

HARNETT CONNECT

Employee Newsletter | Keeping You Connected ISSUE 8 | AUGUST 2022

HELPING HANDS OF HARNETT COMMUNITY



Join Harnett County Department of Social Services for a family fun day to learn about County services, support for families, and other county resources!

Animal Services
Veterans Services
Harnett Area Rural Transit System
Cooperative Extension
Harnett County Public Library
Partnership for Children
Central Carolina Community College

Sheriff's Office NCWorks Career Center SAFE of Harnett County Health Department Department of Aging NC Food Bank Sandhills Center



August 18th



2PM-4PM



Commons Area
311 W. Cornelius Harnett Blvd.
Lillington, NC



Harnett C O U N T Y NORTH CAROLINA

Pepartment of Social Services 910–893–7500 webdss@harnett.org

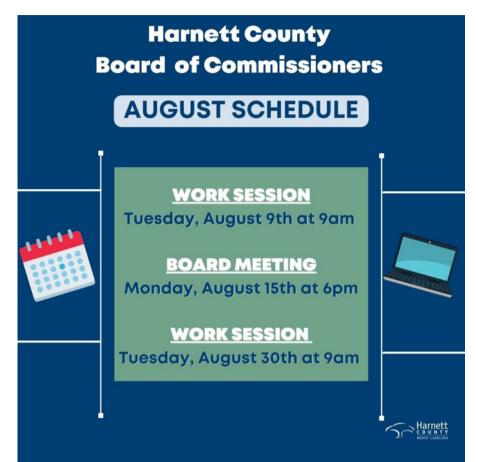
Harnett County Department of Social
Services will host Helping Hands of
Harnett Community Day for families across
Harnett County to learn more about
support for families, resources, and
County services available to them in a fun
and family friendly environment.

Helping Hands of Harnett Community Day will take place at 2 p.m. on Thursday, August 18 at the Harnett County Government Complex Commons Area, located at 311 W. Cornelius Harnett Boulevard in Lillington.

Several County departments will be present at the event including Animal Services, Veterans Services, Harnett Area Rural Transit System, Cooperative Extension, Harnett County Public Library, Sheriff's Office, NCWorks Career, Health Department and Division on Aging.
Local partner organizations including the Harnett County Partnership for Children, Central Carolina Community College, SAFE of Harnett County, NC Food Bank, and Sandhills Center will also be in attendance to provide information on their services.

For more information on Harnett County Department of Social Services and the Helping Hands of Harnett Community Day, call 910-893-7500 or visit harnett.org/ss.

COMMISSIONER'S AUGUST MEETING SCHEDULE



The Harnett County Board of
Commissioners hold regular meetings
on the first Monday of each month at
9:00 AM and the third Monday of each
month at 6:00 PM. Meetings are held in
the Commissioner Meeting Room on the
second floor of the Harnett County
Resource Center and Library, located
at 455 McKinney Parkway in Lillington.
Unable to attend the meetings in
person? Watch the live stream at
www.harnett.org/boc.

Missed a recent Commissioners
Meeting or Work Session? Watch
meetings on our Youtube Channel by
clicking the red button below!



MISSED THE EMPLOYEE INFORMATION SESSION?



Learn about what Harnett County Manager Brent Trout discussed during the Employee Informations Sessions by clicking the link below!

LEARN MORE!

SCHOOL BUS SAFETY PROGRAM

#SuccessWithHCS

With North Carolina's first stop-arm safety program, Harnett County is taking action against dangerous driving around school buses. School buses in the district are equipped with stop-arm cameras to detect the license plates of drivers that illegally pass stopped school buses and put our kids at risk.

Cars illegally pass school buses in North Carolina 3,000 times a day.

The Harnett County School Bus Safety Program is reducing the number of times that cars illegally pass stopped school buses and put our kids at risk.





N.C. SCHOOL BUS STOP LAW

All drivers must not only be aware around school buses, but also know the law of the road.

