



## CAMANO PREPAREDNESS GROUP

July 2022 NEWSLETTER

**Monthly Meetings:** Every Second Thursday 7-9pm

Vista Madrona Fire Station – 273 N. West Camano Dr.



### Summer Concerns

Once again, it is time to offer a reminder about the seriousness of summer heat with a review of heat exhaustion and heat stroke. Symptoms of heat exhaustion include clammy skin, rapid pulse, muscle or stomach cramps, excessive sweating, weakness and fatigue, and nausea or vomiting. To avoid heat exhaustion, stay indoors in an air-conditioned location whenever possible. Wear loose, light weight, light-colored clothing. Limit outdoor activities to the coolest part of the day. Avoid heavy exercise or exertion. Wear sunscreen. Rest often and stay hydrated. Avoid alcoholic, sugary, and caffeinated beverages, as these may be more dehydrating. Avoid very cold drinks, which may cause stomach cramps. If you suspect someone is suffering from heat exhaustion, move them to a cool location, have them rest, and see that they are gradually rehydrated (1/2 glass every 15 minutes) with water, a half water half Gatorade mix, or Pedialyte.

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 –1/2 glass every 15 minutes is recommended. If vomiting, do not administer food or drink. For symptoms of heat stroke, seek medical attention immediately.

With the summer heat comes dry vegetation and the increased risk of wildfires. Please celebrate July 4<sup>th</sup> responsibly and safely.

One final summer concern regards cooling down in the lakes, rivers, and Puget Sound. The following fact comes from Camano Island Fire and Rescue. Roughly 20% of those who fall in cold water die in the first minute of immersion due to cold water shock.

Enjoy your summer by staying safe.

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### Meetings

The July CPG board meeting will be held on July 5th from 1-3 pm at the Vista Madrona Station.

The general meeting will be held on July 14th, from 7-9 pm at the Vista Madrona Station. Don Thompson will be our guest speaker and will discuss **What to do Until Help Arrives**. This applies, not just to disaster scenarios, but to any emergency we may encounter, from a fall with injuries to vehicle accidents to any other situation where we may find someone in need of immediate attention. You can save a life in the minutes before the first responders arrive if you know what to do.

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### Upcoming Events – A Full Calendar!



### National Night Out

National Night Out will be held on August 2<sup>nd</sup> from 6-8 pm. This is an annual event that has grown from a network of law enforcement agencies and neighborhood groups to become a partnership celebration of community, emergency personnel, and a host of civic and volunteer groups. This year, the CPG will be participating in both the Stanwood location (the Amtrak Station parking lot) and two



Camano locations, both hosted by Camano Island Fire and Rescue.

Stanwood has long hosted NNO and will have a full venue of participating groups from the Stanwood-Camano area. There will be free hot dogs. This is an excellent opportunity to learn about local organizations.

This is the first year for the CIFR to host the event. The focus is on allowing Camano residents to become better acquainted with the stations and our emergency responders including our Sheriff's Department, and with other island organizations. Each location will offer free hot dogs. Free children's bicycle helmets will be available to the first twenty-five kids. There will also be activities for the kids and a chance to get a close-up look at some of the rigs and equipment.

The south end location will be the Mabana Fire Station (Station 5) at 3211 S. Camano Dr. The Mabana Flames auxiliary will be co-hosting the CIFR at this station. The Flames will soon be celebrating their 50<sup>th</sup> anniversary and are eager to share information about this organization of remarkable women who have provided so much support for our wonderful CIFR and its volunteers over the years.

The north end location will be the Vista Madrona Fire Station (Station 4) at 273 N. West Camano Dr. The CPG is always thrilled to be able to work with the CIFR and will be cohosting this location. We are eager to meet you and share our preparedness information.

Please take the opportunity to celebrate a community partnership with our emergency services and local organizations by checking out whichever location is nearest you—or check out all three.

