



NOVEMBER: EMERGENCY PREPAREDNESS

How do *you* define "emergency"? Are you prepared to care for yourself and others? To evacuate your home at a moment's notice? (What would you want to keep if you could only take as much as you could pack in your car in the next 10 minutes? Or, what if you were at work or school when a disaster occurred, and couldn't get home for three days... what would you do?) You and your family or friends may not be together when disaster strikes, so it's important to plan ahead: how you'll contact one another; how and where you'll get back together; what you will do in different situations.

WHY PREPARE?

It is estimated that seven out of ten individuals or families have not prepared for an emergency by making a plan or compiling (or purchasing) materials for a basic emergency kit. "Why should I?" you ask..." isn't it the responsibility of the city, county, state and federal government agencies to provide for my safety?"

We know that the next emergency is coming ... we just don't know when or what kind it will be! From fires to floods, landslides, earthquakes – even man-made disasters, we continuously face emergency situations, and (as the experts tell us) it's better to have a plan that you don't need than to need a plan that you don't have!

THE BENEFITS

Being prepared (as prepared as one can be) can reduce the fear and losses that accompany emergencies. Communities, families and individuals should know what to do in the event of a disaster – when to "stay put", when to evacuate, how to perform basic first aid, etc.

THE NEED

Disasters affect hundreds of thousands every year – each disaster has lasting effects, both to people and property. If a disaster occurs in your community, local agencies and disaster relief organizations will try to help you. But you need to help yourself also: local responders may not be able to reach you immediately, or they may need to focus their efforts elsewhere... You *should* be self-sufficient for at least three days (even better, seven...remember how long it took for assistance to reach some of the people affected by Hurricane Katrina?)

GETTING STARTED

There are many sources of information about disaster preparedness... all of them include these three critical components: • **GET (OR MAKE) AN EMERGENCY KIT** • **HAVE A PLAN** • **BE INFORMED**

BASIC EMERGENCY SUPPLY KIT:

- **Water** – one gallon per person per day for at least three days (for drinking and sanitation)
- **Food**, at least three-day supply of non-perishable foods
- **Radio** – battery-powered or hand-crank radio, and NOAA weather radio with tone alert, and extra **batteries** for both
- **Flashlight** with extra **batteries**
- **First aid kit** and basic first aid **booklet**
- **Whistle** to signal for help (flares are a bonus!)
- **Dust masks** to help filter contaminated air, and **plastic sheeting** and duct tape to "shelter-in-place"
- **Moist towelettes, garbage bags, and plastic ties** for personal sanitation
- **Tools** – wrench, pliers to turn off water and gas lines
- **Can opener** (if your food supply includes canned foods)
- **Local maps**
- **Cell phone** with **chargers!**
- **Medications** and **prescription glasses / contact lenses**
- **Household chlorine bleach** and medicine dropper: one part bleach, nine parts water makes disinfectant; 16 drops bleach per gallon of water sanitizes water for drinking
- **Fire extinguisher**
- **Matches in a waterproof container**
- **Shelter** (tent?), **blankets** for warmth
- **CA\$\$\$\$\$** in small denominations



FEBRUARY IS "AMERICAN HEART MONTH"

****Friday, February 5, 2010****

****National wear RED day for women's heart health****

Coronary heart disease is the #1 cause of death in the United States for both men & women. Heart attacks may occur suddenly and intense, OR may be slow to develop with mild symptoms. When in doubt, have it checked out. A heart attack occurs when blood flow to the heart is blocked by a clot. Quick action can help save a life! Know the warning signs to be prepared. Get immediate medical care (call 911 within 5 minutes) if you experience one or more of the following symptoms:

- Uncomfortable pressure, squeezing, fullness, or pain in center of your chest. May last more than a few minutes, or goes away and comes back.
- Shortness of breath with or without chest discomfort
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Other associated signs: breaking out in a cold sweat, nausea or lightheadedness.

Many types of heart disease and stroke can be prevented with these simple steps:

- Don't smoke, or quit smoking
- Control blood pressure (Ideally less than 120/80)
- Eat a healthy diet
- Be physically active (Aim for 30+ minutes most days)
- Get regular medical care
- Maintain a healthy weight
- Take medications as instructed
- Control blood sugar levels if you have diabetes

Visit the American Heart Association for more information: <http://www.americanheart.org>

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**The first Sunday of each month blood pressure screenings are available at the Parish Nurse Office (inside the Trinity main office) 9:00AM and following the 10:30AM service.

"Burn Awareness Week" February 7-13, 2010

As a nurse at Shriners' Hospital in Portland, I see the aftermath of serious burns when we treat children that have suffered these injuries. Burns can result in severe scarring, deformity, disability and emotional distress; often requiring extensive surgical treatments, physical therapy and counseling to help them heal. ~Nurse Karen

Preventing scald burns: Every day, 300 young children with burn injuries are taken to emergency rooms, victims of scald burns. Scald burns (caused by hot liquids, steam or foods) are the most common burn injury among children age 4 and younger. In 2003, U.S. hospitals treated an estimated 16,000 children under 5 for scalds. Mortality rates from scalds are highest for children under age 4. Many of these burns could have been prevented.

Ninety-five percent of scalds occur at home. Scald burns are typically related to ordinary activities – bathing, cooking and eating. Kids may not understand or even be aware of potential dangers of hot liquids (especially water) and foods. In addition, young children have thinner skin that burns more quickly than adults'. People of all ages can be burned in 30 seconds by a flowing liquid that is 130° F; at 140° F, it takes only five seconds; at 160° F, it only takes one second. For children under 5, these temperatures can cause a burn in half the time. Continuous supervision of young children is the most important factor in preventing scald burns, but there are additional simple preventive measures that can be taken, including:

- Lower the temperature settings on water heaters to 120° F (49° C) or less.
- When filling the bathtub, turn on cold water first. Mix in warmer water carefully.
- Check water before bathing children. (If the water feels hot to an adult, it is too hot for a child.)
- Use oven mitts or hot pads when cooking.
- Turn pot handles inward.
- Thoroughly stir all micro-waved food.
- Never heat baby bottles in a microwave.
- Keep children away from deep fryers.

*(Information from: http://www.shrinershq.org/Hospitals/Burn_Awareness/Scald_Injury)