

# Ready Neighbor News



September 2017  
*Neighbors Helping Neighbors...*

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### Next Meeting Dates:

**General Meeting:**  
September 13 - Topic:  
Fire Adaptive Communities  
Preparedness

**Leadership Meeting:**  
September 27 - Topic: Fall  
Basic Training Planning



## Disasters don't plan ahead, but you can.

The Ready Campaign recently released the September 2017 National Preparedness Month (NPM) 2017 theme, "Disasters Don't Plan Ahead. You Can." In addition to the overarching theme for the month, each week has a theme highlighting different preparedness actions.

We can all take action to prepare! We are all able to help first responders in our community by training how to respond during an emergency and what to do when disaster strikes where we live, work, and visit. The goal of NPM is to increase the overall number of individuals, families, and communities that engage in preparedness actions at home, work, businesses, school, places of worship, and beyond.

**Week 1: September 1-9 - Make a Plan for Yourself, Family and Friends.**

- Make an Emergency Plan.
- Sign up for alerts and warnings by Opting-In to Citizen Alert.
- Learn your evacuation zone and have an evacuation plan.
- Check your insurance coverage and be sure your critical document retention is current.
- Plan financially for the possibility of disaster.



**Week 2: September 10-16 - Plan to Help Your Neighbor and Community.**

- Learn skills you need to help yourself and others until help can arrive; for example take the free Ashland CERT training.
- Take *Until Help Arrives* training visit: [community.FEMA.gov/until-help-arrives](http://community.FEMA.gov/until-help-arrives).
- Check on your neighbors. Ashland's *Map Your Neighborhood* program can help.
- Talk with your Power Company about utility safety. Your local Avista representatives are tremendously helpful.
- On National Preparedathon Day, Friday, September, 15, hold an event.

**Week 3: September 17-23 - Practice and Build Out Your Plans.**

- Complete an Emergency Financial First Aid Kit.
- Maintain emergency savings for use in case of an emergency.
- Participate in an emergency drill.
- Know how to access community resources (e.g., shelters, food banks).

## Disasters don't plan ahead, but you can. ...continued...

Week 4: September 24-30 - Get Involved! Be a Part of Something Larger.

Get your campus, business, faith-based organization and/or community organization prepared for an emergency.

Join Weather Ready Nation. Visit: [weather.gov](http://weather.gov) for more info.

Sign up for the Emergency Business Program through AF&R. Visit: [Ashland.or.us/epb](http://Ashland.or.us/epb) for a schedule.

Ashland Fire & Rescue provides a multitude of opportunities to assist you in being prepared for disaster. Our full-service menu allows residence and beyond to examine their personal preparedness goals and choose from one of the many programs available to reach those goals. Contact the Community Preparedness Coordinator to learn more or simply visit us on the web: [Ashland.or.us/fire](http://Ashland.or.us/fire).

## The air we breathe

August air quality had some hiding in their homes as the Air Quality Index skyrocketed into the “unhealthy” category. Oregon Department of Forestry reported a multitude of fires and several complexes statewide. The surrounding land features were absent often and the smell and taste of forest fire smoke lingered for days.

Smoke from wildfires can have a significant impact on you and your lungs. Smoke is made up of a complex mixture of gases and fine particles produced when wood and other organic materials burn. The biggest health threat from smoke is from fine particles. These microscopic particles can get into your eyes and respiratory system, where they can cause health problems such as burning eyes, runny nose, and illnesses such as bronchitis. Fine particles also can aggravate chronic heart and lung diseases.

The “unhealthy” category means everyone can be affected. The Department of Environmental Quality encourages individuals to be aware of the visibility index by looking at the surroundings to determine sight distance. If visibility distance is generally five miles or more then air quality is generally considered good. When visibility is three miles distance outdoor activities should be minimized and if visibility is one mile or less outdoors should be avoided. In determining distance approximation is fine. Look to see that you can distinguish outlines on land features such as trees and shrubs clearly. No matter how far you can see, if you feel like you are having health effects from smoke exposure, take extra care to stay inside or get to an area with better air quality.

Many agencies advise and recommend the use of a N95 particulate respirator mask during heavy wildfire smoke events when outdoors. The N95 respirator designation

indicates the mask manufacturing is subject to careful testing guaranteeing it blocks at least 95% of very small micron airborne particulates. These respirator masks are readily available at your nearby hardware or general store and can be purchased online. Generally speaking different manufacturers will differ slightly in comfort, thickness, color, etc. Typically they are face-forming and are generally for one time (day) use and completely waste disposable to avoid substantial risk reduction. When purchasing look at the label for NIOSH-approved particulate filtering models (not to be confused with surgical models).

Some very helpful websites for smoke and wildfire-based information include:

<http://oregonsmoke.blogspot.com/>

<http://www.deq.state.or.us/aqi/index.aspx>

<https://airnow.gov/>

Smoke and Wildfire Hotline 541-552-2490

Air Quality Rating	Air Quality Index (AQI)	PM <sub>2.5</sub> 1-hour Average (µg/m <sup>3</sup> )	PM <sub>2.5</sub> 24-hour Average (µg/m <sup>3</sup> )	Ozone 8-hour Average (ppm)
GOOD	0 - 50	0 - 38	0.0 - 12.0	0.000 - 0.054
MODERATE	51 - 100	39 - 88	12.1 - 35.4	0.055 - 0.070
UNHEALTHY FOR SENSITIVE GROUPS	101 - 150	89 - 138	35.5 - 55.4	0.071 - 0.085
UNHEALTHY	151 - 200	138 - 351	55.5 - 150.4	0.086 - 0.105
VERY UNHEALTHY	201 - 300	352 - 526	150.5 - 250.4	0.106 - 0.200
HAZARDOUS	>300	>526	>250.5	>0.200

Table 1. The Air Quality Index is the EPA's scale for rating air quality

## Member Birthdays this Month

Jan Baker  
 Terry Bateman  
 Sophia Bogle  
 Katherine Brafford  
 Joseph Curl  
 Deborah Fischer  
 Marina Hartnell  
 Colin Haug  
 Becky Laursen  
 Mike Lindgren  
 Deborah Merritt  
 Alexis Palomares  
 Vicki Purslow  
 Fran Ryan

## Member Anniversaries

Peter Gibb - 2003  
 Connie Saldana - 2005  
 Dan Shaw - 2000  
 Mark Decker - 2005  
 Bob Goldberg - 2005  
 James Phillips - 2005



## AHA BLS Certification Course & non-certification CPR Training

### Basic Life Support for HealthCare Providers offered:

**When:** Saturday, September 9, 2017

**Where:** Ashland Fire Station #2

**Time:** 9am-2pm

**Cost:** \$55

Basic Life Support (BLS) is intended for Healthcare providers and other students seeking training and certification in CPR. This course teaches critical concepts of high quality CPR, use of an automated external defibrillator, and relief choking for victims of all ages.

### Family and Friends Citizen CPR course offered:

**When:** Saturday, September 23, 2017

**Where:** Ashland Fire Station #2

**Time:** 9am-12pm

**Cost:** \$5

The Family & Friends CPR Course teaches the lifesaving skills of adult Hands-Only® CPR, and relief of choking in an adult. Skills are taught in a dynamic group environment by using the AHA's research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible.

Family & Friends CPR is for people who want to learn CPR but do not need a course certification card in CPR for their job.

**For information or to register contact the Community Preparedness**

**Coordinator: 541-552-2226**

**cpr @ ashland.or.us**



The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the Association.

# CERT 2017 Calendar of Events

January 2017	February 2017	March 2017
General Meeting - January 11 <i>(211 Info)</i> Leadership Meeting - January 25 <i>(Leadership Retreat Planning)</i>	General Meeting - February 8 <i>(Movie Night)</i> <b>Advanced Medical Refresher - Feb 25</b> Leadership Meeting - February 22 <i>(Leadership Retreat Planning)</i>	General Meeting - March 8 <i>(Surroundings Awareness)</i> NO Leadership Meeting <b>Vulnerable Populations Psychology - 3/25</b> <b>CPR Night - March 27 (6pm)</b>
April 2017	May 2017	June 2017
General Meeting - April 12 <i>(Building Assessment &amp; Triage)</i> <b>Advanced Leadership Retreat - April 21-23</b> Leadership Meeting - April 27 <i>(Planning for Basic Training)</i>	General Meeting - May 10 <b>Basic Training</b> <b>May 11, 12, 13, 18, 19, 20</b> Leadership Meeting - May 24 (Basic AAR)	<b>Base Bike Ride - June 4 @ 10am</b> General Meeting June 14 <b>Certified Driver (EVO) &amp;</b> <b>Firefighter Rehab - June 11</b> Leadership Meeting June 28
July 2017	August 2017	September 2017
<b>Parade Support - July 4</b> General Meeting - July 12 <i>(Skills Training)</i> <b>SAR Navigation Skills - July 22</b> Leadership Meeting - July 26 <i>(4th of July AAR)</i>	<b>CPR Night - August 7</b> General Meeting - August 9 Leadership Meeting - August 23 <b>Wilderness First Aid (\$) - August 26-27</b>	<b>Spontaneous Volunteer Management - TBA</b> General Meeting - September 13 <b>Family &amp; Friends CPR - September 23</b> Leadership Meeting - September 27
October 2017	November 2017	December 2017
<b>Basic Training</b> <b>Session 1 - October 2, 3, 8, 16, 17, 22</b> <b>Session 2 - October 5, 6, 7, 19, 20, 21</b> General Meeting - October 11 Leadership Meeting October 25	<b>Post Disaster Recovery - TBA</b> <b>Base Bike Ride - November 5</b> General Meeting - November 8 Leadership Meeting - November 15	<b>CERT Year in Review</b> <b>December 13 - 6:30 to 8:00 PM</b> NO MEETINGS <b>Holiday Season ~ Training Stand Down</b>

**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: