



December 2015

Neighbors Helping Neighbors...

Inside this issue:

CO Poisoning	1
CO Poisoning cont...	2
Training Ops	2
Prevent Winter Falls	3
Holiday Safety Tips	3
Opportunities	3
Training Calendar	4

Next Meeting Dates:

No meetings in December



Carbon Monoxide Poisoning and Fire Prevention

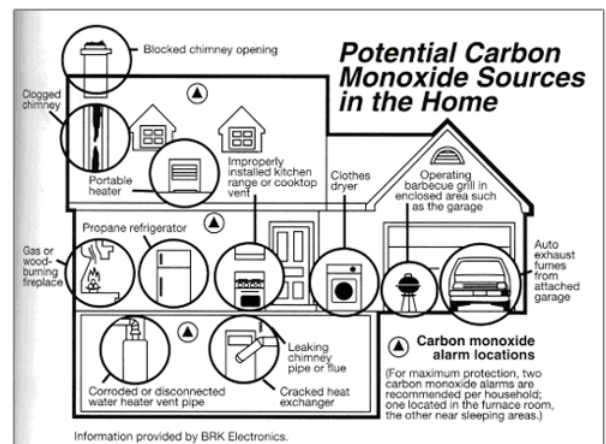
As the weather turns cold, many individuals look for ways to stay warm and save on heating costs during these tough economic times. The use of alternative heating sources such as portable heaters, fireplaces and wood stoves increase during winter months. Fire deaths and carbon monoxide poisoning are increased risks of using alternate heating sources. Home heating equipment is among the top causes of fires and carbon monoxide (CO) poisoning.

Carbon monoxide is a colorless, odorless gas that can kill you. It is found in the fumes of burning fuels such as automobiles, stoves, lanterns, grills, fireplaces, furnaces, etc. The most common symptoms and signs of CO poisoning are headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion. CO symptoms are often described as "flu-like." If you breathe in a lot of CO it can make you pass out or kill you. People who are sleeping can die from CO poisoning before they have symptoms.

Everyone is at risk for CO poisoning. Infants, the elderly, people with chronic heart disease, anemia, or breathing problems are more likely to get sick from CO. According to the Centers for Disease Control, each year, more than 400 Americans die from unintentional CO poisoning not linked to fires, more than 20,000 visit the emergency room, and more than 4,000 are hospitalized.

The Ohio Departments of Health and Aging suggest the following safety tips to prevent injury from carbon monoxide poisoning and fire.

Install a battery-operated carbon monoxide detector and smoke alarms throughout the home, and check or replace the batteries twice a year, when you change the time on the clocks every spring and fall. If the CO detector or smoke alarm sounds, leave the building immediately and call 911.



CO Poisoning and Fire Prevention *continued...*

If you live in a rental one should already be installed by law in the State of Oregon.

- Have a fire safety escape plan. Keep escape routes clear and free of clutter and trip hazards. Keep a robe, slippers, and keys close to the bed. Of course, CERT promotes having a committed “under-the-bed” kit including eye glasses and hearing aid if you need them.
- Have your heating system, water heater, and any other gas, oil or coal-burning appliance serviced by a qualified technician every year.
- Seek prompt medical attention if you suspect CO poisoning, or are feeling dizzy, light-headed or nauseous.
- Do not heat your house by using a gas oven.
- Do not run or warm a vehicle inside a garage that is attached to the home, even if the garage door is open.

If using a fireplace or wood stove:

- Have your chimney or wood stove inspected and cleaned annually by a certified chimney specialist.
- Keep the hearth area clear of debris, decorations and flammable material.
- Do not burn anything in a stove or fireplace that is not vented.
- Do not leave fires burning unattended.

If using a portable heater:

- Keep the heater at least one foot away from people, pets and objects.
- Do not leave portable heaters on when no one is home.
- Turn the heater down or off when you are sleeping.
- Unplug electrical appliances/heaters when not in use.
- Never hang damp clothes on or near a heater to dry them.

Upcoming Training Opportunities

The following is sponsored by the Southern Oregon Red Cross Chapter.

What: The Shelter Fundamentals Exercise is a “hands on” skills-based exercise. Participants work in teams that rotate through four skills stations based on the four categories of shelter workers presented in the course: Dormitory, Registration, Information and Feeding. In order to make the exercise as meaningful as possible, volunteers are asked to play “clients” and are given roles to play to provide trainees with unique situations that may arise inside a shelter.

Where: American Red Cross Chapter Office at 60 Hawthorne Street in Medford

When: Saturday, December 5th from 10:00am – 3:00pm

Why: Good opportunity for CERT members to get a view inside a Red Cross shelter
Other Details: You need a sack lunch, your CERT ID, and closed toed shoes with comfortable clothes. Additionally you are invited to stay afterwards for food and celebration with ARC volunteers. Note those attending (everyone) will have roles during the hands-on portion.

Contact: Jenny Carver to register (please cc me) at: jenny.carver@redcross.org

Prevent Winter Falls

Winter is an important time to check on older adult family members, friends, and neighbors to ensure they stay safe throughout the season. In addition to colder temperatures and snow, winter weather can bring an increased risk of health problems and injuries to older adults.

Here are some tips to consider when assisting older adults this winter:

Falls are a concern for everyone, especially for older adults. Putting road salt, cat litter, or sand on sidewalks, steps, and driveways will give more traction and provide resistance against a possible slip or fall. Non-slip shoes are also a great way to help older adults navigate slippery conditions.

Cold temperatures make older adults susceptible to hypothermia, a dangerous drop in body temperature. Learn the warning signs of this weather related illness and how to prevent it. The Centers for Disease Control is a great place for more information at: <http://emergency.cdc.gov/disasters/winter/>

Shoveling can put too much strain on the heart. Older adults, especially those with heart disease or high blood pressure, should leave snow shoveling to others. If you are caring for an older adult in an area with significant snow fall be certain they understand to leave the shoveling for someone else.

APD - Holiday Safety Tips

On Friday December 4, 2015 the Ashland Police Department will be hosting a Holiday Safety Tips presentation at the Ashland City Council Chambers. The Council Chambers are located at 1175 East Main Street in Ashland. There will be two chances to attend the presentation. The first presentation is from 1:30 PM to 3:30 PM with the second presentation from 6:00 PM to 8:00 PM. The sessions will include tips and information on the following topics:

- Safety tips while shopping
- Safety tips at the ATM machine
- How to protect your credit card with an RFID chip

- How to protect your purse, wallet and gifts while shopping
- What do I do if I am a victim?
- Plus many additional safety tips

This program is aimed at enhancing your awareness of what actions criminals look for that could make you vulnerable and a victim during the Holiday Season. These presentations are free to attend but do ask that you preregister with the Police Department by calling Lynn Merrifield at (541) 482-5211 Extension 2117

More Opportunities - Ashland Public Library

Ashland's public library will continue their Preparedness Series in the Guanajuato Room Saturday, December 5th and Saturday, December 12th from 12:00 pm - 3:00 pm.

December 5th features: Representative DeFazio Earthquake Roundtable with webcast format on how the predicted earthquake will affect Oregonians.

December 12th features: What you can do to protect your home and your family. A one hour webcast is included followed by a discussion with Ashland CERT Program Coordinator, Terri Eubanks.



CERT 2015 Calendar of Events

January 2015	February 2015	March 2015
General Meeting Jan 14 Movie Night: Cascadia Fault CERT Luncheon - Jan 20 Leadership Meeting Jan 20 - CERT Handbook JoCounty CERT Training - JAN. 30 - FEB. 1	General Meeting Feb 11 Avista: Carbon Monoxide Awareness Emergency Food Prep Challenge CERT Luncheon - Feb 17 Leadership Meeting Feb 25 - Everbridge Training	General Meeting March 11 - ECSO Tour CERT Luncheon - March 17 NO Leadership Meeting Base Inventory - March 7
April 2015	May 2015	June 2015
General Meeting April 8 - Building Triage CERT Luncheon April 21 Leadership Meeting April 22 (Basic Planning)	Basic Training General Meeting - Mercy Flights Leadership Meeting - Basic AAR Base Bike Ride - May 31	Firefighter Rehab Mission - June 6 General Meeting - Basic Graduation CERT Luncheon - June 16 Leadership Meeting - Parade Planning
July 2015	August 2015	September 2015
Parade Support - July 4 General Meeting July 8 - Radio Communications Evacuation Training - July 11 CERT Luncheon - July 21 Leadership Meeting - July 22 - Parade AAR	General Meeting Aug 12 - Sharon Lee guest speaker - TICK TALKS CERT Luncheon - August 18 Leadership Meeting August 27 - Advanced Communications CERT BBQ - August 22	General Meeting Sept 9 - Opening Bases AIR - Ashland Is Ready - Sept. 12 CERT Luncheon - Sept 15 Rogue Valley Preparedness Fair - Sept. 19 Leadership Meeting Sept 23 - Basic Planning
October 2015	November 2015	December 2015
Basic Training - October 1-3 and 8-10 General Meeting Oct 14 - Basic Graduation CERT Luncheon - Oct 20 Leadership Meeting Oct 28 Base Bike Ride - October 18	Certified Driver Training - Nov 14 NO General Meeting CERT Luncheon - Nov 17 Leadership Meeting Nov 18 - Annual Planning	CERT Annual Review - December 9 CERT Luncheon - Dec 15 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.

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TO: