

September 2020



PIONEER FIRE PROTECTION DISTRICT



Fire and Life Safety Newsletter

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Beginning June 2020 the Pioneer Fire Protection District will be releasing a monthly newsletter to be distributed to the public to help educate on specific safety topics related to the month ahead.

The goal of this newsletter is to educate the public on accurate and up to date fire and life education topics in an all in one format.

**CONTACT OUR ADMINISTRATION OFFICE AT
(530) 620-4444**

Due to the COVID-19 Social Distancing order in place, our office and stations will remain closed to the public until further notice unless you are experiencing an emergency.

SEPTEMBER IS NATIONAL PREPAREDNESS MONTH

Disasters don't wait.
Make your plan today.



Week 1: Sept 1-5
Make A Plan

Week 2: Sept 6-12
Build A Kit

Week 3: Sept 13-19
Prepare for Disasters

Week 4: Sept 20-26
Teach Youth About Preparedness

To learn more about National Safety Month, visit FEMA's website at <https://www.ready.gov/september>

NATIONAL PREPAREDNESS MONTH

WEEK 1 SEPT 1-5 : 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. Don't forget to register for CodeRED at <https://ready.edso.org/>.

- Step 1: Put a plan together by discussing the questions below with your family, friends or household to start your emergency plan.
- Step 2: Consider specific needs in your household.
- Step 3: Fill out a Family Emergency Plan
- Step 4: Practice your plan with your family/household



County of
El Dorado

Alert Notification System

[To learn more visit FEMA's website at https://www.ready.gov/plan](https://www.ready.gov/plan)

NATIONAL PREPAREDNESS MONTH

WEEK 2 SEPT 6-12 : BUILD A KIT

After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water and other supplies to last for several days. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

Make sure your emergency kit is stocked with the items on the checklist below. Most of the items are inexpensive and easy to find and any one of them could save your life. Headed to the store? Download a printable version to take with you. Once you take a look at the basic items consider what unique needs your family might have, such as supplies for pets or seniors.

Basic Disaster Supplies Kit

To assemble your kit store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit could include the following recommended items:

- Water (one gallon per person per day for at least three days, for drinking and sanitation)
- Food (at least a three-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to shelter in place)
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities)
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery
- Download the Recommended Supplies List (PDF) at https://www.ready.gov/sites/default/files/2020-03/ready_emergency-supply-kit-checklist.pdf

To learn more visit FEMA's website at <https://www.ready.gov/kit>

NATIONAL PREPAREDNESS MONTH

WEEK 2 SEPT 6-12 : BUILD A KIT

Additional Emergency Supplies

Since Spring of 2020, the CDC has recommended people include additional items in their kits to help prevent the spread of coronavirus or other viruses and the flu.

Consider adding the following items to your emergency supply kit based on your individual needs:

- Cloth face coverings (for everyone ages 2 and above), soap, hand sanitizer, disinfecting wipes to disinfect surfaces
- Prescription medications
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Prescription eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes and diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children



To learn more visit FEMA's website at <https://www.ready.gov/kit>

NATIONAL PREPAREDNESS MONTH

WEEK 2 SEPT 6-12 : BUILD A KIT

Maintaining Your Kit

After assembling your kit remember to maintain it so it's ready when needed:

- Keep canned food in a cool, dry place.
- Store boxed food in tightly closed plastic or metal containers.
- Replace expired items as needed.
- Re-think your needs every year and update your kit as your family's needs change.

Kit Storage Locations

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and cars.

- Home: Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.
- Work: Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a "grab and go" case.
- Car: In case you are stranded, keep a kit of emergency supplies in your car.

BUILD A KIT

Include enough food, water, and medical supplies for your needs in your emergency kit to last for at least 72 hours.

The infographic illustrates the components of an emergency kit: water (represented by a large blue jug and several smaller bottles), food (represented by a stack of colorful boxes), medical supplies (represented by a white first aid kit with a green cross and a small bottle), and a carrying case (represented by a blue and purple rolling suitcase). The items are connected by plus signs, indicating they are all part of the kit. In the bottom left corner, there is a logo for 'Ad Council Ready.' with a green checkmark. In the bottom right corner, the website 'READY.GOV/MYPLAN' is displayed.

To learn more visit FEMA's website at <https://www.ready.gov/kit>

NATIONAL PREPAREDNESS MONTH

WEEK 3 SEPT 13-19 : PREPARE FOR DISASTERS

Know what disasters and hazards could affect your area, how to get emergency alerts, and where you would go if you and your family need to evacuate.

Make sure your family has a plan and practices it often.

