



CAMANO PREPAREDNESS GROUP

July 2021 NEWSLETTER

Monthly Meetings: Every Second Thursday
7-9 pm

***Currently held at the Camano Yacht Club



Summer Heat and July 4th

We are barely into July, and already we are experiencing some serious heat. The combination of such high temperatures, dry weather after a wet spring, and the use of fireworks raises three critical issues – heat exhaustion/heat stroke; wildfires; traumatized pets.

To avoid heat exhaustion or worse, stay indoors in an air-conditioned location whenever possible. Wear loose, light weight and light-colored clothing. Limit outdoor activities to the coolest part of the day. Avoid heavy exercise or exertion. Rest often. Wear sunscreen. Stay hydrated. Alcoholic, caffeinated, and sugary beverages may cause you to lose more body fluid, and very cold drinks can cause stomach cramps. Those at highest risk of heat-related illness are infants and young children, people age of 65 and older, those who are overweight, those who overexert, those who suffer from certain physical conditions such as heart disease or high blood pressure and those who take certain medications such as for depression, insomnia, or poor circulation. Understand, however, that no one is exempt from heat-related health concerns.

Symptoms of heat exhaustion include clammy skin, rapid pulse, muscle or stomach cramps, excessive sweating, weakness and fatigue, and nausea or vomiting.

Symptoms of heat stroke include body temperature of 104° or higher, confusion, agitation, irritability, disorientation, delirium, slurred speech, staggering, seizures (possibly coma), lack of sweating or flushed dry skin, headache, dizziness, nausea or vomiting, rapid breathing and heart rate, and muscle weakness or cramps.

Heat stroke is serious! Reduce the body temperature slowly with cool, wet towels or sheets. Have the victim drink water slowly – ½ glass every 15 minutes is recommended. If vomiting, do not administer food or drink. For symptoms of heat stroke, seek medical attention immediately.

In conjunction with the dryness and the heat is the increased risk of wildfires, especially as we celebrate July 4th. The wisest choice would be to avoid fireworks when the weather is this dry and hot. Short of that, please use extra caution. Use glow sticks in place of sparklers. Make certain you have an ample water source available. The National Fire Protection Association reports that more than 19,500 fires are started by fireworks, annually. Burns account for more than 44% of the ER injuries seen around this holiday. Children ages 10-14 have the highest rate of fireworks injuries. More than 36% of the victims are under the age of 15. Sparklers account for roughly one quarter of the ER injuries treated.

In addition to the injuries to humans due to fireworks, our pets, livestock, and the wild animals who share this beautiful island with us are also negatively impacted. Like people, pets and livestock need to stay hydrated, and the noise is traumatizing for many humans and pets. Please be considerate of your own animals and those of your neighbors. It is best to keep pets indoors. Keep them away from any fireworks displays, and away from barbecue grills. If you are serving alcoholic beverages, keep an eye on your drinks and do not set them anywhere that a pet might have access to them. Alcohol, including beer, is toxic for pets.

To one and all – stay cool, stay hydrated, and stay safe as you celebrate our Independence Day.

Preparedness Tips Before a Wildfire

Install and regularly inspect smoke detectors on every floor and in every bedroom and hallway. Use fire resistant materials when building or renovating. Flame retardant roof shingles are especially important. Keep vegetation and yard debris at least 30 feet from your home. Plant trees at



a distance from your home that is greater than their mature height. Use stone walls, swimming pools, or patios to help create a safety zone between vegetation and your house. Keep rain gutters clear of leaves, needles, and dead limbs.

Looking Ahead

As our community begins to open, once more, we are looking at the possibility and the opportunity to again participate in community events. The following is tentatively scheduled.

August 3rd – National Night Out – Old Thrifty Food Parking Lot – Stanwood

CPG Meetings for July

Our board meeting will be held at 1 pm on Tuesday, July 6, 2021. For those interested in attending, contact Rhonda Paulson – rspaulson.rp@gmail.com for information.

General meetings are held at 7 pm on the second Thursday of each month. The July 8th meeting will be held at the Camano Yacht Club – 129 North Sunset Dr., Camano Island. Our guest speaker will discuss trauma kits.

Planning Ahead for July

An ongoing look at spreading the cost of preparedness over the year, and at other measures you can take to prepare for an emergency/disaster.

Items to Locate or Purchase:

Liquid soap	Cleansing wipes
Crank or battery AM/FM radio	
Extra sewing needles & thread	
Sewing scissors	Heavy-duty scissors
3 boxes Kleenex	2 rolls paper towels
Safety pins	

Actions to Take:

Collect items for small sewing kit. Make a photo inventory of household items and store in a lockbox or with an out-of-area friend or family member. Review the location of water and gas meters. Know how to shut them off. Keep an appropriate weather-protected wrench nearby. Review your homeowner's/renters insurance policies.

Preparedness – A Positive State of Mind!!!!!!

Useful Websites

CPG – www.camanopreparednessgroup.org

CPG Facebook –

www.facebook.com/CamanoPreparednessGroup

FEMA – <https://training.fema.gov>

CIFR – www.camanofire.com

ICDEM (Island County Dep't. of Emergency Management) –

www.islandcountywa.gov/DEM/Pages/Home.aspx

Earthquake Country Alliance –

www.earthquakecountry.org/prepare/

Map Your Neighborhood –

<https://rtcil.drupal.ku.edu/sites/rtcil.drupal.ku.edu/files/images/galleries/MapYourNeighborhood.pdf>

Stanwood Camano Amateur Radio Club –

www.scarc.org

Robert Mitchell, MD, FACOG – Disaster

Medicine Project – www.omfcares.com

US Coast Guard – <https://uscgboating.org/mobile/>

CPG Contacts:

Rhonda Paulson, President, Camano Map Your Neighborhood Coordinator – rspaulson.rp@gmail.com

Sue Ryan, VP, Program Director – kk6sue@gmail.com

Bill Swander, Board member – bswander44@gmail.com

***The Camano Preparedness Group is a non-profit 501-C3 organization working to help Camano residents develop the skills necessary to make it safely through whatever major events we may encounter. We provide programs at monthly meetings, presentations for neighborhoods and local groups, and make available a wealth of materials at community events. **Tax deductible donations welcome and can be sent to CPG, P.O. Box 1325, Stanwood, WA 98292 or can be made through our FaceBook page. You can also designate us as your choice for donations through Amazon Smile.