If you're not sure when to stop for a school bus, check out the video below **by clicking the computer screen.**





Click for more info on School Bus Safety



SEE THE Y FEED ALL KICK OFF EVENT

AUGUST 21, 2022

107 CARLETTA CAGLE DRIVE CAMERON, NC 28326 1:00 PM-6:00 PM

To Sponsor

EMAIL: ASHLEY.TERRELL@YMCAOFTHESANDHILLS.ORG LET US PARNTNER TO FEED THE YOUTH IN OUR COMMUNITY!

Join us for a family fun event at the YMCA including family movie in the pool, wellness classes, food vendors, outdoor slides, childcare and more!

> \$20.00 per person \$30.00 per family

All proceeds goes towards the YMCA youth feeding program!



HOUSEHOLD HAZARDOUS WASTE COLLECTION & PAPER SHREDDING EVENT

Looking to do a little Fall cleaning? Harnett County Solid Waste Department will host a FREE Household Hazardous Waste Collection & Paper Shredding Event for Harnett County residents on Saturday, November 12th, 2022 at the Harnett County Courthouse.

ACCEPTED ITEMS

Paint and paint thinners, furniture strippers & finishing products, solvents & degreasers, wood preservatives, polishes, aerosols, fluorescent light tubes, compact fluorescent bulbs, NiCad batteries, alkaline batteries, lithium batteries, propane cylinders, swimming pool chemicals, used motor oil, antifreeze, gasoline, hydraulic transmission & brake fluid

EVENT REMINDERS

- . Limit of (8) Boxes/Bags for paper shredding, boxes/bags will need to be taken back with you
- Pesticides, herbicides, fungicides & insecticides WILL BE accepted but MUST be in its original containers for identification purposes.
- . All liquids MUST be left in a container at the event







Saturday, Nov. 12



9:00am— 12:00pm



Harnett County Courthouse

301 W. Cornelius Harnett Blvd Lillington, NC

HARNETT COUNTY RESIDENTS **ONLY**

NO COMMERCIAL **WASTE OR SHREDDING** WILL BE **ACCEPTED**

Harnett County General Election ELECTION WORKER OPPORTUNITIES

Registered voters in Harnett County can:

Experience Elections Behind the Scenes







Help Your Community

Gain Work Experience

What are the requirements?

- · Must be a resident and registered voter in Harnett County, NC
- · Must be available to work the full Election Day (approximately 5:30am - 9:00pm)
- · Must maintain confidentiality of voter information and sign an oath of party/candidate impartiality
- · Must be able to read and write along with basic typing and computer skills
- · Must be able to sit and stand for extended periods
- · Must be willing to work all positions and duties, including curbside voting, outdoor voter assistance, and breaking down the site
- · Must have reliable transportation to and from the voting site
- · Must attend one 3-hour training class. Classes will be held August 18-24
- · Attend a meeting at the voting site the night before Election Day to set up and discuss assignments









COMPUTERS AVAILABLE FOR PURCHASE FROM HARNETT COUNTY IT DEPARTMENT

Computers Available:

Desktop: (70) Dell OptiPlex 7450 All in One computer is the Monitor, Central Processing Unit on one stand. A wireless network card is not included. Includes wired keyboard and mouse. \$142.00

Towers: These towers will be sold with a wired keyboard and mouse. Monitors are not included and we currently do not have any monitors to sale.

A wireless network card is not included.

Dell OptiPlex 7060 (1) @ \$208.00, (1) @ \$193.00

Dell OptiPlex 7050 (2) @ \$196.00 each, (8) @ \$153.00

Dell Precision 3630 (1) @ \$183.00, (1) @ 192.00

Dell Precision 3620 (1) @ \$94.00

Dell 7050 MFF (1) @ \$95.00

Laptops: Include a wireless network card, webcam and one power supply.

Dell Latitude 3189 (14) @ \$137.00 each

Dell Latitude 3190 (1) @ \$118.00, (1) @ 138.00

Dell Latitude 3590 (6) @ \$109.00 each

Dell Latitude 5290 2-in-1 (1) @ \$209.00, (1) @ \$305.00

Dell Latitude 5414 Rugged (15) \$275.00 each

Dell Latitude 5580 \$162.00

Microsoft Surface Pro 7 (2) \$262.00 each

The machines available for purchase are four years old, and are sold with no warranty, "as is."

