



Your Summer Guide to Safe and Healthy Travel

Warm weather often means more bug bites, a greater risk of heat-related illnesses, and more water and outdoor activities. Follow the Centers for Disease Control's (CDC) tips below to protect yourself and others during summer travel.

Before Your Trip

[Check CDC's destination pages for travel health information.](#) Check CDC's webpage for your destination to see what vaccines or medicines you may need and what diseases or health risks are a concern at your destination.

You should know your health status before you make travel plans. When you are sick, you can spread diseases to others. Postpone your travel and stay home when you are sick.

Make an appointment with your healthcare provider or a travel health specialist at least one month before you leave. They can help you get destination-specific vaccines, medicines, and information. Discussing your health concerns, itinerary, and planned activities with your provider allows them to give more specific advice and recommendations.

Make sure you are up to date on all of your [routine vaccines](#). Routine vaccinations protect you from infectious diseases such as measles that can spread quickly in groups of unvaccinated people. Many diseases prevented by routine vaccination are not common in the United States but are still common in other countries.

Plan for unexpected health and travel issues. If traveling outside the United States, find out if your health insurance covers medical care abroad – many plans don't! Make sure you have a plan to [get care overseas](#) in case you need it. Consider buying travel insurance that covers health care and emergency evacuation, especially if traveling to remote areas.

Enroll with the Department of State's [Smart Traveler Enrollment Program \(STEP\)](#). Monitor [travel warnings](#) for your destination. Enrolling also ensures that the US State Department of State knows where you are if you have serious legal, medical, or financial difficulties while traveling. In an emergency, STEP can also help family and friends contact you.



Pack Smart. Prepare a [travel health kit](#) with items you may need, especially those that may be difficult to find at your destination. Include your prescriptions and over-the-counter medicines in your travel health kit and take enough to last your entire trip, plus extra in case of travel delays. Depending on your destination, you may also want to pack insect repellent, sunscreen (SPF15 or higher), aloe, alcohol-based hand sanitizer, water disinfection tablets, and your health insurance card.

During Your Trip

Choose safe transportation. Always wear a seat belt, and children should ride in car seats. Motor vehicle crashes are the leading cause of death among health travelers. Be alert when crossing the street, especially in countries where people drive on the left side of the road.

Choose safe food and drink. Contaminated food and drinks can cause traveler's diarrhea and other diseases. Travelers to low or middle-income destinations are especially at risk. Generally, foods served hot are usually safe to eat, as well as dry and packaged foods. Bottled, canned, and hot drinks are generally safe to drink.

Protect yourself from the sun. Apply sunscreen with SPF 15 or higher when traveling. [Protecting yourself from the sun](#) isn't just for tropical beaches—you can get sunburn even if it's cloudy or cold. You are at the highest risk for UV exposure when traveling during summer months, near the equator, at high altitudes, or between 10 a.m. to 4 p.m.

Wash your hands. Regular handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.

Stay safe during water activities. Drowning is a significant cause of death when traveling. Follow [water safety recommendations](#), especially in countries where emergency services are unavailable quickly.

Avoid bug bites. Use [insect repellent](#) and take other steps to avoid bug bites. Bugs, including mosquitoes, ticks, fleas, and flies, can spread malaria, yellow fever, Zika, dengue, chikungunya, and Lyme. These bugs are typically more active during warm weather.

If you have traveled and felt sick, particularly with a fever, talk to a healthcare provider and tell them about your travel.

If you need medical care abroad, see [Getting Health Care During Travel](#).

Article Links:

<https://wwwnc.cdc.gov/travel/destinations/list> - CDC Destination Page

<https://wwwnc.cdc.gov/travel/page/routine-vaccines> - Routine Vaccines

<https://wwwnc.cdc.gov/travel/page/getting-health-care-abroad> - Getting Care Overseas

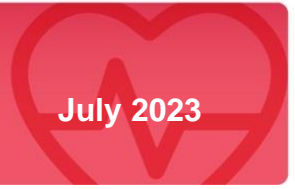
<https://step.state.gov/step/> - State Department's Smart Traveler Enrollment Program

<https://travel.state.gov/content/passports/english/alertswarnings.html> - Travel Warnings

<https://wwwnc.cdc.gov/travel/page/pack-smart> - Travel Health Kit

<https://wwwnc.cdc.gov/travel/page/sun-exposure> - Protecting Yourself from the Sun





<https://wwwnc.cdc.gov/travel/page/safe-swimming-diving> - *Water Safety Recommendations*

<https://wwwnc.cdc.gov/travel/page/avoid-bug-bites> - *Avoiding Bug Bites*

<https://wwwnc.cdc.gov/travel/page/getting-health-care-abroad> - *Getting Healthcare While Traveling*





City Departments Restructuring

Changes Coming to City Departments

Earlier this year, Mayor Bynum announced some changes to how our city departments are structured. These changes aim to embed a community focus in all aspects of design, planning, neighborhood engagement, and investment. The new organizational structure will take effect on July 1, following Executive Order 2023-01. The Human Resources and City leadership teams have been working diligently behind the scenes to prepare for these changes.

Department of City Experience (DCE)

One of the significant changes is the establishment of the Department of City Experience (DCE). The City's Working in Neighborhoods (WIN) Department will transition to DCE, with a renewed focus on citizen-centric design and engagement.

The new DCE will consist of six sections/offices, including:

- Animal Welfare
- Neighborhood Inspections
- Community Development and Housing
- Tulsa Planning Office
- City Design Studio
- Mayor's Office and Resilience and Equity (MORE)

The Planning staff will be incorporated back into the City of Tulsa, and MORE will be formally established to continue the City's work toward achieving equality for all Tulsans. By moving Housing Policy to the DCE, the City aims to consolidate housing efforts and strengthen its commitment to increasing housing stock in Tulsa.

The Design Studio within the DCE will lead the City's design and community engagement process for ongoing projects. This division will consist of architects, planners, and urban designers. They will actively involve students, volunteers, and design professionals in decision-making.

Public Works Department

The Streets and Stormwater Department and most of the current Engineering Services Department will merge to form the re-established Public Works Department. This move will allow both departments to work more directly on projects from concept to completion. The Public Works Department will now handle everything related to streets, including their construction, maintenance, and coordination with stormwater infrastructure.



Some engineers from Engineering Services will join the City's Water and Sewer Department to engage more directly in their work. Additionally, a small group of City engineers and architects will transfer to DCE as part of the City Design Studio. They will focus on major capital projects that have a community-wide impact and align with DCE's mission.

It's important to note that for most City employees, these changes will not directly affect your job duties. Instead, they represent a fundamental shift in how projects are approached and carried out, with a strong focus on the needs of the citizens.

When we prioritize the involvement of Tulsans throughout the project process, we have seen increased community support and buy-in, making our job much more manageable. These improvements will significantly enhance efficiency and collaboration as we strive to grow into a world-class city, working towards our shared goals.

We want to congratulate Terry Ball, Eric Lee, and James Wagner, selected as department heads of Public Works, Water & Sewer, and the DCE, respectively. These appointments were made through a merit-based selection process and will be effective on July 1.

For more information about the current City departments, please visit the official website at <https://www.cityoftulsa.org/government/departments/>.

UPDATED ORGANIZATION CHARTS



Employee Spotlight – Josh Bilby, Water Distribution Manager

1. **How long have you been in your current role?**

Two years.

2. **How did you get started working for the City of Tulsa?**

I wasn't sure what I wanted to do after high school and my cousin and uncle were both working for the City of Tulsa then, so they suggested I apply for a position. I applied for an entry-level position in Water Distribution as a crew worker, 18 years later here I am, the Manager of Water Distribution.

3. **Who inspired you to pursue the career you have today?**

My Dad always pushed me to try my hardest at whatever I did and never to settle. He also encouraged me to get my degree because he understood the importance of getting an education.

4. **How has your role evolved over time since you've been here?**

I started working as a crew worker in Water Distribution in July 2005. I was promoted to various positions within the City, and in January 2021, I was selected as the division manager for Water Distribution.

5. **What motivates you to get up and go to work every morning?**

The people I work with every day and providing high-quality water to the citizens of Tulsa and the surrounding communities.

6. **What's the most interesting project or a memorable moment you've had while working at the City?**

About two weeks after starting my current role, Winter Storm Uri hit, and we had a record number of water main breaks in the City. Coordinating the effort to repair all the breaks and restore water service to our customers has been the most memorable moment of my career so far.

7. **What's one thing that surprised you about your current role?**

Before I became the water distribution manager, most of my focus was solely on the mainline function of Water Distribution. I never knew how many people and outlying communities rely on our water system.

8. **How has the City of Tulsa helped your career development?**

I utilized the City's OSU-Tulsa scholarship program to get my bachelor's degree which has provided me with promotional opportunities that I otherwise would not have been able to achieve.

9. **What, if anything, are you currently binge-watching? Reading?**

With three kids, I don't have time to binge-watch or read anything but when I do get time to watch something I always watch old episodes of The Office.

10. **If you could have any superpower, what would it be?**

The ability to fly, I am not very patient, and I'd like to be able to get to where I am going as quickly as possible.

11. **What advice would you give someone who wants to enter your field?**

Have a passion for serving your customers and know your job is essential for human life. Take advantage of



learning from other employees who have been in the field longer and have more experience.

12. **What was the first concert you ever attended?**

I do not recall my first concert, but I recently saw Chris Stapleton and George Strait in concert together.

13. **What's one item you can't live without?**

Coffee

14. **If you could visit any place in the world, where would it be?**

Bora-Bora

15. **List three adjectives that describe your personality.**

Honest, Genuine, Motivated

16. **Who is your hero?**

My parents. They always worked hard to provide my sister and me with more opportunities than they had and they emphasized the importance of family and good friends.

