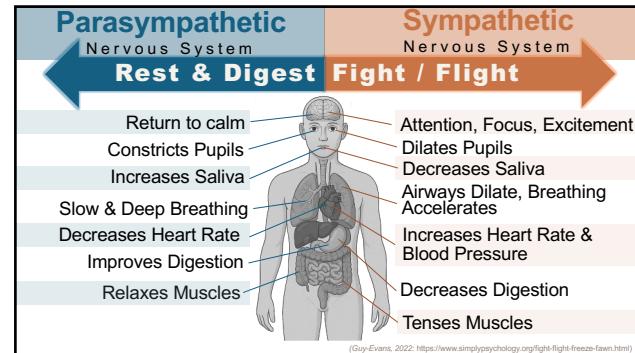
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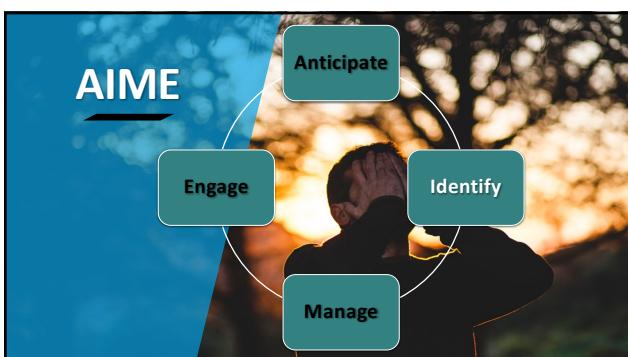
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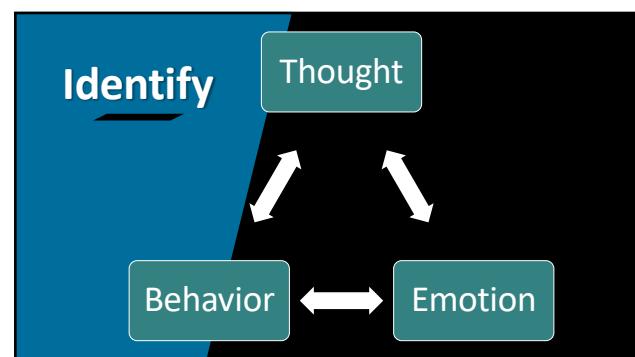
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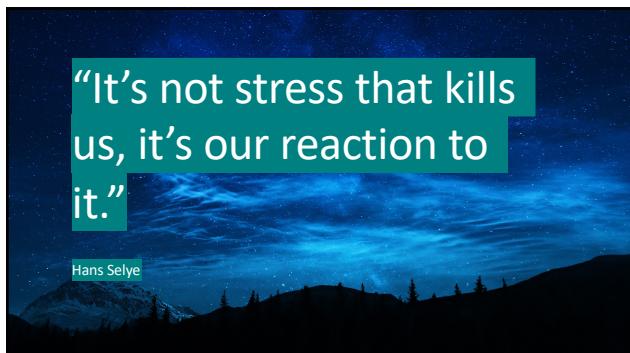
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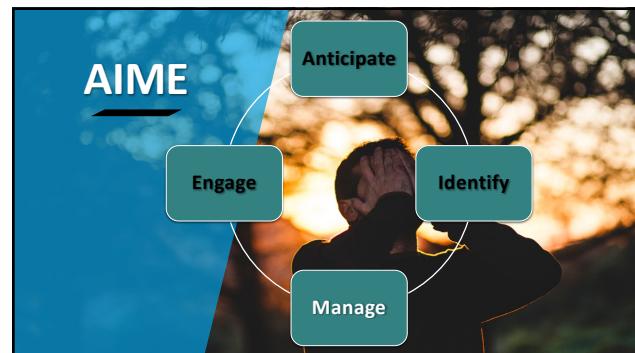
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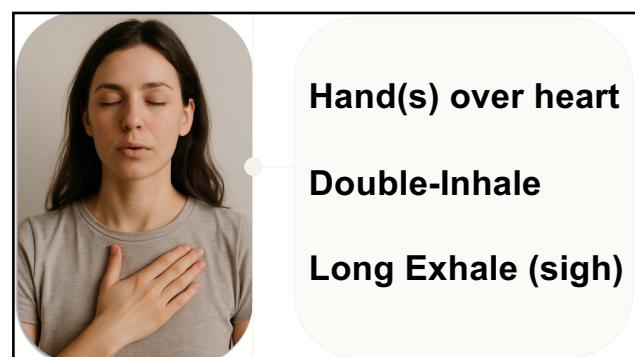
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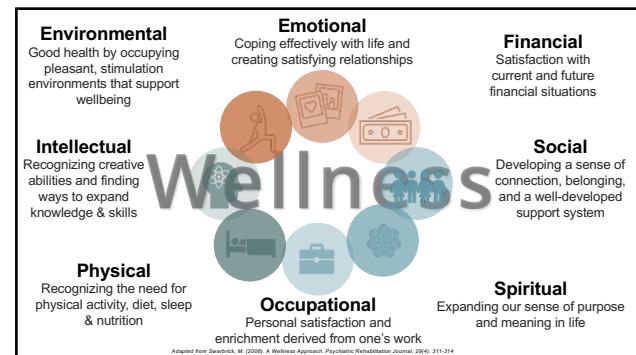
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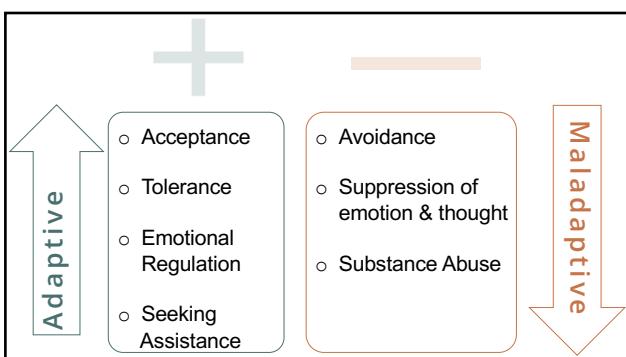
