



2023 CALENDAR

June 3rd: Officer Newbill Kid Safety Fair from 10:00 am to 2:00 pm in the parking lot of the East Side Mall in Moscow.

July 19th: How to create camp fires and how to put them out at 6:30 pm in the Latah County Fairgrounds Classroom

Prepared by VLawrence – CERT

Reduce Your Smoke Exposure & Swimming Safely

Wildfire smoke can affect areas for many miles around the fire itself as well as areas much further away when the smoke travels on the wind. For example, fires in California can affect Oregon, Idaho, Utah, Nevada and further. When wildfires create smoky conditions, there are things you can do, indoors and out, to reduce your exposure to smoke. Reducing exposure is important to everyone’s health, especially children, older adults, and people with heart or lung disease. These guidelines also apply when pollution levels are high and the outdoor air quality is harmful.



REDUCE SMOKE EXPOSURE **OUTDOORS:**

- **Take is easier during smoky times** to reduce how much smoke you inhale. If it looks or smells smoky outside, avoid strenuous activities such as mowing the lawn or going for a run.
- **Know your air quality.** Smoke levels can change a lot during the day, so wait until air quality is better before you are active outdoors. Check your state or local air quality agency’s website or airnow.gov for air quality forecasts and current air quality conditions.
- **Have enough food and medication** on hand to last several days so you don’t have to go out for supplies. If you must go out, avoid the smokiest times of the day.
- **Reduce smoke in your vehicle** by closing the windows and vents and running the air conditioner in recirculate mode. Slow down when you drive in smoky conditions.
- **Do not rely on dust masks or bandanas for protection from smoke.** If you must be out in smoky conditions, an N95 respirator can protect you, if it fits snugly to your face and is worn properly.
- **Have a plan to evacuate.** Know how you will get alerts and health warnings, including air quality reports and public service announcements. Public advisories provide important information on changing smoke conditions and evacuation notices. Know your evacuation routes, organize your important items ahead of time, and know where to go in case you have to evacuate.

REDUCE SMOKE EXPOSURE **INDOORS:**

- ❖ **Stay inside** with the doors and windows closed. Whether you have a central air conditioning system or a room unit, use high efficiency filters to capture fine particles from smoke.
- ❖ **Seek shelter elsewhere** if you do not have an air conditioner and it is too warm to stay inside with the windows closed.
- ❖ **Do not add to indoor air pollution.** Do not burn candles or use gas, propane, wood-burning stoves, fireplaces, or aerosol sprays. Do not fry or broil meat, smoke tobacco products, or vacuum. All of these can increase air pollution indoors.
- ❖ **Use a portable air cleaner** to reduce indoor air pollution. Make sure it is sized for the room and that it does not make ozone, which is a harmful air pollutant. Portable air cleaners can be used along with central air systems with efficient filters to maximize the reduction of indoor particles.
- ❖ **Create a “clean room” in your home.** Choose a room with no fireplace and as few windows and doors as possible, such as a bedroom. Use a portable air cleaner in the room.
- ❖ **Have a supply of N95 respirators** and learn how to use them.
- ❖ Long-term smoke events usually have periods when the air is better. When air quality improves, even temporarily, **air out your home** to reduce air pollution. (Source: EPA.gov)



Swimming TIPS for Pools and Outdoor Water Recreation Areas



- ✓ Do learn to swim. If you like to have a good time doing water activities, being a strong swimmer is a must.
- ✓ Do always have young children wear life vests.
- ✓ Do take a friend along. Even though you may be a good swimmer, you never know when you may need help. Having friends around is safer and just more fun!
- ✓ Do supervise children and teach them to always ask permission to go near the water.
- ✓ Do learn CPR in case someone is drowning.
- ✓ Do know your limits. Watch out for the “too’s” – too tired, too cold, too far from safety, too much sun, and too much hard activity.
- ✓ Do swim in supervised (watched) areas only, and follow all signs and warnings.
- ✓ Do stay away from pool drains or pipes feeding water into natural bodies of water.
- ✓ Do wear a life jacket when boating, jet skiing, water skiing, rafting, or fishing.
- ✓ Do stay alert to currents. They can change quickly! If you get caught in a strong current, don’t fight it. Swim parallel to the shore until you have through it. Near piers, jetties (lines of big rocks), small dams, and docks, the current gets unpredictable and could knock you around. If you find it hard to move around, head to shore. Learn to recognize and watch for dangerous waves and signs of rip currents – water that is a weird color, really choppy, foamy, or filled with pieces of stuff.
- ✓ Do keep an eye on the weather. If you spot bad weather (dark clouds, lighting), pack up and take the fun inside.
- ✓ Don’t mess around in the water. Pushing or dunking your friends can get easily out of hand. Don’t play breath-holding games.
- ✓ Don’t dive into shallow water. If you don’t know how deep the water is, don’t dive.
- ✓ Don’t float where you can’t swim. Keep checking to see if the water is too deep, or if you are too far away from the shore or the poolside.
- ✓ Don’t jump in the water to save a friend.
- ✓ Don’t drink alcohol while swimming.

(Source: CDC.gov)

Call 911 if someone is drowning or if a child is having problems breathing or has stopped breathing as a result of being immersed or submerged in liquid. Remember, children can drown in as little as 1 inch of water.

- 1. Get Help:** Notify a lifeguard if one is close. If not, ask someone to call 911. If you are alone, follow the steps below.
- 2. Move the Person:** Take the person out of the water.
- 3. Check for Breathing:** Place your ear next to the person's mouth and nose. Do you feel air on your cheek? Look to see if the person's chest is moving.
- 4. If the Person is Not Breathing, Check Pulse:** Check the person's pulse for 10 seconds.
- 5. If There Is No Pulse, Start CPR:**

For an adult: Carefully place the person on their back. Place the heel of one hand on the center of the chest at the nipple line. You can also push with one hand on top of the other. Press down at least 2 inches. Make sure not to press on ribs. Do chest compressions only, at the rate of 100-120 per minute or more. Let the chest rise completely between pushes. Check to see if the person has started breathing.

For a child, CPR starts with rescue breathing: Carefully place the child on their back. Tilt head back and lift the chin. For a baby, be careful not to tilt the head back too far. With an older child, pinch the nose closed and put your mouth over the child's mouth, forming a tight seal. With an **infant**, place your mouth over both the **baby's** nose and mouth. Blow into the child's mouth for 1 second. You should see their chest rise. Repeat the breath a second time. Then begin chest compressions. For a child, place the heel of one hand on the center of the chest at the nipple line. For an infant, place two fingers on the breastbone. Press down at least 2 inches for a child, about 1 and 1/2 inches for an infant. Make sure not to press on the ribs or the end of the breastbone. Do 30 chest compressions, at the rate of 100 per minute. Let the chest rise completely between pushes. Check to see if the child has started breathing. If you're alone, take a break to call 911 after 2 minutes of CPR.

- 6. Repeat if Person Is Still Not Breathing**

(Source: WebMD.com/first-aid/drowning-treatment)