The only software loaded is windows 10 operating system. If you want to purchase Microsoft Office software you will need to purchase the software separately. These machines come with at least the following specs or better: Intel processor, 8GB memory, 128GB solid state hard drives. You can do a Google search on the Dell computer model to find general specs of these machines.

If you are interested in purchasing any of the machines listed please contact V.C Brown (IT Project Manager) at (910) 814-6370 with the quantity, model, and price.



EMERGENCY MANAGEMENT

CHANGES TO SEVERE WEATHER ALERT NOTIFICATIONS

1 Scan the QR code below.



or visit getrave.com/login/harnett

- 2 Click Register and create your account.
- 3 Confirm your mobile carrier (i.e. Verizon) and your mobile number.
- Receive Confirmation Email.
- 5 Subscribe to Weather Alerts.

HARNETT COUNTY EMERGENCY MANAGEMENT SEVERE WEATHER NOTIFICATIONS

REGISTER NOW!

Management will be changing the way we deliver severe weather alert notifications!

To opt-in to the Harnett County Rave public notification system, follow the directions on the left of this graphic!

SEVERE WEATHER ALERTS at Your Fingertips



HARNETT COUNTY
EMERGENCY MANAGEMENT





In an effort to reduce warning fatigue and stay up-to-date on technology, our weather Watch and Warning EMAILS will no longer automatically be sent out by Emergency Management.

Instead, if you would like to receive weather Watch and Warning alerts via email and/or text message, we encourage you to sign up for our RAVE Public Notification System!

In the event potential disaster weather is forecasted (such as a hurricane), we will continue to push National Weather Service emails containing area forecasts starting three days out from the anticipated event.

REGISTER NOW



DIVISION ON AGING

Harnett County Division on Aging



The Family Caregiver Program is sponsoring a

Back-to-School supply drive for our "Grandparents Raising Grandchildren"

Our goal is to help offset the expense of buying their grandchildren's school supplies.

We need your help \dots . We are asking for donations of \$25.00 Walmart gift card for our families. These cards will be used to support the purchase of children's school supplies.

The drop off site for your donation of gift cards

Harnett County Division on Aging

309 W. Cornelius Harnett Blvd. Lillington

Room, #109 • Monday-Friday 8:00am-5:00pm

Donations will be collected through Wednesday, August 10, 2022

 We are also accepting monetary donations of either cash or check. Please make checks payable to the <u>Harnett County Family Caregiver program</u>.

For more information:
Harnett County Division on Aging
Marcie Wood, Family Caregiver Program Specialist
910-814-6075 mwood@harnett.org



The Family Caregiver Support Program sponsors a support group monthly for Grandparents aged 55 and older who are raising their grandchildren ages birth-18 years of age. To learn more about our program visit our web site www.harnett.ora/aging.

SCHOOL SUPPLIES DRIVE

A MESSAGE FROM LEEANN BLACKMON:

Division on Aging is hosting a school supplies drive to at the department of Division on Aging to support the Grandparents Raising Grandchildren Support Group.

This year Wal-Mart Gift cards in the amount of \$25.00 will be collected so the grandchildren can pick out their own book bags. Some of our grandparents are raising two or three grandchildren in their home and this will help tremendously. While the gift cards are preferred, we do accept monetary donations as well.

Thank you for your continued support of the services and programs here at the Harnett County

Division on Aging!

BLOOD DRIVE INFORMATION

A MESSAGE FROM LEEANN BLACKMON:

"Our goal for the July 14th blood drive was 45 units, and we collected 42! The 42 units of blood we collected has the capacity to save 129 lives. Every little bit helps.

A big thanks to everyone who was able to come out and participate, our Red Cross Staff and especially our wonderful volunteers who helped set-up the room, put out the signs, worked registration and made and served delicious homemade ice cream in the canteen. It was yummy!"

For more information on Division on Aging and events, visit harnett.org/aging/ or call 910-893-7578

911 HONOR & REMEMBRANCE BLOOD DRIVE CELEBRATION

September 8th 1pm-4pm at the Commons Area

LeeAnn B. Blackmon,
Volunteer Services
Director/Medicare Coordinator
Harnett County Division on Aging
309 West Cornelius Harnett Blvd.
Lillington, N.C. 27546
(910)814-6071

DEPARTMENT OF SOCIAL SERVICES

AUGUST IS CHILD SUPPORT AWARENESS MONTH

Harnett County Department of Social Services and its partnering organizations will observe Child Support Awareness Month during August. Child Support Awareness month recognizes child support professionals and parents who are committed to making a difference in the lives of children emotionally and financially.

Established in 1995, Child Support Awareness Month is nationally recognized each year during the month of August to focus on the importance of providing financial support for children.

Harnett County Department of Social Services and many local agencies work together daily to ensure all children in the community receive the financial and parental support they deserve.

LEARN MORE



Pictured left is Harnett County Child Support Staff!

They are dedicated to the children in our county to ensure they are provided resources and care throughout their lives.



For more information on the Department of Social Services programs and events, visit https://harnett.org/ss/ or call (910) 893-7550

PUBLIC LIBRARY

PRESCHOOL YOGA

with Ms. Dollie

AGES 3-5

EVERY 1ST FRIDAY

@ 10 AM





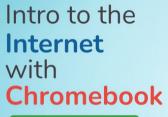




REGISTRATION REQUIRED







Tuesday August 9 at 5:30 Friday August 12 at 12:00

Resource Center & Library
Training Room

Registration Required





INTRO TO THE INTERNET WITH CHROMEBOOK CLASS

August 9th at 5:30 and August 12th at 12:00 in the RCL Training Room

The library was awarded an LSTA Adapting
Technology Grant that allowed us to purchase
Chromebooks for citizens to check out. On
August 9th and August 12th we will be hosting
an "Intro to the Internet" class that will teach
participants about Chromebooks and how they
can be used for basic Internet browsing.
Devices will be provided. Experience using a
mouse and keyboard is recommended.

Registration is required!

AUGUST 9
REGISTRATION LINK

AUGUST 12 REGISTRATION LINK

TWO NEW NEWSBANK ELECTRONIC NEWSPAPER RESOURCES!

Library card holders now have access to the full-color electronic edition of USA Today and the Hispanic Life in America database. USA Today is updated daily and includes back issues as far back as 2007. Hispanic Life in America includes comprehensive coverage of the Hispanic American experience from the early 18th century to the present day, including hundreds of Spanish-language newspapers and periodicals.

VIEW RESOURCES



CARING FOR PHOTOS

Maximize the physical life of your memories







August 11, 2022 at 5:30pm

Harnett County Public Library 455 McKinney Pkwy, Lillington

Caring for Photos: Maximize the physical life of your memories

Thursday, August 11th 5:30 to 7:00pm

We'll go over how to store and organize your physical photos, what you might consider when planning a digitization project, and what things to think about when planning to share your photos on social media.

We'll also have special guest Sheilah Campbell to talk to you about engaging with the community using the Facebook page Lillington NC Memories and Photos.

PLEASE CONSIDER REGISTERING TO GET A REMINDER EMAIL:

HTTPS://HARNETT.LIBCAL.COM/EVENT/9339444

We're Hiring!

Admin Assistant -

- Full-time Regular
- Closes 8/3/2022

The Harnett County's Library is currently recruiting for an Administrative Assistant to perform a wide range of administrative and accounting tasks in support of the library operations.

Visit www.governmentjobs.com/ careers/harnett for details and to apply.





We're back with a hidden
message challenge this month! At
our employee info sessions in July,
County Manager Brent Trout
touched on two safety topics.
Send one or both topics he
discussed to
publicinfo@harnett.org for a
chance to be entered in to a
drawing for a Harnett County prize
pack.



For more information on Library programs and events, visit harnett.libguides.com/hcpl or call 910-893-3446.

GRANT OPPORTUNITIES

2023 ARTIST SUPPORT GRANT APPLICATION

Individual artists and small, unincorporated groups of collaborating artists who have lived in Chatham, Harnett, Johnston, Lee, or Wake County for at least one year are eligible to apply for grants up to \$1,500.

Previous grantees must wait at least two cycles before reapplying for funding.



LEARN MORE

GRASSROOTS ART PROGRAM SUBGRANT

Harnett County is now accepting applications for the 2022–2023 Grassroots Arts Program subgrant. The subgrants are made possible through the North Carolina Arts Council, which has partnered with Harnett County to provide grant funding for local artists and arts-based initiatives in the County.

For more information on the Fiscal Year 2022-2023 Grassroots Arts Program subgrant, contact Ashley Bauer at 910-814-6001.



For more information, click the PAINT BRUSH!



HEALTH DEPARTMENT



REX MOBILE MAMMOGRAPHY

Put yourself first and schedule a mammogram! Breast cancer is the second leading cause of cancer death in women, but it is also one of the most treatable when detected early! The best way to detect breast cancer early is through an annual mammogram. The Harnett County Health Department provides access to this important screening tool through Rex Mobile Mammography. Funding assistance is available for women who are uninsured and meet program criteria. For more information about the Mobile Mammography program call 910-814-6225 or 910-893-7550

Click for More Info

FREE AT-HOME TEST KITS



Every home in the U.S. is eligible to order a third round of free at-home COVID-19 tests. The tests are completely free. The tests will be rapid antigen at-home tests, and you will receive results within 30 minutes (no lab drop-off required). Order your tests at www.covidtests.gov.

VACCINE & BOOSTER SHOTS



The Health Department is providing the Pfizer COVID-19 vaccine for ages 5 and older. The COVID-19 vaccines are free of charge to all individuals, regardless of immigration or health insurance status. If you would like to make an appointment, complete the **COVID-19 Vaccine Inquiry Form** or call the Health Department at 910-814-6582. All vaccinations will be administered by appointment. The Health Department is located within the Governmental Complex at 307 W. Cornelius Harnett Blvd in Lillington.

CDC recommends COVID-19 vaccines for everyone 6 months and older. The benefit of COVID-19 vaccines, like other vaccines, is that those vaccinated get protection without risking the potentially serious consequences of getting sick with COVID-19. Please call our office at 910-814-6582 to schedule your child's COVID-19 vaccine appointment or visit our web site www.harnett.org/health

Needing your booster shot? COVID-19 vaccine boosters can further enhance or restore protection that might have decreased over time after your primary series vaccination. Staying up to date with your COVID-19 vaccines will provide you with the best protection against the COVID-19 virus. Anyone ages 5 and older should receive a single COVID-19 booster. Certain individuals may receive two COVID-19 boosters. Adults may receive any brand of the COVID-19 vaccine for their booster, while children 5 to 17 can only receive Pfizer. NCDHHS encourages individuals to speak with a doctor, nurse or pharmacist if they have questions about what booster is right for them. Timing of your first booster is dependent on your primary series and your medical history. Please call to inquire about scheduling your booster dose at the correct interval. For more information on who can receive a booster, click here. To make an appointment, call our office at 910-814-6582 or complete the COVID-19 Vaccine Inquiry Form.



For more information on Health Department programs and events, visit <u>harnett.org/health</u> or call (910) 893-7550

WORKFORCE DEVELOPMENT

The Workforce Innovation and Opportunity Act ADULT PROGRAM is here to help identify and support your employment and career goals through services such as:

Career Counseling Childcare Assistance

Tuition Assistance On The Job Training

Uniform Assistance Work Expereince

Occupational Skills Training Transportation Assistance

Visit our NCWORKS Career Center for more information on services related to:

EDUCATION | TRAINING | EMPLOYMENT

NC works Monday-Thursday 8am-5pm & Friday 8am-3:30pm 1137 East Cornelius Harnett Blvd Lillington, NC 27546 (910) 893-2191 Equal Opportunity Employer/ Program Auxiliary aids and services avaliable upon request to individuals with disabilities!



Providing Services for Employers and Job Seekers!



