



July 2019

Neighbors Helping Neighbors...

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Next Meeting Dates:

General Meeting:
 July 10, Fire Station 1.
 Topic: TBA.
 Meeting starts at 6:00 with doors open at 5:30 PM.

Leadership Meeting:
 July 24, Fire Station 1.
 Topic: Parade AAR.
 Meeting starts at 6:00 with doors open at 5:30 PM.



Prepare for Smoke Season

New to the west is the season of smoke which typically follows the first call of Fire Season and last for several months. Health concerns are on the rise regarding long-term impacts of wildfire smoke on the population. Oregon Department of Forestry officially declared June 1 Fire Season for Southwest Oregon. The time to prepare is now. Prepare yourself and your family to be smoke-wise. Here are a few tips for the Environmental Protection Agency on how you can be best prepared:

Have a supply of N95 respirators and learn how to use them. They are sold at many home improvement stores and online. The N95 particulate mask will protect you against inhaling small particles that cause lung damage.

If any family member has heart or lung disease, including asthma, check with your doctor about what you should do during smoke events. Have a plan to manage your condition. You may need to take additional steps to protect yourself but wearing your N95 mask is essential.

Buy a portable air cleaner before there is a smoke event. Make sure it has high efficiency HEPA filters and it is the right size for the room. There are two effective options for improving air filtration in the home: 1) upgrading the central air system filter, and 2) using high efficiency portable air cleaners. Before discussing filtration options, it is important to understand the basics of filter efficiency.

The most common industry standard for filter efficiency is the Minimum Efficiency Reporting Value, or "MERV rating." The MERV scale for residential filters ranges from 1 through 20. The higher the MERV rating the more particles are captured as the air passes through the filter. Higher MERV (higher efficiency) filters are especially effective at capturing very small particles that can most affect health.

The filter used in the central heating/cooling system of the home can effectively reduce indoor particle concentrations when the system is operating or when only the fan is turned on. Most home systems use a low MERV (1-4) fiberglass filter that is 1" thick. Replacing this filter with a medium efficiency filter (MERV 5-8) can significantly improve the air quality in your home. Higher efficiency filters (MERV 9-12) will work even better, and a true high efficiency filter (MERV 13-16) can reduce indoor particles by as much as 95 percent. Filters with a High Efficiency Particulate Air (HEPA) rating, (or MERV 17-20) are the most efficient.



Prepare for Smoke Season ...continued...

You may need to consult with a local heating and air technician or the manufacturer of your central air system to confirm which (or if) high efficiency filters will work with your system. If you can't switch to a more efficient filter, running the system continuously by switching the thermostat fan from "Auto" to "On" has been shown to reduce particle concentrations by as much as 24 percent.

Portable air cleaners are self-contained air filtration appliances that can be used alone or with enhanced central air filtration to effectively remove particles. How well they reduce air particle concentrations depends on several factors such as the size of the air cleaner, the area to be cleaned, the filter efficiency, how frequently the unit is turned on and the fan speed. Portable air cleaners fitted with high efficiency filters can reduce indoor particle concentrations by as much as 85 percent. Furthermore, portables can be operated continuously at a lower cost compared to the continuous operation of a central system. There are a wide variety of air cleaners on the market ranging in price from around \$50-\$3,000. *Air cleaners that cost less than about \$200 often do not clean the air as well and may not be helpful for wildfire smoke.

In addition to the home air filter and the N95 mask consider staying indoors when the smoke level is hazardous or bothersome. Stock up on home supplies so you don't have to go out when it's smoky. Have several days of medications on hand. Buy groceries to last several days/weeks such as non-perishable items. Reduce smoke in your vehicle by closing the windows and running the air conditioning in recirculation mode.

Know how you will get alerts and health warnings, including air quality reports, public service announcements (PSAs), and social media warning you about high fire risk or an active fire. Sign up to Ashland specific text alerts by texting 97520 to 888777. Jackson County also has an alerting system, Citizen Alert, you can opt-into by visiting www.rvem.org. Tune into Ashland's 1700 AM radio Station streaming continuous PSAs, and when disaster strikes upgraded to emergency alerts. Smoke levels can vary a lot during the day, so you may have a chance to do errands and open up windows when air quality is better.

Organize your important items ahead of time, including financial and personal documents. Where will you go if you have to evacuate? Make sure to prepare your children and consider your pets when making an evacuation plan. You should have a 2-Weeks Disaster Supplies Kit for use if evacuating or sheltering in place. Oregonians are encouraged to keep at least a 2-week supply of food provisions and water for each member of their household.

Always follow instructions from local officials such as fire and police to keep yourself and your family safe.

FOR MORE INFORMATION:

www.Ashland.or.us/SMOKE

www.airnow.gov

AQI Value	Actions to Protect Your Health From Particle Pollution
Good (0 - 50)	None
Moderate (51 - 100)	Unusually sensitive people should consider reducing prolonged or heavy exertion.
Unhealthy for Sensitive Groups (101 - 150)	The following groups should reduce prolonged or heavy outdoor exertion: - People with heart or lung disease - Children and older adults
Unhealthy (151 - 200)	The following groups should avoid prolonged or heavy exertion : - People with heart or lung disease - Children and older adults Everyone should reduce prolonged or heavy exertion.
Very Unhealthy (201 - 300)	The following groups should avoid all physical activity outdoors : - People with heart and lung disease - Children and older adults Everyone should avoid prolonged or heavy exertion.