17. **What's the best piece of advice you've been given?**

Don't sweat the small stuff, and it's all small stuff.

18. **If you had to eat one meal every day for the rest of your life, what would it be?**

Chips and Salsa





How to Avoid Heat-Related Illnesses

Heat-related illnesses can pose serious risks to individuals, potentially leading to organ damage and even death. In the United States alone, weather-related excessive heat caused the death of 201 people and injured 67 individuals in 2021. Awareness of the symptoms and taking necessary precautions to avoid such illnesses is crucial.

Who's at Risk

Some people are more vulnerable to heat-related illnesses than others. These include people who work in hot environments, infants and young children, people aged 65 and older, those with chronic health conditions or taking certain medications, and even those who are overweight. So, if you or someone you know falls into these categories, pay extra attention to these tips.

Keeping Cool at Work

If you have a job that requires you to be outside in hot weather, don't worry! There are ways to stay safe. Recommendations from the National Institute for Occupational Safety and Health include:

- Start with shorter shifts until you get used to the heat.
- Keep yourself hydrated by drinking water even before you feel thirsty.
- Look out for your coworkers too! If you see someone showing signs of heat exhaustion or heat stroke, alert your supervisor.
- Take breaks to rest and cool down. Your body needs a breather!

Recognizing Heat Exhaustion and Heat Stroke

Heat exhaustion is the first stage, and it shows up with symptoms like pale or moist skin, muscle cramps, fatigue, headache, nausea, rapid heart rate, and weakness. It's important to catch and treat it early before it worsens.

If heat exhaustion isn't addressed, it can turn into heat stroke - a medical emergency.

Watch out for these signs:

- High body temperature
- Hot and red skin
- Rapid breathing
- Confusion
- Loss of consciousness

If you or someone around you experiences these symptoms, **don't wait – call 911 immediately!**

First Aid Tips

When encountering heat-related illnesses, specific first aid actions can be taken.

For heat cramps: Give the person water or an electrolyte drink, gently stretch and massage their muscles, and apply ice to help soothe them.

If someone faints or feels dizzy (heat syncope): Have them lie down in a cool area, remove any tight clothing, and let them rest.

In case of heat exhaustion: Lay the person down in a shaded spot, remove excessive clothing, offer water or an electrolyte drink, and use cool water, wet cloths, or fans to help cool them down.

For heat stroke: This is a serious situation, so call 911 immediately. While waiting for help, try to cool the person by immersing them in cold water, applying ice packs to specific areas, covering them with wet towels, or using a fan to evaporate the skin's moisture.

Preventing Heat-Related Illnesses

- If you have access to air-conditioning, use it! It's the best way to beat the heat.
- Keep yourself hydrated by drinking fluids regularly, even if you don't feel thirsty. Avoid alcohol because it can dehydrate you.
- Dress in loose, lightweight clothing and wear a hat to protect yourself from the sun.
- Replace the salt your body loses by drinking fruit juices or sports drinks.
- Avoid spending too much time outdoors between 11 a.m. and 3 p.m., when the sun is at its hottest.
- Don't forget to take sunscreen! Sunburn makes it harder for your body to cool down.
- Take it easy and pace yourself when doing physical activities in the heat.
- Lastly, look out for one another! Check on your elderly neighbors, housebound friends, or anyone needing help during hot days. Offer them a cool place to stay, drive them to a cooling center, or reach out to their relatives or local services to ensure their safety.

Remember, staying safe in hot weather is all about being aware and taking precautions. Whether working outside, enjoying a summer day, or looking out for others, following these tips can help you avoid heat-related illnesses. So watch for warning signs, stay hydrated, cool, and care for each other in the heat!

HEAT EXHAUSTION	HEAT STROKE
USUALLY A FEVER OVER 100.4° F	HIGH FEVER, OVER 104° F
HEADACHE	HEADACHE
FATIGUE, ANXIETY & FAINT FEELING	FATIGUE, CONFUSION, AGITATION & STUPOR
WEAKNESS & MUSCLE CRAMPS	RAPID HEART RATE
NAUSEA & VOMITING	SEIZURES, COMA & DEATH POSSIBLE
PALE, MOIST SKIN	NAUSEA, VOMITING & LOSS OF APPETITE
DIARRHEA	WARM, DRY SKIN
FIRST AID	FIRST AID
MOVE TO A COOL PLACE & REST	CALL 911
REMOVE EXCESS CLOTHING & FAN SKIN	MOVE TO A COOL PLACE & REST
PLACE COOL CLOTHS ON SKIN	REMOVE EXCESS CLOTHING, DRENCH SKIN WITH COOL WATER & FAN SKIN
DRINK COOL WATER OR SPORTS DRINKS IF FULLY CONSCIOUS	PLACE ICE BAGS ON THE ARMPITS & GROIN AREAS