NC Works Career Center-Harnett County
1137 E Cornelius Harnett Blvd Lillington NC 27546 (910)893-2191

Serving NEXTGEN Between the Ages of 14-24

Need assistance with obtaining a High School Diploma/Equivalency, Two-Year Associates Degree,
Short Term Continuing Education

Workforce Innovation and Opportunity Act (WIOA) is for YOU:

(OST) Tuition Assistance Career Counseling/Assessment Labor Market Information
On The Job Training (OJT) Work Experience Alternative Education
Financial Literacy Tutoring Leadership Development
Study Skills Training Resume Preparation Child Care Assistance
Mileage Assistance Uniform Assistance Summer Employment

MUST BE A HARNETT COUNTY RESIDENT

Equal Opportunity Employer/Program

Auxiliary Aids and Services Available to Individuals with Disabilities



For more information, contact:

Anitra Hart

Senior Workforce Development Specialist & NC Works Career Center Supervisor aharteharnett.org

(910)-893-2191



August 1	AUGUST 2	August 4	August 5
	Daeshawn Smith	Matthew O'Quinn	Christine Wallace
Angel Finley		Matthew O Quilli	Christy Painter
Herman Thomas	Jasmine Andrews		Jacob Gardner
	Joseph Kimrey		
	Samuel Lapsley		Jay Valenzuela
			Linda Scott
August 6	August 7	August 8	Maria Almeida
Cynthia Collier	Bobby Hallman	Michael	
Jeffrey Harrell	Donna Matthews	Klingman	August 9
	Donna Ray	Olaf El	Vida Ross
Radames Colon	Kimberly Cummings		
	Lauren Morrison		
	Zachary Tart		
	Zachary rait		
August 10	August 11	August 12	August 13
Gail Rios	Caden	Bradley Byrd	Benjamin Winstead
James Hall	Gregory	Brian Byrd	Glenn Parker
Kiara Bryan	Syonne	Charlene	Lakita Harvey
Lauren Hamilton	Śmith	Parks	Lewis Weatherspoon
Abby Barefoot		Natasha Johnson	Teresa Byrd
August 14	August 15	August 16	August 17
Autumn Blackman	Carolyn Blue	Amy Holder	<u></u>
	Cheyenne Howard	Dyanna Montes-Ferbre	s Leah Campbell
Kenneth	Howard	Matthew Johnson	
Snipes Shakeisha Campbell	Hazeline Walker	Ricky Beasley	Melissa McLamb
	Michelle Odom	Tracie Lecesne	
	Wilcheile Odom	Tradic Ecoconic	Neill Thomas



August 18	August 19	August 20	August 21
Rebecca Parker	Angelica Aviles	Alishia Hudson	Allen Blanchette
Rebecca Wise	Karla Martinez	Terry Holt	Kimberly Vann
Victor Putnam		reny noit	Jeannette Elkins
August 22	August 24	August 25	August 27
Kendra Smith	Katina Smith	Lisa Guy	Nicholas Carnes
	Kristen Stultz		Carries
	Nathan Gilmore		
	Ruth Thomas		
August 28	August 29	August 30	August 31
Alia Langdon	Alton Truelove Bryan Callahan	Ineke Murchison	Bradley Smith
David Batten	Carla Pressley	Joseph Hemphill	Francisca Lopez Abarca
	Danita Spearman	Tracy West	Rachel Wagstaff
	Kayla Shamaly Shelia Beaston		Zachary Pritchett

JOB OPPORTUNITIES:

we need YOUR help in finding our next teammates! Harnett County currently has 20 job openings listed on our website. Some of these positions are full time and some are part time and cover anything from entry level to more skilled positions. Please help us get the word out to family, friends, neighbors and the community that Harnett County is hiring and you can help "sell" our great benefits that come along with a rewarding career.

To learn more about Job Openings, visit: governmentjobs.com/careers/harnett

EMPLOYEE BENEFITS UPDATES

MEDICAL

We thank you for your patience during the benefits broker vendor change for this new plan year. By now, if you elected group medical coverage, you should have received a new MEDICAL card from Blue Cross Blue Shield (BCSBS). If you have not, we encourage you to visit the BCBS website, register and log in to request and have instant access to your new medical card, by clicking on the button below.



Once you have registered with BCBS you can also view claims, access Explanation Of Benefits (EOBs) and find in-network providers.

VISION & DENTAL

If you did not receive new dental and vision cards for the new plan year, this is normal as the benefits did not change from the prior plan year. You can continue to use last year's cards. Many dental and vision providers do not require benefit cards and the vision and dental providers can look up your benefits by using your name, date of birth and social security number.

However, we still encourage all employees to register and have access to the dental and vision carrier sites as well and here are those links respectively;

http://www.deltadentalnc.com/ and http://www.superiorvision.com/.

Once you are registered you will have instant access to your benefit cards and can view in-network providers and EOBs.



SUMMER SAFETY TIPS



SIGNS AND SYMPTOMS:

Be on the lookout for these symptoms of heat illness, according to the National Oceanic and Atmospheric Administration (NOAA):

- Sunburn: Redness and pain. In severe cases, swelling of skin, blisters, fever and headaches.
- **First Aid:** Ointments for mild cases if blisters appear and do not break. If breaking occurs, apply dry sterile dressing.
- **Heat cramps:** Painful spasms usually in the muscles of legs and abdomen with heavy sweating.
- **First Aid:** Firm pressure on cramping muscles or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue water.
- **Heat exhaustion:** Heavy sweating; weakness; cold, pale, clammy skin; thready pulse; fainting and vomiting but might have normal temperature.
- **First Aid:** Get victim out of sun. Once inside, the person should lay down and loosen his or her clothing. Apply cool, wet cloths. Fan or move victim to air conditioned room. Offer sips of water. If nausea occurs, discontinue water. If vomiting continues, seek immediate medical attention.
- **Heat stroke (or sunstroke):** High body temperature (106° F or higher), hot dry skin, rapid and strong pulse, possible unconsciousness. Heat stroke is a severe medical emergency. Summon emergency medical assistance or get the victim to a hospital immediately.
- **First Aid:** Delay can be fatal. While waiting for emergency assistance, move the victim to a cooler environment and reduce body temperature with cold bath or sponging. Use extreme caution. Remove clothing, use fans and air conditioners. If temperature rises again, repeat process. Do NOT give fluids. Persons on salt restrictive diets should consult a physician before increasing their salt intake.





FOLLOW THESE TIPS TO PREVENT HEAT ILLNESS:

- Pay attention to the heat index.
- Drink water often, take breaks and limit time in the heat.
- Build up to heavy work gradually in hot conditions. Help workers become
 acclimated, especially workers who are new to working outdoors in the heat or
 have been away from work for a week or more. Gradually increase workloads
 and allow more frequent breaks during the first week of work.
- Slow down. Reduce, eliminate or reschedule strenuous activities until the coolest time of the day.
- Dress for summer. Wear lightweight, light-colored clothing to reflect heat and sunlight.
- Put less fuel on inner fires. Foods such as meat and other proteins that increase metabolic heat production also increase water loss.
- Drink plenty of water and nonalcoholic and decaffeinated fluids. Your body needs water to keep cool. Drink plenty of fluids even if you don't feel thirsty.
 Persons who have epilepsy or heart, kidney or liver disease, who are on fluid restrictive diets or who have a problem with fluid retention should consult a physician before increasing their consumption of fluids. Do not drink alcoholic beverages; limit caffeinated beverages.

EMPLOYEE SHOUTOUTS OF THE MONTH!



Christine WallaceActing Tax Administrator



Janice LaneHuman Resources Director

Congratulations to our Harnett County Team Members!

Please join us in welcoming
Janice Lane as our new Human
Resources Director.

Please join us in congratulating
Christine Wallace on her
promotion as the Acting Tax
Administrator.



Have a co-worker that deserves some recognition? Send an employee shout to Janice Lane at jlane@harnett.org to be featured in next month's newsletter.





www.harnett.org

f @HarnettCounty

@Harnett_County

@HarnettCounty

▶ Harnett County Government

Harnett County Government



For more information, contact: Harnett County Public Information 455 McKinney Parkway Lillington, NC 27546 910-893-7555

www.harnett.org/publicinfo