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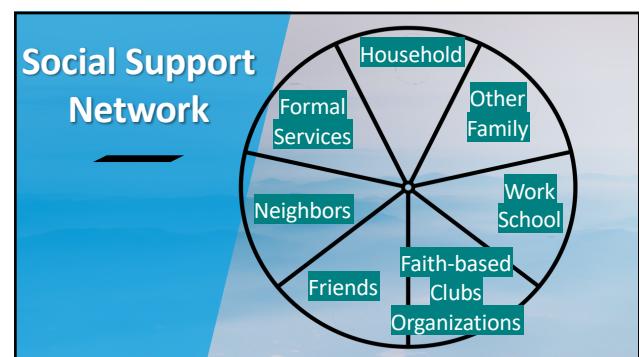
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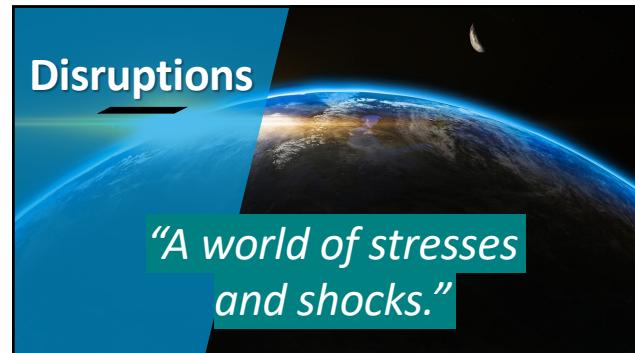
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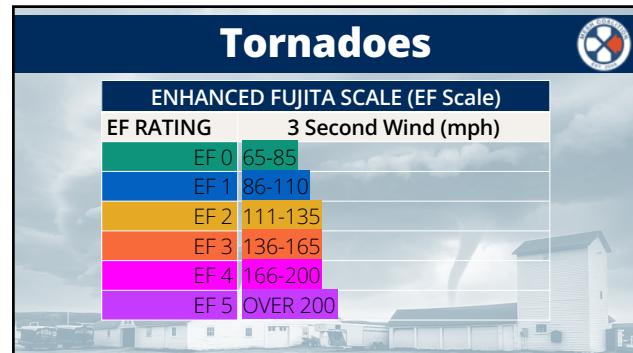
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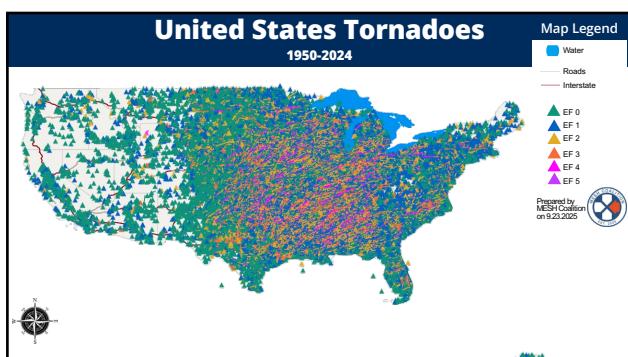
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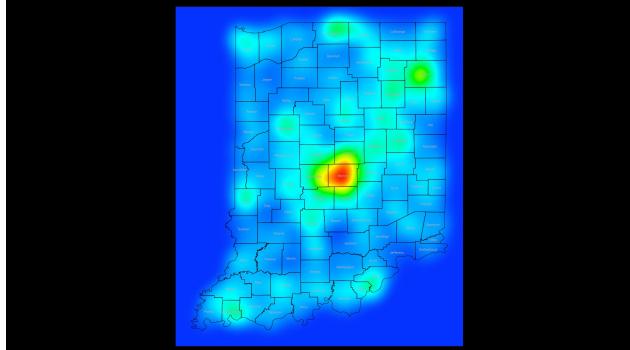
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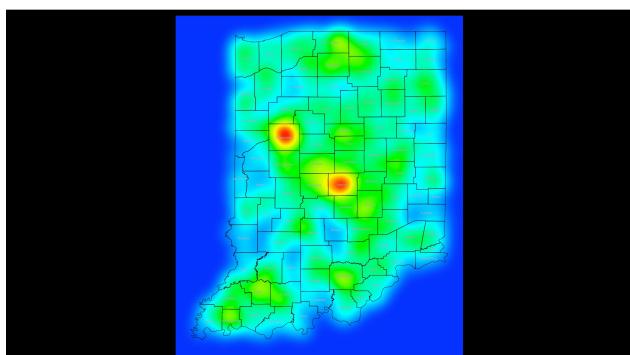
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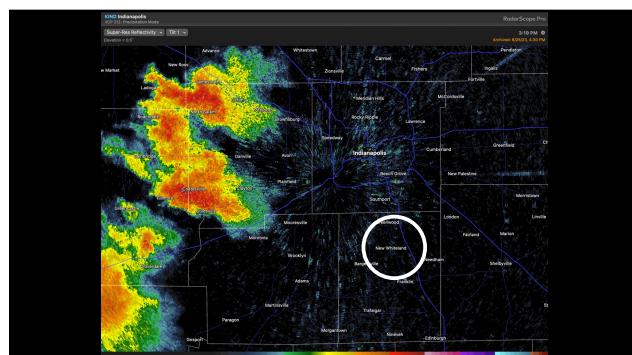
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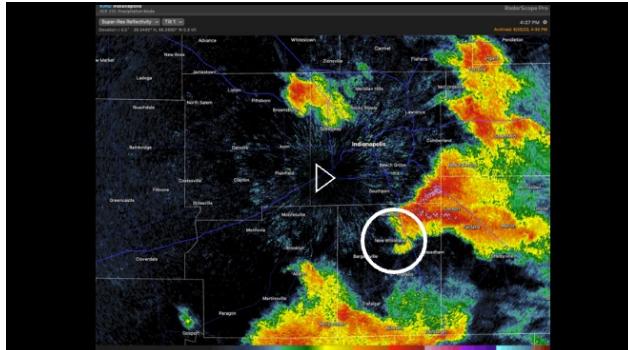
