



August 2016

Neighbors Helping Neighbors...

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Next Meeting Dates:

General Meeting:
August 10 - Station 1.
Topic: CERT Skills Review

Leadership Meeting:
August 24 - Station 1. Topic:
Fire Department
Communications



Ready, Set, Go! Evacuation Information

Every year, homes in Southwest Oregon are threatened by wildfires and other types of disasters. The State of Oregon adopted a three level evacuation process to help families prepare.

LEVEL 1 - READY

A Level 1 evacuation means “BE READY” for potential evacuation. Residents should be aware of the danger that exists in their area, monitor emergency services websites and local media outlets for information. This is the time for preparation and precautionary movement of persons with special needs, mobile property and (under certain circumstances) pets and livestock. If conditions worsen, emergency services personnel may contact you via an emergency notification system. All residents should be at this level of readiness at all times!

Level 2 - SET

A LEVEL 2 evacuation means “BE SET” to evacuate. This level indicates there is significant danger to your area, and residents should either voluntarily relocate to a shelter or with family/friends outside of the affected area, or if choosing to remain, to be ready to evacuate at a moment’s notice. Residents MAY have time to gather necessary items, but doing so is at their own risk. THIS MAY BE THE ONLY NOTICE THAT YOU RECEIVE. Emergency services cannot guarantee that they will be able to notify you if conditions rapidly deteriorate. Area media services will be asked to broadcast periodic updates.

LEVEL 3 - GO!

In this evacuation model a Level 3 evacuation means that you need to LEAVE IMMEDIATELY! Danger to your area is current or imminent, and you should evacuate immediately. If you choose to ignore this advisement, you must understand that emergency services may not be available to assist you further. DO NOT delay leaving to gather any belongings or make efforts to protect your home. Access to evacuated areas may be denied until conditions are safe for citizens to return. DO NOT plan to return to check on your house or animals. If it’s not safe for you, it’s not safe for them!

Ready, Set, Go! Evacuation Information ...continued...

During certain types of disasters, such as wildfires or floods, you may need to leave your home in order to remain safe. Your family disaster plan should include locations to which you and your animals can evacuate (which might include an emergency shelter) and a way for family members to stay in contact. Be sure to sign up in Citizen Alert to get notifications about emergencies near your home, business, school or other locations.

It is important to know that entry to evacuated areas will likely be denied until conditions are safe. In cases where some entry is allowed, residents will need proof of their address (such as a government-issued ID). Although you will not be forced to evacuate your home, if you choose to leave you may not be allowed to return until the danger has passed. In order to keep everyone safe, citizens need to stay out of the evacuated area so that emergency workers can do their best to minimize the impact to homes and businesses. Evacuating when asked to do so allows emergency workers to focus on the controlling disaster instead of saving the lives of people who have chosen to stay. Be sure to take your animals with you when you evacuate. Remember – if it's not safe for you, then it's not safe for them! In fact, animals can distract or harm the emergency workers who are trying to save homes and property. *Credits: RVEM.ORG*

Protect your Pets in the Summer Heat

It's August and it's important not to forget about your pets as the temperatures rise.

Here are some tips to make sure they stay safe:

- Never leave your pet in a car.
- Asphalt gets very hot. It may not burn your feet, but it can burn paws.
- Skip the walk with your pet or take it when things aren't so hot outside (in the mornings or evenings).
- Make sure they have plenty of water.

Never leave your pets in a parked car

Not even for a minute. Not even with the car running and air conditioner on. On a warm day, temperatures inside a vehicle can rise rapidly to dangerous levels. On an 85-degree day, for example, the temperature inside a car with the windows opened slightly can reach 102 degrees within 10 minutes. After 30 minutes, the temperature will reach 120 degrees. Your pet may suffer irreversible organ damage or die.

Limit exercise on hot days

Take care when exercising your pet. Adjust intensity and duration of exercise in accordance with the temperature. On very hot days, limit exercise to early morning or evening hours, and be especially careful with pets with

white-colored ears, who are more susceptible to skin cancer, and short-nosed pets, who typically have difficulty breathing. Asphalt gets very hot and can burn your pet's paws, so walk your dog on the grass if possible. Always carry water with you to keep your dog from dehydrating.

Don't rely on a fan

Pets respond differently to heat than humans do. (Dogs, for instance, sweat primarily through their feet.) And fans don't cool off pets as effectively as they do people.

Provide ample shade and water

Any time your pet is outside, make sure he or she has protection from heat and sun and plenty of fresh, cold water. In heat waves, add ice to water when possible. Tree shade and tarps are ideal because they don't obstruct air flow. A doghouse does not provide relief from heat—in fact, it makes it worse.

Watch for signs of heatstroke

Extreme temperatures can cause heatstroke. Some signs of heatstroke are heavy panting, glazed eyes, a rapid heartbeat, difficulty breathing, excessive thirst, lethargy, fever, dizziness, lack of coordination, profuse salivation, vomiting, a deep red or purple tongue, seizure, and unconsciousness.



Protect your Pets in the Summer Heat ...continued...