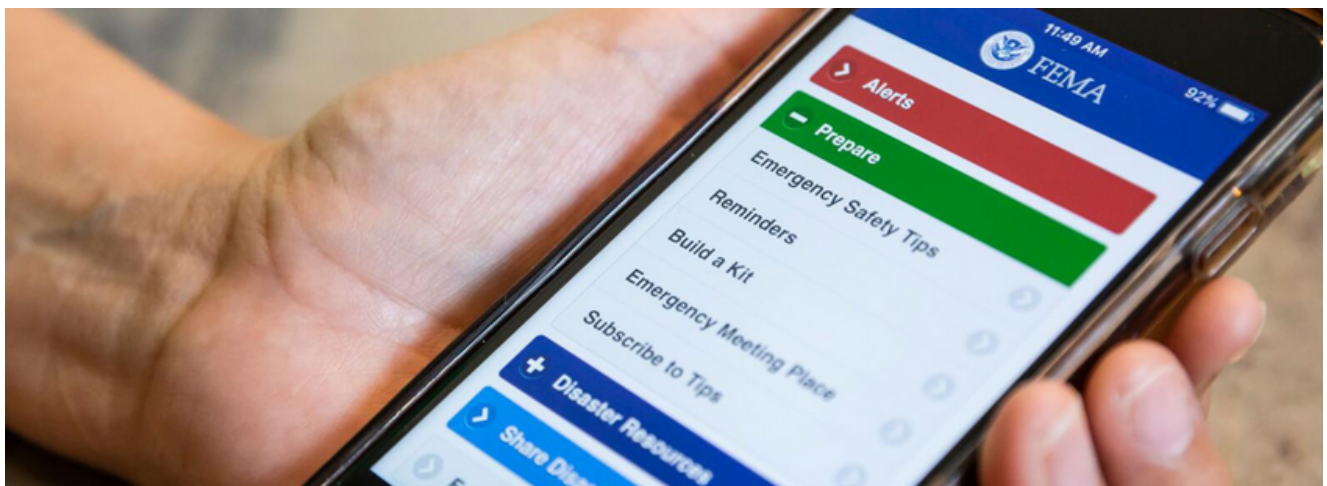
IF YOU ARE UNDER A WILDFIRE WARNING, GET TO SAFETY RIGHT AWAY

- Leave if told to do so.
- If trapped, call 9-1-1.
- Listen for emergency information and alerts.
- Use N95 masks to keep particles out of the air you breathe.



County of
El Dorado

Alert Notification System



To learn more visit FEMA's website at <https://www.ready.gov/be-informed> and <https://www.ready.gov/wildfires>

NATIONAL PREPAREDNESS MONTH

WEEK 4 SEPT 20-26 : TEACH ABOUT YOUTH PREPAREDNESS

Talk to your kids about preparing for emergencies and what to do in case you are separated.

Reassure them by providing information about how they can get involved.

Disasters happen everywhere, and every member of the family can prepare. Preparedness for the future starts today.

Whether you're a kid or teen yourself, a parent or loved one, or work with youth, ReadyKids has tools and information to help before, during and after disasters.

Visit the Ready Kids website at <https://www.ready.gov/kids>



Kids

Play games, learn about disasters, and get tips to prepare before a disaster strikes.

Explore



Teens

Be a leader in your family and community's preparedness.

Explore

To learn more visit FEMA's website at <https://www.ready.gov/kids>

NATIONAL FARM SAFETY AND HEALTH WEEK

SEPT 20-26

Celebrate national farm safety and health week by doing the following barn safety checklist:

- Heat lamps and space heaters are kept a safe distance from anything that can burn.
- Heaters are on a sturdy surface and cannot fall over.
- Electrical equipment is labeled for agricultural or commercial use.
- All wiring is free from damage.
- Extension cords are not used in the barn.
- Lightbulbs have covers to protect them from dust, moisture, and breakage.
- Damage is identified quickly and repairs are completed with safety in mind.
- Dust and cobwebs around electrical outlets and lights are removed.
- Oily rags are stored in a closed, metal container away from heat.
- Feed, hay, straw, and flammable liquids are stored away from the main barn.
- The barn is a smoke-free zone.
- Exits are clearly marked and pathways are clear.
- Fire drills are held frequently with everyone who uses the barn.
- Workers are trained to use fire extinguishers.
- Everyone in the barn knows personal safety is the first priority if a fire breaks out.
- Hazard checks take place on a set schedule.



To learn more visit NFPA's website at

<https://www.nfpa.org/-/media/Files/Public-Education/Resources/Safety-tip-sheets/BarnSafetyChecklist.pdf> _

COVID-19 RESOURCES FOR CAMPING

According to the Centers for Disease Control, Staying physically active is one of the best ways to keep your mind and body healthy. In many areas, people can visit parks, trails, and open spaces as a way to relieve stress, get some fresh air, and stay active. While these facilities and areas can offer health benefits, it is important that you follow the steps below to protect yourself and others from COVID-19.

When visiting parks, beaches, or recreational facilities open for public use, try to protect against exposure to SARS-CoV-2, the virus that causes COVID-19, by practicing social distancing and everyday steps such as washing hands often and covering coughs and sneezes.



What you need to know:

- Visit parks and recreation areas that are close to your home.
- Don't visit crowded parks or campgrounds.
- Carefully consider use of playgrounds, and help children follow guidelines.
- Stay at least 6 feet away from people you don't live with.
- Wear a mask.
- Wash your hands often and don't share items with people you don't live with.

To learn more visit <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/visitors.html> _

SPORTS SAFETY TIPS

Whether your children are already starting to play sports again or are planning to, take the following tips into consideration when they are playing this fall:

- Prepare Kids for the Demands of Playing a Sport
- Warm Up and Stretch Before Games and Practices
- Remember to Hydrate
- Wear Appropriate Sports Gear
- Don't Take Chances with the Brain: Know the Signs and Symptoms of Concussions
- Make Rest a Priority
- Be a Prepared Coach
- Be a Supportive Parent



To learn more visit Safe Kids Worldwide's website at <https://www.safekids.org/tip/sports-safety-tips>

SPORTS SAFETY TIPS

Be aware of concussions!

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. **Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. **Keep your child out of play.** Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. **Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

SIGNS AND SYMPTOMS

SIGNS OBSERVED BY PARENTS OR GUARDIANS

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"



To learn more visit <https://www.cdc.gov/headsup/index.html>