



Latah County Idaho
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MAY 2025 NEWSLETTER

CERT MEETINGS:

May 7th from 6:00-8:00 pm at the Sacred Heart Social Hall at 440 NE Ash Street, Pullman, WA. Whitman CERT's presentation is Lessons in Resilience – Malden Mayor and First Responder on 2020 wildfire.

June 4th from 6:00-8:00 pm at the Latah County Fairgrounds Classroom. Latah CERT's presentation is on how to use handheld radios.

June 7th from 10:00 am-2:00 pm will be the Officer Newbill Kids Safety Fair in the parking lot at the Eastside Marketplace – South Blaine Street, Moscow.

Sources: CDC.gov Prepared by V. Lawrence – Latah CERT

SUMMERTIME: Survival Guide to Travel & Preventing Norovirus

Summertime is fast approaching and with it comes fun times and problems, both small and large. Some of us will want to spend more time outdoors camping, taking vacations to interesting places, spending time with family and friends, having a picnic in a beautiful spot, or just absorbing the warm and vitality of the sun in our backyard. There are some safety measures we want to cover in the May and July newsletters to help everyone have an enjoyable summer.

PACKING FOR TRAVEL

Travel during the summer will range from visiting fun locations or another state or country, camping in our wonderful state and national parks, touring the country in an RV, or taking a road trip to a local lake for the day.

At wwwnc.cdc.gov/travel/page/traveler-information-center, you can find some detailed information on a wide variety of travel-related topics. The CDC lists information for travelers on a wide variety of topics, outlines the types of documents/medicines/supplies you should consider, and preparedness activities for different types of travel and travelers. Be sure to check out the website. For this newsletter, we are going to drill down on CDC's *Survival Guide to Safe and Healthy Travel*.

BEFORE YOU GO - Take these steps to prepare for your travels aboard and anticipate issues that might arise. Many of these steps would also apply to travel in the US.

- ☑ **Check your destination** for country-specific health risks and safety concerns.
- ☑ **Make an appointment with your health care provider** to get destination-specific vaccines, medicines, and advice at least a month before you leave.
- ☑ **Make sure you are up-to-date on all of your routine vaccines**, including measles-mumps-rubella (MMR). Measles and other infectious diseases can spread quickly in a large group of unvaccinated people.
- ☑ **Plan for unexpected health and travel issues.** Find out if your health insurance covers medical care abroad—many plans don't!
- ☑ **Prepare for emergencies.** Leave copies of important travel documents (e.g. itinerary, contact information, credit cards, passport, proof of school enrollment) with someone at home, in case you lose them during travel.
- ☑ **Enroll with the Department of State's Smart Traveler Enrollment Program (STEP).** Monitor travel warnings for your destination. Enrolling also ensures that the [US Department of State](https://www.state.gov) knows where you are if you have serious legal, medical, or financial difficulties while traveling.
- ☑ **Pack smart. Prepare a travel health kit** with items you may need, especially those that are difficult to find on your trip.

DURING YOUR TRIP

- **Choose safe transportation.** Always wear a seat belt, and children should ride in car seats. Be alert when crossing the street, especially in countries where people drive on the left side of the road.
- **Avoid bug bites.** Use insect repellent and take other steps to avoid bug bites. Bugs, including mosquitoes, ticks, and fleas, can spread diseases such as malaria, yellow fever, Zika, dengue, chikungunya, and Lyme. These bugs are typically more active during warm weather.
- If you or a travel companion gets an injury or sickness that can't be helped with basic first aid or an over-the-counter medicine, seek medical attention right away.
- **Choose safe food and drink.** Contaminated food or drinks can cause travelers' diarrhea and other diseases and disrupt your travel. Generally, foods served hot are usually safe to eat as well as dry and packaged foods. Bottled, canned, and hot drinks are usually safe to drink.
- **Protect yourself from the sun.** Apply sunscreen with SPF 15 or higher when traveling.
- **Wash your hands.** Regular handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.
- **Be safe around animals.** Avoid animals, including pets, local farm animals, and wild animals. In addition to the risk of rabies, all animal bites carry a risk of bacterial infection.
- **Be careful during water activities.** Drowning is a major cause of death when traveling. Follow water safety recommendations, which includes swimming, boating and diving, especially in countries where emergency services may not be quickly available.

NOROVIRUS

Norovirus is the leading cause of vomiting and diarrhea and foodborne illness in the United States. It is very contagious and spreads very easily and quickly. You can get norovirus from sick people and through contaminated food, water or surfaces. Outbreaks occur in places with many people sharing breathing space, bathrooms, serving utensils, and contaminated surfaces. Examples include cruises, picnics, campgrounds, schools, and healthcare facilities. You are most contagious when you have symptoms of norovirus illness or during the few days after you feel better.

Norovirus can spread through contaminated food when a person with norovirus touches food with their bare hands, when food is placed on a counter or surface that has poop or vomit particles on it, when tiny drops of vomit from a person with norovirus spray through the air and land on food, and when food is grown with contaminated water or fruit and vegetables are watered with contaminated water.

Recreational or drinking water can get contaminated with norovirus. Contamination can occur at the source such as when a septic tank leaks into a well, when a person with norovirus vomits or poops in the water, or when water is not treated properly, such as with not enough chlorine.

Norovirus spreads through sick people and contaminated surfaces. Examples include a person with norovirus touches surfaces with their bare hands, a person with norovirus has diarrhea that splatters onto surfaces, or tiny drops of vomit from a person norovirus spray through the air, landing on surfaces or entering another person's mouth. Another example is when food, water, or objects contaminated with norovirus are placed on surfaces causing the norovirus to spread.

PREVENTION: If you are sick, do not prepare, handle food, or care for others. Wash your hands often with soap and water for at least 20 seconds. Hand sanitizer does **not** work well against norovirus. Handle and prepare food safely by carefully washing fruits and vegetables well, cooking shellfish to at least 145F, and cleaning and sanitizing kitchen utensils, cutting boards, counters, and surfaces. Clean and disinfect surfaces after someone has been sick. Immediately remove and wash clothes or linens that may have vomit or poop.