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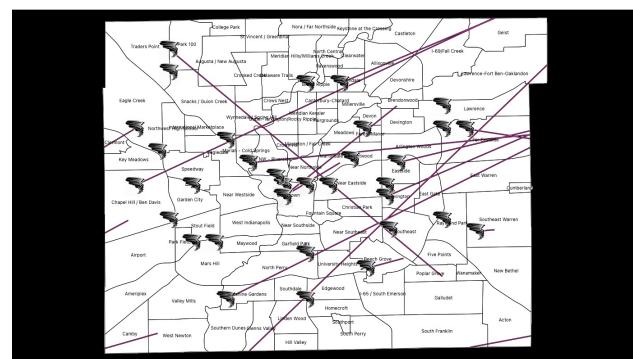
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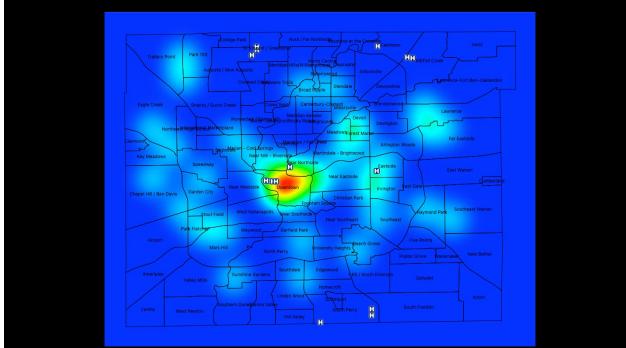
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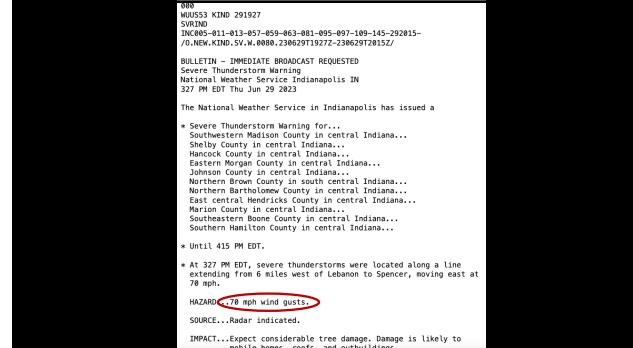
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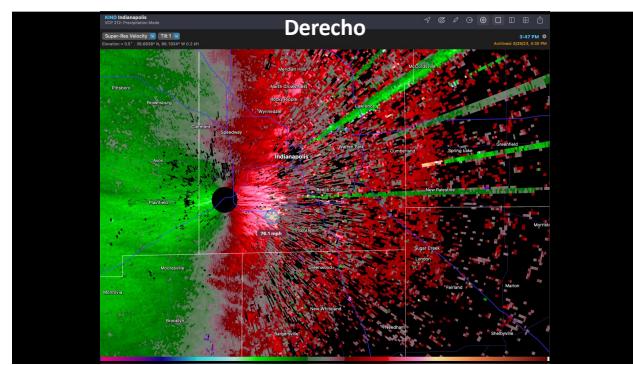
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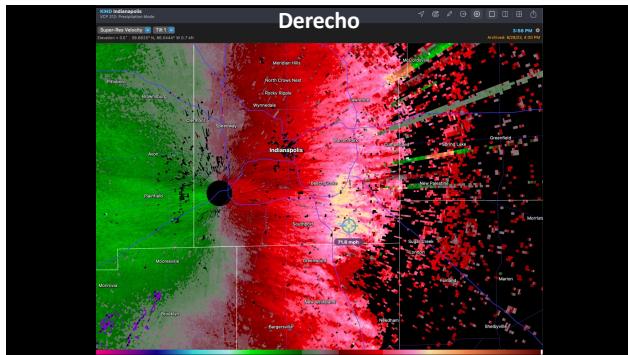
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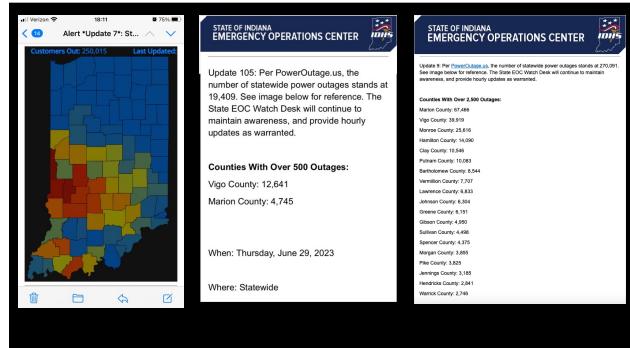
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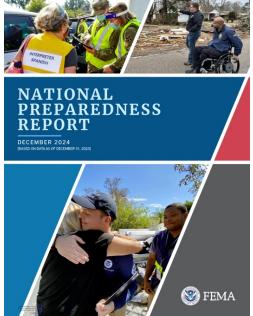


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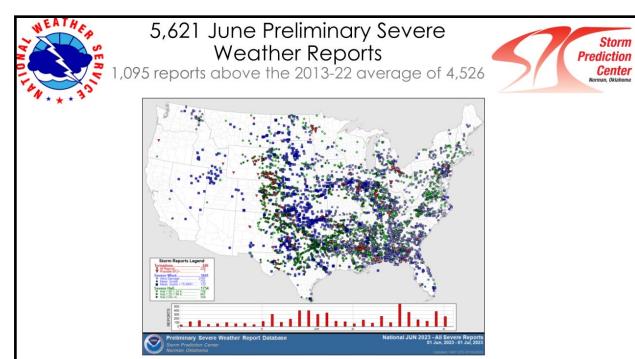


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Disasters are becoming costlier and deadlier. Between 1980 and 1989, the average number of billion-dollar disasters per month was 0.3 (or approximately 3.6 per year). In recent years, between 2020 and 2023, that number rose to 1.8 per month, or 21.6 per year, on average.



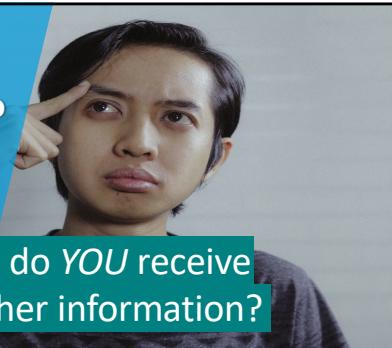
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What Do You Think?

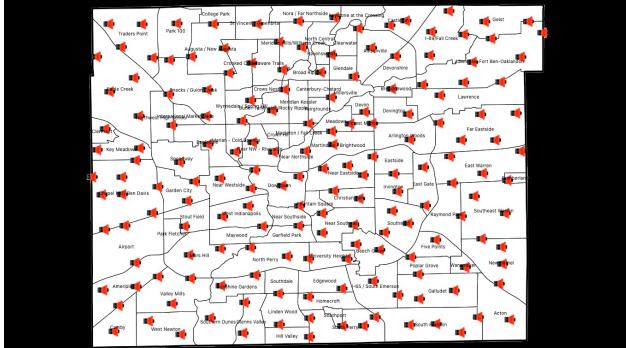
How do YOU receive weather information?



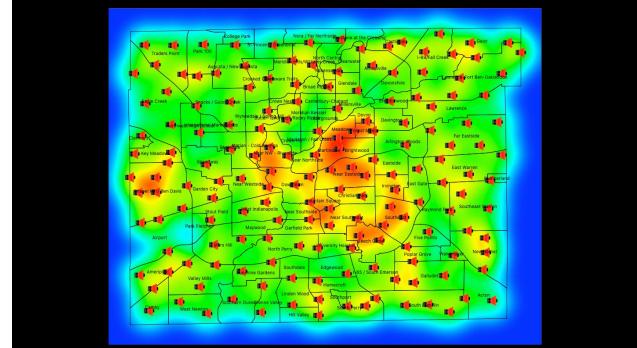
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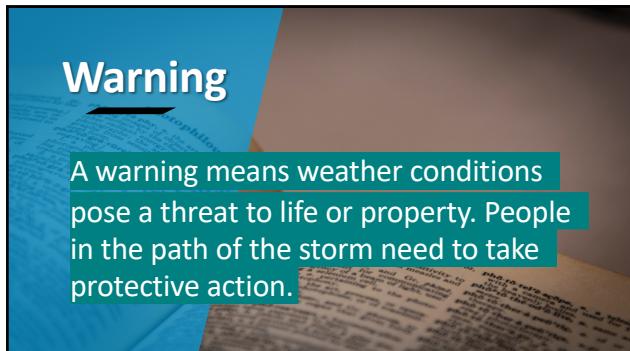
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Watch

A watch is used when the risk of a hazardous weather or hydrologic event has increased significantly, but its occurrence, location or timing is still uncertain.

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EXCESSIVE HEAT WATCH

An Excessive Heat Watch is issued when **dangerous heat is possible**.

Reschedule outdoor activities in the coming days. Make sure that children, the elderly, and pets have a place to cool off during the heat.

Be Prepared.

EXCESSIVE HEAT WARNING

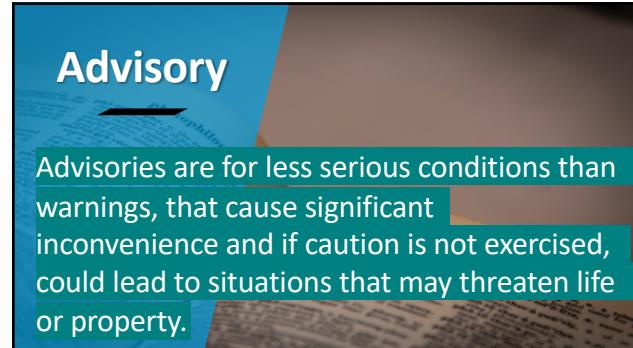
An Excessive Heat Warning is issued when **dangerous heat is happening or about to happen**.

Avoid heavy activity & direct sunlight. Stay hydrated, find a cool indoor place, and check on children, elderly & pets.

Take Action!

 weather.gov

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Advisory

Advisories are for less serious conditions than warnings, that cause significant **inconvenience** and if caution is not exercised, could lead to situations that may threaten life or property.

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Chips & Salsa

A hand is shown dipping a tortilla chip into a bowl of salsa.

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Blizzard Warning

Severe winter weather is expected within the next **12 to 36 hours** or is occurring -- including whiteout conditions.

Do not travel.

take action.

Winter Storm Warning

Dangerous winter weather is expected within the next **12 to 36 hours** or is occurring. **Considerable travel problems** are expected.

take action.

Winter Weather Advisory

Potentially dangerous winter weather is expected within the next **12 to 36 hours** or is occurring. **Travel difficulties** are expected.

be aware.



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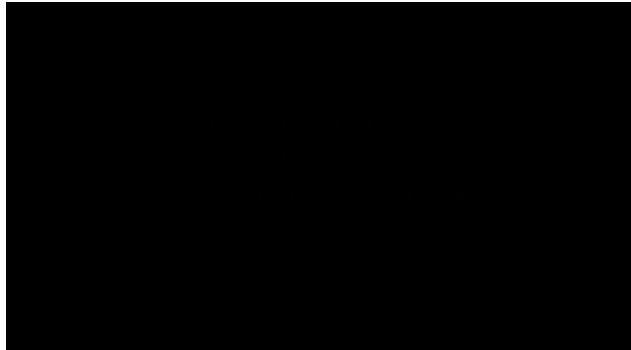
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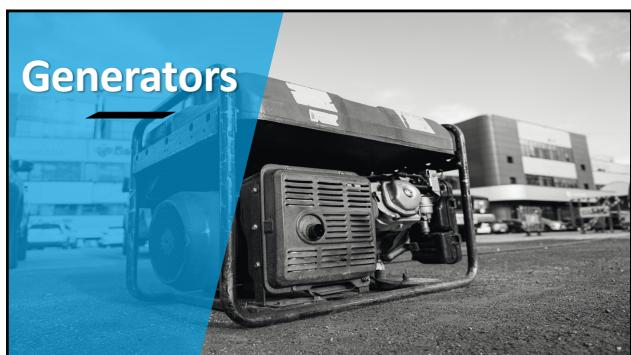
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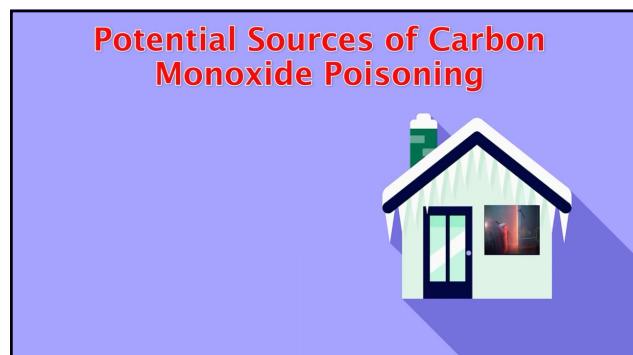
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Air Quality and Health

Exposure to air pollutants such as particulate matter and ground-level ozone can cause:

- Headaches
- Irritated eyes, sinuses
- Fatigue
- Difficulty breathing
- Chest pains, asthma attacks
- Irritated throat, increased coughing

Poor air quality can be hazardous to anyone, and it can aggravate health problems such as asthma, heart disease, and lung disease. Seniors, children and those with compromised immune systems are especially at risk.

weather.gov 

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Heat Impacts: Vulnerable Populations

PREGNANT
Extreme heat events have been associated with adverse birth outcomes such as low birth weight, preterm birth, infant mortality, and congenital cataracts.

NEWBORNS
Newborns are extra sensitive to heat because their ability to regulate body temperature is limited.

CHILDREN
Young children and infants are particularly vulnerable to heat, as their bodies are less able to adapt to heat than adults. Those under four are especially vulnerable.

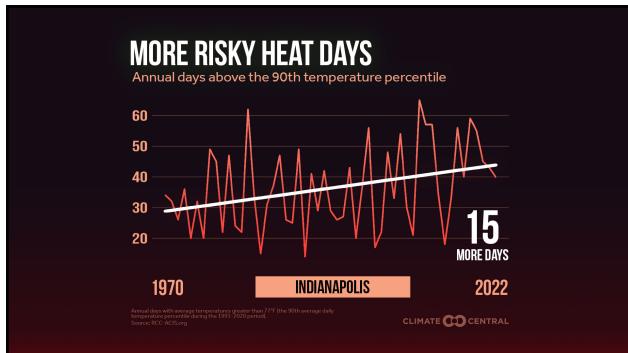
ELDERLY
Older adults, especially those who have preexisting diseases, take certain medications, live alone or have limited mobility are at higher risk for heat illness.

CHRONIC ILLNESS
People with chronic medical conditions are more likely to have a serious health problem during a heat wave.

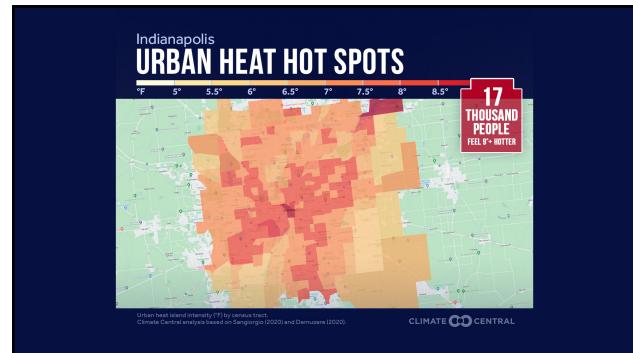
Source: The Impacts of Climate Change on Human Health in the United States, A Scientific Assessment (U.S. Global Changes Research Program)

weather.gov 

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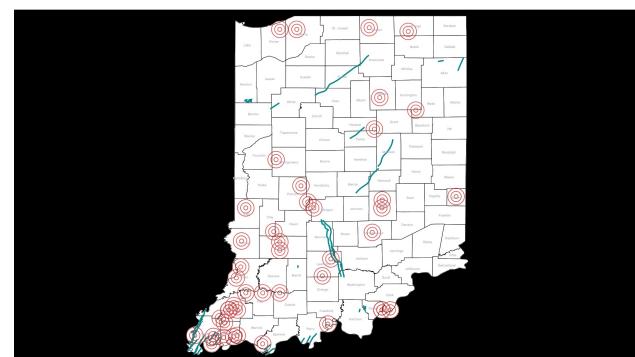
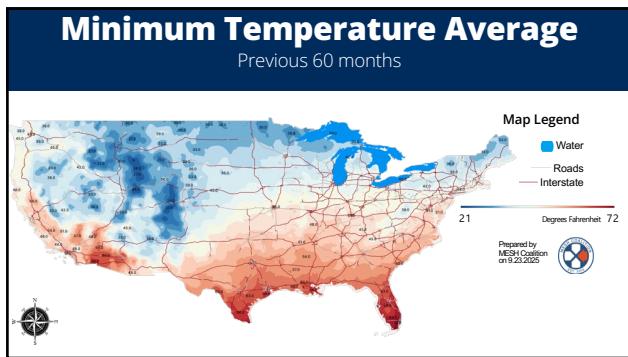
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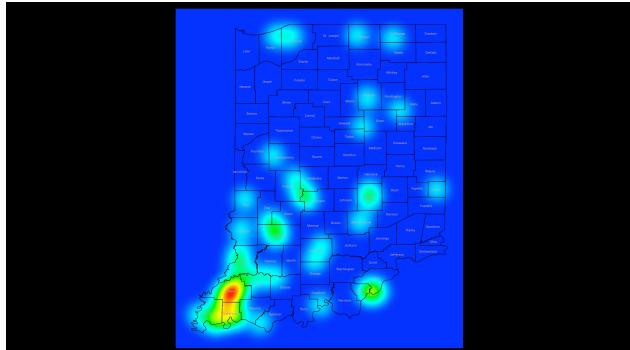


