



Latah County Idaho
 latahcert.us
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FEBRUARY 2024 NEWSLETTER

2024 CALENDAR

Next meeting –
 March 6th, 2024, at
 6:30 pm at Latah
 County Fairgrounds
 – BASIC FIRST
 AID TRAINING



REVIST YOUR FIRST AID KIT and UNTIL HELP ARRIVES

As part of our preparations for this coming year, everyone should be reviewing what is in your first aid kit. And remember, you should have a kit in your home and a kit in your car! Life-threatening emergencies can happen fast, and emergency responders aren't always nearby. You may be able to save a life by taking 5 simple actions immediately. Page 2 of this newsletter will review *Until Help Arrives*.



Your first aid kit should include the following first aid supplies (appropriate for four people):

- Antibacterial Wipes and gel
- (2) Absorbent compress dressings (5x9 inches)
- (25) Adhesive bandages (assorted sizes)
- (1) Adhesive cloth tape (10 yards x 1 inch)
- (5) Antiseptic wipe packets (alcohol pads)
- (5) Antibiotic ointment packets (or tube)
- (2) Packets of aspirin (81 mg each)
- (2) Emergency blanket (mylar foil blankets)
- (1) Breathing barrier (with one-way valve) - CPR
- (1) Instant cold compress
- (2) Pairs of medical grade nonlatex gloves
- (2) Hydrocortisone ointment packets
- (1) Gauze roll (roller) bandage (3 inches)
- (1) Roller bandage (ACE/elastic) (4 Inches wide)
- (5) Sterile gauze pads (3x3 inches)
- (5) Sterile gauze pads (4x4 inches)
- (1) Oral thermometer (non-mercury/non-glass)
- (2) Triangular bandages
- (1) Tweezers
- (1) Scissors and safety pins (assorted sizes)
- Emergency First Aid guide
- Aspirin or non-aspirin pain reliever
- Antidiarrhea and laxative medication
- Antacid (for stomach upset)
- Allergy medication, and if necessary, epinephrine
- Include personal medications, emergency phone numbers or other needed items.

And remember, kits kept in cars will be subject to high and low temperatures so those supplies will deteriorate faster and need replacement sooner.

Ready.gov urges Americans to take some simple steps to prepare for and respond to potential emergencies, including those from natural hazards and man-made disasters. Ready.gov asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and appropriate responses.

Everyone should have some basic supplies on hand to survive several days if an emergency occurs. A list of supply kit items is available at ready.gov and will be attached to the newsletter email. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle, or other places they spend time for outdoor activities and trips.

First aid kits are a crucial addition to emergency supply kits, but often get used at times other than disasters. As items in first aid kits are used, it is important to replace them. **It is also important to periodically check for and replace damaged or expired items, like antibiotic and hydrocortisone ointment.** To personalize a first aid kit, consider adding items to meet the needs of the household. These items may include medications, emergency phone numbers, or other items that have been recommended by your health-care provider.

How can You Provide first care Until Help Arrives? 5 Simple Steps That May Save a Life

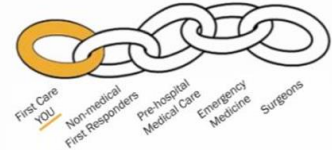
According to the Centers for Disease Control (CDC), trauma is the leading cause of death for Americans under age 45. Life-threatening injuries require immediate action to prevent an injured person from dying. Those nearest are best positioned to provide first care. The typical EMS response time is only about 6 to 9 minutes. However, life-threatening injuries can kill within minutes – before medical responders arrive. You could be the most important help available to someone with a serious, life-threatening injury.

CALL 9-1-1

- Don't assume someone else has already done so.
- 911 operators are highly trained and will help you assess what's going on, take appropriate action, and be as safe as possible.
- Answer all their questions. The questions they ask help send the right resources to the right place. Depending on the situation they will give you specific instructions, so follow their lead and let them coach you through the life-threatening situation.

Chain of Survival

How the emergency medical system flows to keep people with life-threatening injuries alive:



STAY SAFE

- Assess the situation: pause and use all available senses. What do you see? What do you hear? What do you smell?
- Decide whether to stay and help, grab the injured and get to safety, or get yourself to safety.
- Move smartly by using others around you and using things like blankets, chairs, carts, etc. around you.

STOP THE BLEEDING – Losing about 2 liters of the 5-6 liters of blood in the body can lead to irreversible shock which leads to death.

1. Find the source(s) of the bleeding.
2. If you have something to put in between the blood and your hands, use it. (Examples: gloves, a towel, a t-shirt, a cloth, a plastic bag, etc.)
3. Apply firm, steady pressure directly on the source of the bleeding. Push hard to stop or slow bleeding – even if it is painful to the injured. Think of a tourniquet as another way to apply firm, steady pressure when: injury is to an arm or leg and the bleeding is so severe it cannot be controlled otherwise. Tourniquets should be placed as high as possible on the injured limb – closest to the torso.
4. Keep pressure until EMS arrives.

POSITION THE INJURED

- Lay the injured on their side, legs slightly bent, with bottom hand reached outward and head resting near hand. Raise the chin forward with mouth pointed downward.
- If someone is conscious and breathing, allow them to position themselves. Do not force the injured to lie down or sit up.

Body: Laid on its side

Bottom Arm: Reached outward

Top Arm: Rest forearm on bicep of bottom arm

Head: Rest on hand

Legs: Bent slightly

Chin: Raised forward

Mouth: Pointed downward



PROVIDE COMFORT

- Ask permission to provide help if the injured person is conscious. Share names and ask basic questions.
- Tell them what you know happened, but do not speculate.
- Keep them warm, offer a hand to hold, maintain eye contact, be patient and understanding. If you have to move on to provide aid to another person, let them know.

FEMA provides a 30-minute online training video on Until Help Arrives at <https://community.fema.gov/Preparednesscommunity/s/until-help-arrives>. Look at the "Take the Online Training" tab.

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