### **Stop the Bleed**

Dr. Robert Mitchell, MD, FACOG from the Disaster Medicine Project will provide another Stop the Bleed class for us on August 20<sup>th</sup> from 1-4 pm at the Camano Library. Seconds count when someone has suffered an injury that causes major bleeding. Come learn how to stop serious bleeding from large cuts, major lacerations, gunshot wounds, and other critical injuries. Everyone should add this class to their first aid/CPR training. You will be issued a certificate at the end of the session. Class size is limited to 30, so register soon. For more information or to register, send an email to Sue Ryan - [kk6sue@gmail.com](mailto:kk6sue@gmail.com).

### **Preparedness & Safety Fair**

Mark your calendar for September 10 and join the CPG and the CIFR at the Camano Market Place Commons for our Preparedness & Safety Fair. More details to come.

### **CERT Basic Training**

The CPG, CIFR, and Island County Department of Emergency Management are sponsoring CERT Basic Training at the Vista Madrona Fire Station October 14-16. Hours are Friday from 6-9:30 pm and Saturday and Sunday from 9 am – 5 pm. This extensive class includes Team Organization, Basic Preparedness Measures, Damage Assessment, Light Search and Rescue, Disaster First Aid and Triage, Fire Safety and Suppression, Terrorism Awareness, Hazardous Materials Awareness, and Emergency Communications. This training is conducted both outside and indoors, so dress accordingly. Class size is limited to 15. Email [dem@islandcountywa.gov](mailto:dem@islandcountywa.gov) for a registration packet. Participants must attend all three days of training to receive CERT certificate of completion.

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### **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:

- 2 gallons water
- 2 cans meat
- 3 cans vegetables
- 2 cans fruit
- Dry cereal
- Special snacks for special dietary needs
- 3 cans ready-to-eat soup, spaghetti, chili, etc.

#### Actions to Take:

Secure water heater and all top-heavy furniture. Put together an extra or an old pair of eyeglasses and an eyeglass repair kit to keep with your supplies. Review your homeowners'/renters' insurance policies.

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### Useful Websites

CPG – [www.camanopreparednessgroup.org](http://www.camanopreparednessgroup.org)

CPG Facebook –

[www.facebook.com/CamanoPreparednessGroup](http://www.facebook.com/CamanoPreparednessGroup)

FEMA – <https://training.fema.gov>

CIFR – [www.camanofire.com](http://www.camanofire.com)

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

<https://www.islandcountywa.gov/DEM/Pages/Home.aspx>

Earthquake Country Alliance –

[www.earthquakecountry.org/prepare/](http://www.earthquakecountry.org/prepare/)

Map Your Neighborhood –

[https://mil.wa.gov/map-your-neighborhood/MapYourNeighborhood\\_booklet.pdf\(ncna.info\)](https://mil.wa.gov/map-your-neighborhood/MapYourNeighborhood_booklet.pdf(ncna.info))

Stanwood Camano Amateur Radio Club –

[www.scarcwa.org](http://www.scarcwa.org)

Robert Mitchell, MD, FACOG – Disaster

Medicine Project –

<https://www.facebook.com/DisasterMedicineProject>

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

How to make a Crisco Emergency Light -

<https://youtu.be/xnNHM4OLkvE>

Disability Related Preparedness Resources –

<https://www.ready.gov/disability>

<https://www.redcross.org/prepare/location/home-family/disabilities>

<https://www.wasilc.org/coalition-on-inclusive-emergency-planning>

### CPG Contacts:

**Rhonda Paulson, President, Camano Map Your Neighborhood Coordinator –**

[rspaulson.rp@gmail.com](mailto:rspaulson.rp@gmail.com)

**Sue Ryan, VP, Program Director –**

[kk6sue@gmail.com](mailto:kk6sue@gmail.com)

**Bill Swander, Board member –**

[bswander44@gmail.com](mailto:bswander44@gmail.com)

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\*\*\*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.

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Preparedness – A State of Mind!



Have a Safe & Happy 4<sup>th</sup> of July!

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