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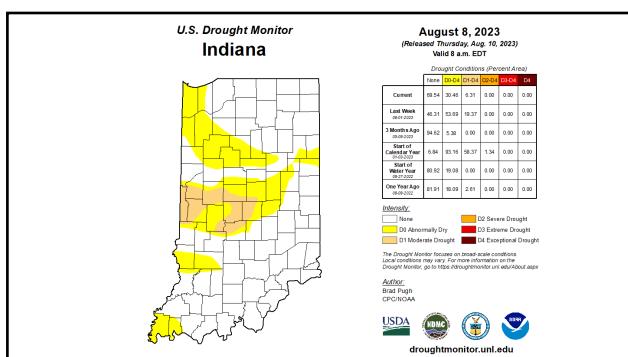




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Compound Disasters



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Cascading Disasters



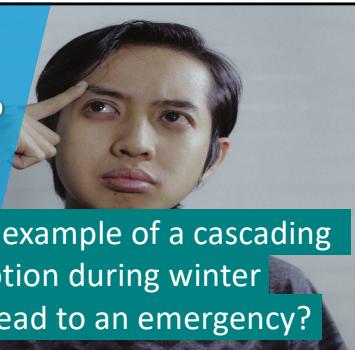
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WEA
NEWS



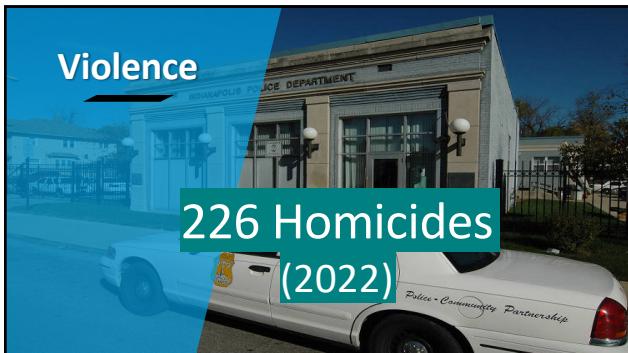
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What Do You Think?

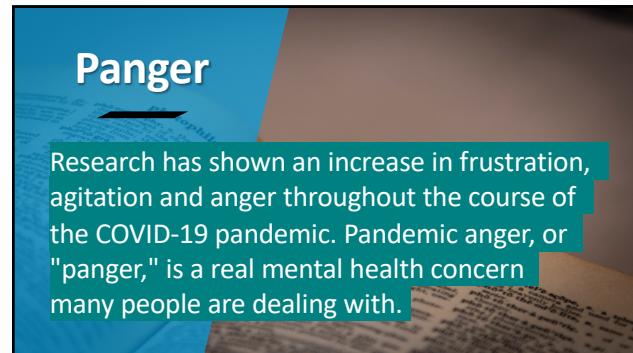


What is an example of a cascading disruption during winter that can lead to an emergency?

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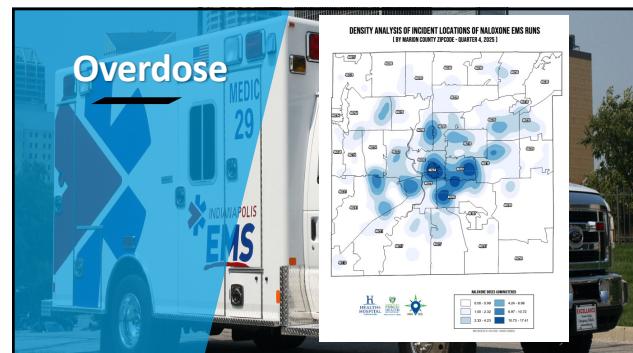
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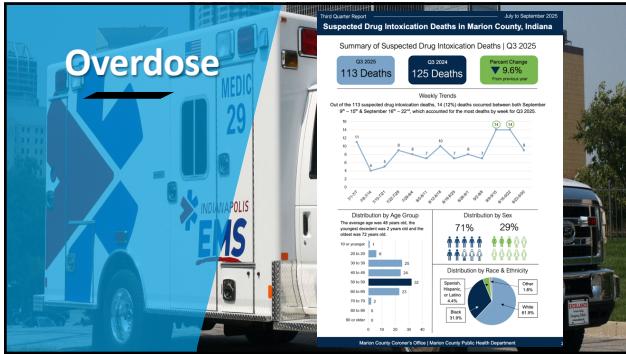


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Overdose Resources

988 Suicide & Crisis Lifeline
Call 988 or 988Indiana.org

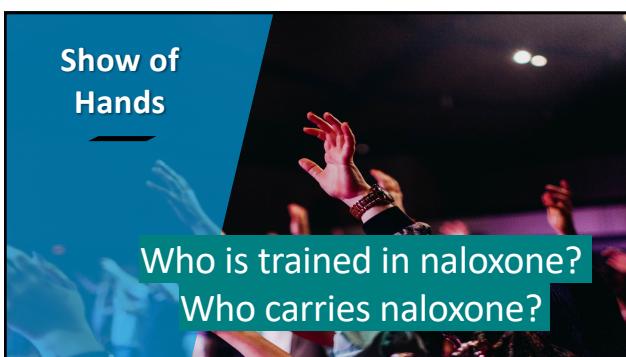
Veterans Crisis Line
800-273-8255 or Text 838255 or 988 & press 1