CERT Leadership Training Retreat



A tremendous THANK YOU to all those who helped make the Leadership Training such a huge success. And kudos to all those who volunteered their time for an entire weekend-long training event. The success of our Ashland program is all because of YOU!



Fireworks & the Fourth of July

The Fourth of July in Ashland is a time honored celebration. Fourth of July is also one of the busiest days of the year for the firefighters and paramedics of Ashland Fire and Rescue. Before you celebrate the Fourth in Ashland, take a moment to make sure your holiday is a safe one.

Fireworks are Prohibited in Ashland

The use of retail fireworks are prohibited throughout the year within the City of Ashland. See Ashland Municipal Code 15.28-070(C). Ashland Fire & Rescue is asking residents to comply with the ordinance in an effort to reduce fires, injuries and the risk to our city's natural resources.

The use of any spark producing item which causes a fire is always prohibited. You can be held financially responsible for fire damage and the costs of fire suppression caused by negligent use of fireworks.

There are three items commonly referred to as fireworks, but are considered novelty items that Ashland residents may legally use:

- Smoke bombs
- Snakes
- Party poppers



To keep Ashland safe from fireworks caused fires, enjoy the 4th of July Celebration with a fireworks display sponsored by the Ashland Chamber of Commerce. The display can be seen from locations in Ashland. The fireworks are launched on Iowa Street between Walker and Wightman, so this section of Iowa Street and the area around it is closed. This area will remain closed on the night of July 4th until the fireworks pyrotechnicians have cleared the fields for safety. Please stay safe by remaining clear from this area until it has been opened to the public.

Thank you for helping to keep our community safe.

American Heart Association First Aid | CPR | AED Course

HeartSaver First Aid / CPR / AED is a classroom, video-based, instructor-led course that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency in the first few minutes until emergency medical services (EMS) arrives. Students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course also teaches adult CPR and AED use. The cost for this course is \$55, which includes a student study book and card*. The class takes approximately 5 hours to complete. All fees must be prepaid prior to the class date to confirm reservation. Please register early to reserve your space.

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

When: Saturday, July 27, 2019

Where: Ashland Fire Station #2

Time: 9 am - 5 pm

Cost: \$55

Registration is first-come, first-served according to when class fees are paid. Classes are typically limited to 9 people. Participants may register by mailing a check or by paying in person 8 AM - 4 PM | Monday - Friday at Station 1, 455 Siskiyou Blvd., Ashland, OR 97520. Make checks payable to City of Ashland.

For information or to register contact the CPR Program Coordinator
541-482-2770 | 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 2019 Calendar of Events

January 2019	February 2019	March 2019
Flood Fight USACE - January 5 General Meeting - January 9 ** 5pm - 9pm ** <i>(ALICE)</i> Leadership Meeting - January 23	ODOT Flagger & EM Control - February 9 General Meeting - February 13 <i>(Medical First Aid Skills)</i> Leadership Meeting - February 27 <i>(CERT Member Participation)</i>	General Meeting - March 13 <i>(Leadership Roles)</i> LabX Preparedness Game - March 15 & 16 Leadership Meeting - March 27
April 2019	May 2019	June 2019
Basic Training - April 4, 5, 6, 18, 19, 20 General Meeting - April 10 <i>(Search Markings & Cribbing)</i> Leadership Meeting - April 24 <i>(Basic AAR)</i>	Evacuation Messaging Campaign - May 4 General Meeting - May 8 <i>(Basic Training Graduation)</i> Leadership Meeting - May 22 <i>(Base Tours)</i>	Leadership Retreat - June 7-9 RV Airport Exercise - June 11 General Meeting - June 12 <i>(Urban Foraging)</i> Leadership Meeting - June 26 <i>(Event Planning - 4th of July)</i>
July 2019	August 2019	September 2019
Parade Support - July 4 General Meeting - July 10 <i>(TBA)</i> Spontaneous Volunteer Management - 7/20 Driving Routes - July 21- POSTPONED Leadership Meeting - July 24 <i>(4th of July AAR)</i>	General Meeting - August 14 <i>(Wildfire Smoke)</i> Defusing Adverse Situations - August 24 Leadership Meeting - August 28 <i>(Activating Bases & ICS)</i>	General Meeting - September 11 <i>(Vulnerable Populations)</i> Evacuation Scenario - September 21 Leadership Meeting - September 25 <i>(Planning for Basic Training)</i>
October 2019	November 2019	December 2019
Basic Training - Oct. 3, 4, 5, 17, 18, 19 JCFD5 Open House - October 9 - (5pm-7pm) Leadership Meeting - October 23 <i>(Basic AAR)</i>	Resiliency Skills - November 2 General Meeting - November 13 <i>(Basic Training Graduation)</i> Leadership Meeting - November 20 <i>(Annual Training Planning Session)</i>	CERT Year in Review December 11 - 5:00 to 8:00 PM No Meetings Holiday Season ~ Training Stand Down

Note: General meetings are open to the public. Doors open at 5:30pm. Meetings are from 6-8:30pm at Fire Station1.

Ashland CERT
 455 Siskiyou Boulevard
 Ashland, OR 97520

TO: