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July 20, 2018

Thank you for subscribing to my e-newsletter.

This week's edition contains important updates for you and your family. First and foremost, this weekend is going to be hot. Extreme heat, including high humidity, could provide heat indices of over 110 degrees. Below, you will find recommendations from the Texas Department of Public Safety to avoid heat stroke and exhaustion. Be sure to check out the info-graphic from Alert Houston that can help you identify when medical attention is needed for someone suffering from a heat stroke.

This last week, the Harris County Flood Control District continued their meetings to discuss the upcoming bond election and the projects that are particular to the San Jacinto River and the Cedar Bayou Watershed. Next Monday, the HCFD will be meeting to discuss the proposal for the Luce Bayou Watershed. Be sure to take advantage of the links in the newsletter to offer your comments, questions, and concerns on the projects.

As we continue through hurricane season, be sure that you and your family Make A Plan. Below, you will be provided the steps to ensure that your family is prepared for any type of disaster that could strike your area.

Have a great weekend!

Sincerely,



July 2018 Calendar - now updated

Download my July 2018 calendar by clicking the link below. This month is full of events in and around Texas that could be fun or useful to you and your family! This new format allows you to save the document for printing or sending to your family members.



[Click Here to View and Download This Month's Calendar!](#)

Hurricane Harvey Updates

Make a Plan

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which [types of disasters](#) could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find.

Step 1: Put together a plan by discussing these 4 questions with your family, friends, or household to start your emergency plan.

1. How will I receive [emergency alerts and warnings](#)?
2. What is my [shelter plan](#)?
3. What is my [evacuation route](#)?
4. What is my [family/household communication plan](#)?

Step 2: Consider specific needs in your household.

As you prepare your plan tailor your plans and supplies to your specific daily living needs and responsibilities. Discuss your needs and responsibilities and how people in the network can assist each other with communication, care of children, business, pets, or specific needs like the operation of durable medical equipment. Create your own personal network for specific areas where you need assistance. Keep in mind some these factors when developing your plan:

- Different ages of members within your household
- Responsibilities for assisting others
- Locations frequented
- Dietary needs
- Medical needs including prescriptions and equipment
- Disabilities or access and functional needs including devices and equipment
- Languages spoken
- Cultural and religious considerations
- Pets or service animals
- Households with school-aged children

Step 3: Fill out a Family Emergency Plan

Download and fill out a family emergency plan or use them as a guide to create your own.

- [Emergency Plan for Parents \(PDF\)](#)

Step 4: Practice your plan with your family/household



Harris County Flood Control District Community Meetings *Bond Election Information*

This week, the Harris County Flood Control District will be holding a meeting to discuss the proposed projects for the Luce Bayou Watershed. Due to the size of the San Jacinto River watershed, Harris County officials will be presenting the San Jacinto programs again at this meeting, along with the other projects.

[If you missed last week's meeting at Cedar Bayou Watershed meeting, you can watch a video recording here.](#)

Officials with the Harris County Flood Control District will hold public meetings in each of the county's 23 watersheds.

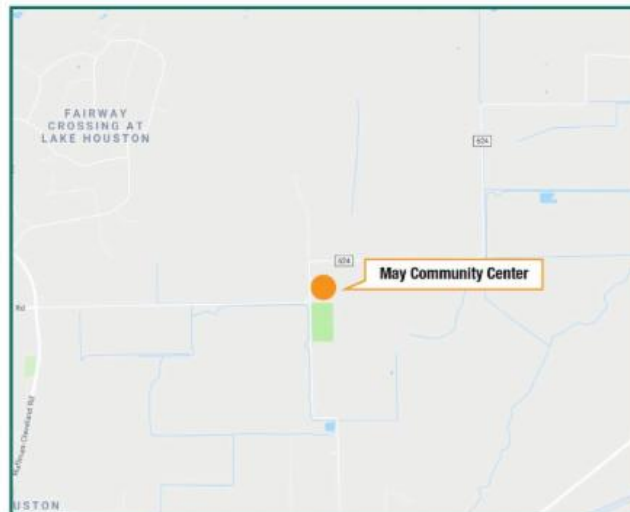
The purpose of each meeting is to describe projects that could be candidates for funding in the 2018 bond program and to solicit residents' input on other flooding issues that should be addressed.

These meetings have been declared to be special meetings of Harris County Commissioners Court so that members of Commissioners Court may attend and participate.

LUCE BAYOU WATERSHED MEETING

Monday, July 23rd - 6 p.m. to 8 p.m.

Brief opening remarks will begin promptly at 6 p.m. but the public is encouraged to come anytime between 6 p.m. and 8 p.m. for the Open House portion of the meeting and to provide input to elected officials and the Flood Control District.



May Community Center
2100 Wolf Road, Huffman, TX 77336

Please be sure you make your voice heard and comment on any and all of the projects proposed by the Harris County Flood Control District. Full details on how to submit comments via the web, mail and phone may be found [here](#). Each of the specific programs has a comment procedure, but HCFCD is also accepting comments on county wide projects. To learn more about the county-wide programs, [follow this link](#).

[You can offer comment on the county wide projects by following this link.](#)

An interactive map of projects under discussion is available and will be updated as projects finalize. (The interactive map allows you to click on the button to the left side to turn on legislative district boundaries.) By clicking on icons for the project locations, you can read more about expected projects, their costs and participants/funding. The link to the site is: <http://www.harriscountyfemt.org/cb>

Updates from Austin

DPS Warns Texans of Safety Concerns in Summer Heat

The Texas Department of Public Safety (DPS) is reminding Texans to



take extra safety precautions as temperatures and heat indices continue to reach 100 degrees and above in many parts of the state.

“We have already experienced extreme heat in most parts of the state this summer, and DPS wants to remind all Texans that the dangers from sustained high temperatures should not be taken lightly,” said DPS Director Steven McCraw. “Heat-related injuries and deaths are often preventable if we take the necessary steps to protect ourselves and others.”

Extreme temperatures place children at greater risk of injury or death if left unattended in a vehicle. According to the National Highway Traffic Safety Administration, temperatures inside a car can rise more than 20 degrees in only 10 minutes. Even with an outside temperature of 60 degrees, the temperature inside a car can reach 110 degrees.

Heatstroke is one of the leading causes of non-crash-related fatalities among children, and every year, children die from heat-related injuries after being left in a vehicle or by entering a vehicle unnoticed. Leaving windows partially rolled down does not help. A child should **never** be left unattended in a vehicle.

Additionally, extreme heat events or heat waves are one of the leading causes of weather-related deaths in the United States, according to the Center for Disease Control and Prevention. Periods of severe heat and high humidity tax the body’s ability to cool itself and can lead to heat exhaustion and heat stroke, which can be fatal.

DPS offers the following tips for staying safe and managing the heat:

- Drink plenty of water throughout the day even if you do not feel thirsty; you may not realize you’re dehydrated until it’s too late. Also avoid alcohol and beverages high in caffeine or sugar during periods of prolonged outdoor exposure.
- Pay attention to your body. Heat-related illnesses such as heat exhaustion and heat stroke can develop quickly. Know the [warning signs](#) and seek medical attention if necessary.
- Check on others, especially the elderly, sick, very young and those without air conditioning.
- Don’t forget [pet safety](#). Animals are also susceptible to heat-related injury or death – don’t put your pets in these dangerous conditions.
- Monitor local weather updates and stay aware of any upcoming changes in weather.
- Limit exposure to the sun and stay indoors as much as possible. If possible, avoid strenuous outdoor activity during the hottest part of the day.
- Light-colored, loose-fitting clothing and a hat are recommended while spending time outdoors.
- Wear sunscreen. Sunburns can affect your body’s ability to cool down. Protect yourself during periods of sun exposure by putting on sunscreen SPF 15 or higher 30 minutes prior to going outside.
- Be extra careful when cooking outdoors, building campfires or driving off-road to avoid igniting dry vegetation. Also, stay aware of burn bans in your area and always abide by restrictions on outside burning.

[The National Weather Service](#) website provides additional information and tips for staying safe during periods of extreme heat.

For more information on how to prepare for extreme heat, visit [ready.gov](#).

HEAT EXHAUSTION

OR

HEAT STROKE

Faint or dizzy



Throbbing headache



Excessive sweating



No sweating



Cool, pale, clammy skin



Body temperature above 103°
Red, hot, dry skin

Nausea or vomiting



Nausea or vomiting

Rapid, weak pulse



Rapid, strong pulse



Muscle cramps



May lose consciousness



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives

Thank you to [AlertHouston](#) for the info-graphic.

Texas Heritage Trail Regions

STAY AN EXTRA DAY Sweepstakes



CELEBRATING 50 YEARS OF THE TEXAS HERITAGE TRAIL REGIONS

Enter the Stay an Extra Day Sweepstakes

The Texas Heritage Trail Regions is offering a travel getaway in all of its regions! Why take a day trip when you can stay an #ExtraDay InTx? This month, we're offering a trip in the Texas Tropical Trail Region. Click here for more!

[Read more](#)

texasimetravel.com

Constituent Resources

Need Assistance?

Our office is always ready to assist you. Call or email us and we will do our best to help. Many State Agencies also have hotlines or citizen assistance offices to assist you. That contact information is available at this link, in alphabetical order:

<http://www.lrl.texas.gov/genInfo/stateAgencies.cfm>

Live Updates

All of the relevant information our office has gathered during the week will be posted to our Facebook page. By "liking" us, you will stay up-to-date about important matters across the state that affect you and your family. Click below to find our page.



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