Animals are at particular risk for heat stroke if they are very old, very young, overweight, not conditioned to prolonged exercise, or have heart or respiratory disease. Some breeds of dogs—like boxers, pugs, shih tzus, and other dogs and cats with short muzzles—will have a much harder time breathing in extreme heat.

How to treat a pet suffering from heatstroke

Move your pet into the shade or an air-conditioned area. Apply ice packs or cold towels to her head, neck, and chest or run cool (not cold) water over her. Let her drink small amounts of cool water or lick ice cubes. Take her directly to a veterinarian.

Summer months can be dangerous for you and your pet and can result in tragic results if you are not cautious and careful. Help your pet stay cool this summer. These tips are great for the whole family. Inform children and others in the household how to keep your pet happy and healthy in 2016.

Be aware during summer travels

The Oregon coast is a popular destination during the hot summer months. Oregonians enjoy the landscape, sunsets, and cooler temperatures than further inland. When heading out to the coast you should be aware of the potential dangers and means of mitigation.

Check out these tsunami forecasting tools available on the web before heading out:

SIFT - Operational NOAA tsunami forecasting system that combines real-time tsunami event data with numerical models to produce forecasts of tsunami wave arrival times and amplitudes.

ComMIT - internet-enabled interface to the community tsunami model.

Tweb - Web-based tsunami modeling tool used to generate and view tsunami forecasts in research and operational tsunami forecasting.

AHA HeartSaver Adult CPR / AED Certification Course

HeartSaver CPR is a classroom, video-based, instructor led course that teaches adult CPR and AED use, as well as how to relieve choking for an adult. This course teaches skills with American Heart Association's research-proven Practice-While-Watching technique, which allows instructors to observe the students, provide feedback and guide the students' learning of knowledge and skills. This course is for anyone with limited or no medical training seeking a course completion card in CPR and AED use to meet job, regulatory, and/or other requirements. The cost for this course is \$35, which includes a student study book and card*. The class takes approximately 3 hours to complete. All fees must be prepaid prior to the class date to confirm reservation. Please register early to reserve your space as class sizes are limited.

*Upon successful completion, students will receive an American Heart Association HeartSaver CPR Course Completion Card that is valid for two years.

TO REGISTER:

Registration is first-come, first-served according to when class fees are paid. Classes are typically limited to 8 people. Participants may register by mailing a check or by paying in person 8 AM - 4 PM Monday through Friday at Fire Station 1, 455 Siskiyou Blvd., Ashland, OR 97520. Make checks payable to City of Ashland. Now accepting credit cards.

When: Saturday, August 13, 2016

Where: Ashland Fire Station #2

Time: 9am-12pm

Cost: \$35

For information or to register contact the Ashland CERT Program Coordinator
541-552-2226 | cpr@ashland.or.us



CERT 2016 Calendar of Events

January 2016	February 2016	March 2016
General Meeting - January 13 <i>(Calculating Risk)</i> Search & Rescue Tactics - Jan 23 Leadership Meeting - January 27 <i>(CERT member handbook)</i>	General Meeting - February 10 (Eric Dittmer - Seismic Activity) Terrorism Response Awareness - Feb 20 Leadership Meeting - February 24 (Everbridge Training)	General Meeting - March 9 <i>(CERT Skills Training)</i> NO Leadership Meeting Base Activity - March 12 CPR Night - March 16 (6pm)
April 2016	May 2016	June 2016
General Meeting - April 13 <i>(Building Assessment & Triage)</i> Leadership Meeting - April 27 <i>(Planning for Basic Training)</i> Basic Training - April 21-23 and May 5-7	General Meeting - May 11 - Basic Graduation Base Bike Ride - May 15 Leadership Meeting - May 25 (Basic Training AAR) Annual Phone Tree Test - TBA	General Meeting June 8 <i>(SCBA filling at JCFD5)</i> Evacuation Training - June 11 Leadership Meeting June 22 <i>(Final Planning for 4th of July)</i>
July 2016	August 2016	September 2016
Parade Support - July 4 General Meeting - July 13 <i>(Mission Training)</i> Firefighter Rehab Training - July 16 Leadership Meeting - July 27 <i>(4th of July AAR)</i>	DATE CHANGE - JULY 17 - CERT BBQ General Meeting - August 10 <i>(TBA)</i> Leadership Meeting - August 24 <i>(Fire Department Communications)</i>	Ashland Is Ready (AIR) - September 10 General Meeting - September 14 Family & Friends CPR - September 24 Leadership Meeting - September 28
October 2016	November 2016	December 2016
Basic Training - October 6-8 and 13-15 General Meeting - October 12 Leadership Meeting October 26 Base Bike Ride - October 23	General Meeting - Nov. 9 - <i>(Basic Graduation)</i> Certified Driver Training - November 19 Leadership Meeting - November 16 <i>(Annual Training Planning Session)</i>	CERT Year in Review December 14 - 6:30 to 8:00 PM No Meetings Holiday Season ~ Training Stand Down

Note: General meetings are open to the public. Doors open at 6pm. Meetings are from 6:30pm-8pm at Fire Station 1.

Ashland CERT
 455 Siskiyou Boulevard
 Ashland, OR 97520

TO: