



Latah County Idaho
www.latahcert.us
contact@latahcert.us

DECEMBER 2021 NEWSLETTER

NEXT QUARTERLY MEETING: January 19 (Wednesday), 2022 at 7:00 pm at the Latah County Fairgrounds – Classroom. Any rescheduling will be sent by email by 10:00 am on the day.

CERT Curriculum Training – Unit 1 Disaster Preparedness: February 2 (Wednesday), 2022 at 6:30 pm at the Latah County Fairgrounds – Classroom

WINTER TOPICS – Weather and Flu Shots

For those of us here in Moscow, Idaho, we are dealing with feet of snow piled on our walkways and driveways and bitterly cold temperatures this week. While it makes for a beautiful winter wonderland, it can also be deadly. Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. This week in particular the weather service has issued special weather warnings of dangerous cold temperatures in the single digits and teens in Eastern Washington and North Idaho.



There are a variety of applications (app) that you can get for your phone which will notify you of weather and other emergency alerts in your area. Many cell phones come with weather apps, like Weather.com, for free or they can be downloaded from your app store. The American Red Cross recommends downloading the phone app “Emergency – American Red Cross” which you can customize for your area. And the National Oceanic and Atmospheric Administration (NOAA) maintains Weather Radio (channels) which also provides emergency alerts (link: [NOAA Weather Radio](#)).

Winter Weather Terms:

Winter Storm Warning – Issued when hazardous winter weather in the form of heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring. Warnings are usually issued 12-24 hours before the event is expected to begin.

Winter Storm Watch – Alerts the public to the possibility of a blizzard, heavy snow, heavy freezing rain, or heavy sleet. Watches are usually issued 12-48 hours before the storm.

Winter Weather Advisory – Issued for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life-threatening situations.

Attached to this month’s newsletter email you will find more detailed information on our discussion topics in the following flyers: the National Weather Service’s “Wind Chill Temperature Index” and FEMA/Ready.Gov’s “Be Prepared for a Winter Storm.” Key information from the second flyer is summarized on the next page.

PREPARE NOW

Know your area's risk for winter storms. Prepare your home to keep out the cold with insulation, caulking, and weather stripping. Pay attention to weather reports and warnings of freezing weather and winter storms. Gather supplies in case you need to stay home for several days without power. Create an emergency kit for your car. Learn the signs of and basic treatments for frostbite and hypothermia.

SURVIVE DURING

Stay off roads if at all possible. Limit your time outside. Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Reduce the risk of a heart attack. Avoid overexertion when shoveling snow. Watch for signs of frostbite and hypothermia and begin treatment right away. Check on neighbors.

Recognize + Respond

Frostbite causes the loss of feeling and color around the face, fingers, and toes. The signs include numbness, white or grayish-yellow skin, and firm or waxy skin. Take action by going to a warm room, soaking in warm water, and using body heat to warm but do not massage or use a heating pad.

Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency. The signs include shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness. Take action by going to a warm room; warming the center of the body first (chest, neck, head, and groin); keeping dry; and wrapping up in blankets, including the head and neck.

NATIONAL INFLUENZA VACCINATION WEEK

While I know that all of us are tired of hearing talk about vaccinations and seeing people getting shots on television, it's important not to forget about getting vaccinated against flu this year. The Centers for Disease Control and Prevention support the annual observance of a National Influenza Vaccination Week (NIVW) in December to remind everyone 6 months and older that there's still time to get vaccinated against flu. Vaccination is particularly important for people who are at higher risk of developing serious flu complications, including people with certain chronic conditions such as asthma, diabetes, and heart disease. In fact, in past flu seasons, 9 out of 10 adults hospitalized for flu had at least one underlying medical condition.

Since flu viruses are constantly changing and protection from vaccination decreases over time, getting a flu vaccine every year is the best way to prevent flu. Flu vaccines are the only vaccines that protect against flu and are proven to reduce the risk of flu illness, hospitalization, and death. Get your flu shot today! Links (Ctrl + Click): [National Influenza Vaccination Week | CDC](#) AND [Prevent Seasonal Flu | CDC](#)