US National Overdose Prevention Line
800-484-3731 or 877-696-1996
Neverusealone.com

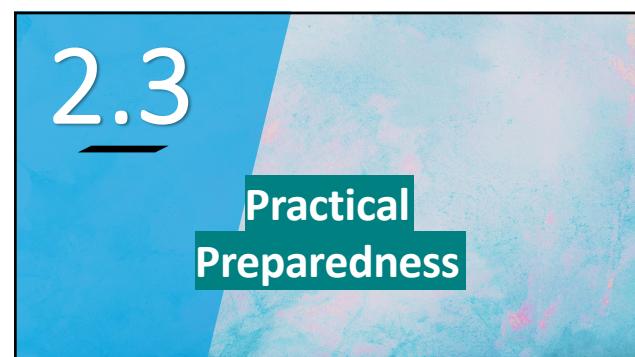
Findtreatment.gov

PDAPS https://pdaps.org/datasets/good-samaritan-overdose-laws_1501695153

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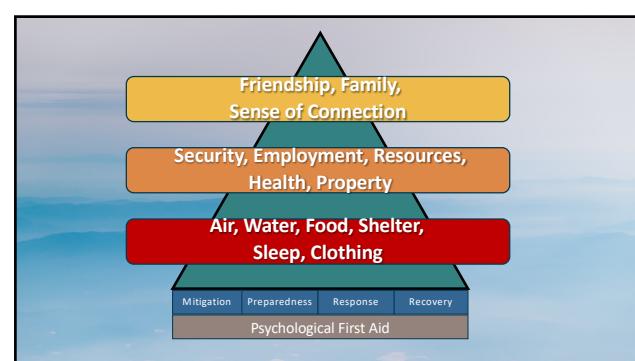
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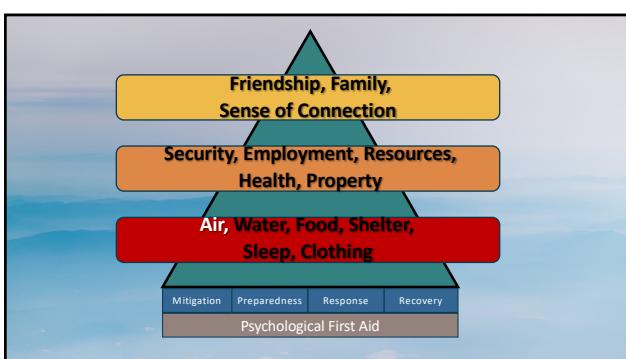
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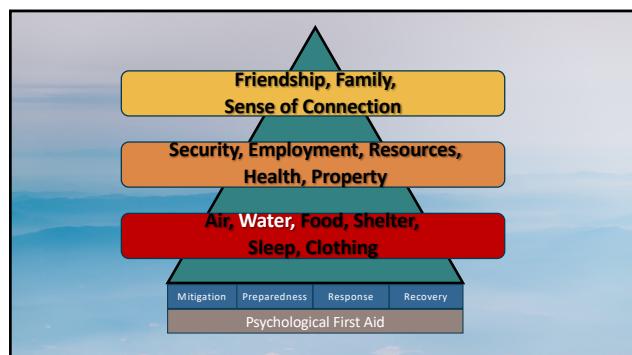
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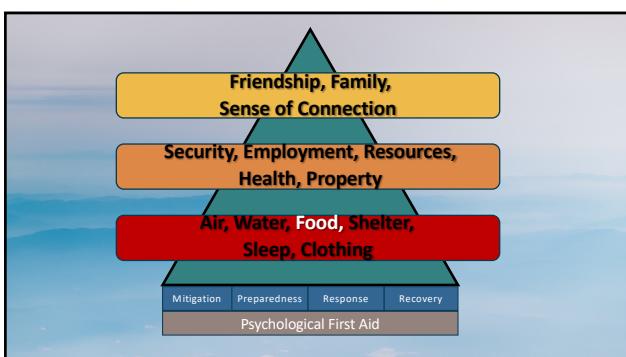
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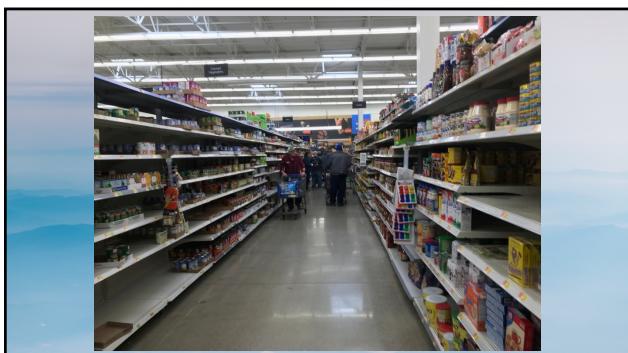
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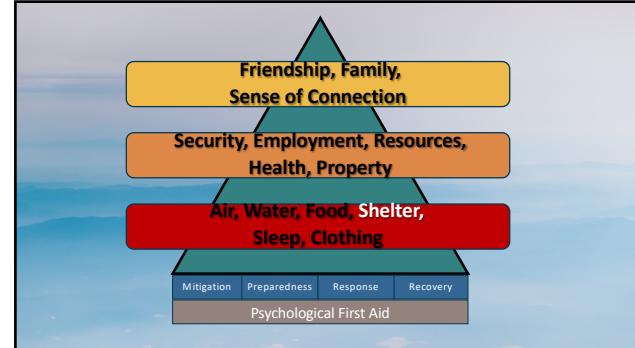
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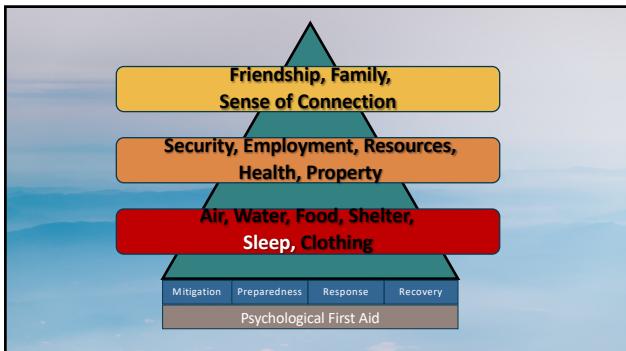
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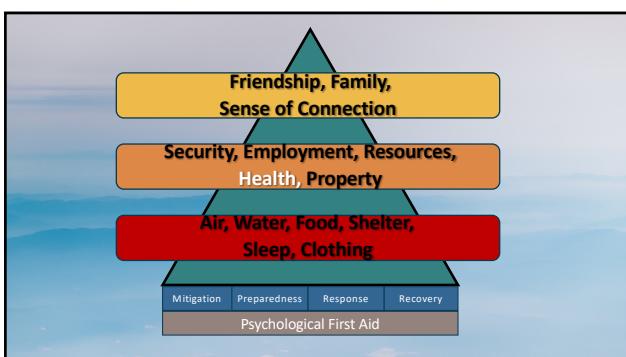
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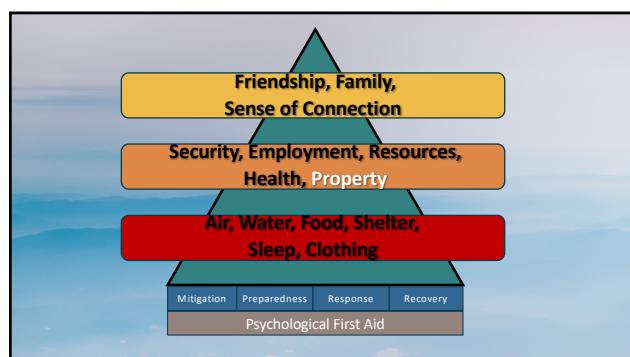
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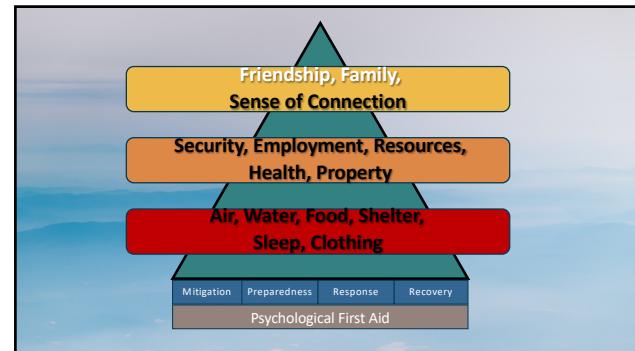
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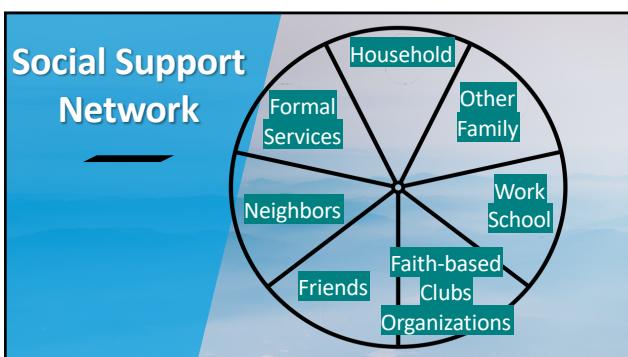
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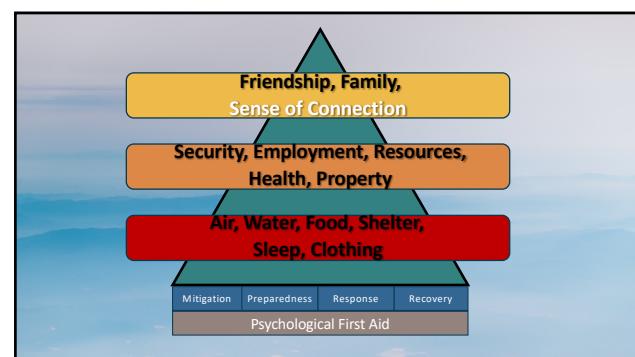
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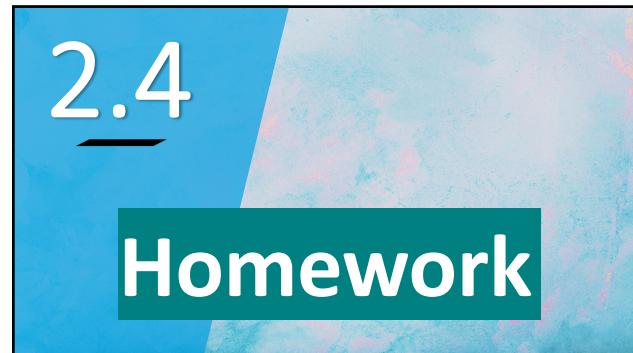
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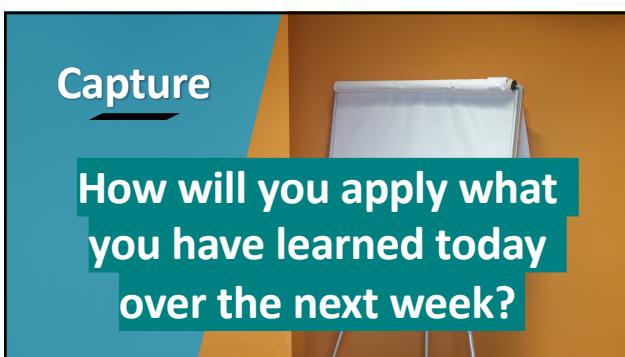
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