



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

# JUNE 2022 NEWSLETTER

## 2022 CALENDAR

**June 29<sup>th</sup> –Quarterly Meeting at 6:30 pm in the Latah County Fairgrounds Classroom – Guest Speaker Fire Marshal Dan Ellinwood**

**July 20<sup>th</sup> –CERT General Meeting: Utility Demo and Controls at 6:30 pm in the Latah County Fairgrounds Classroom – AVISTA**

**August 3<sup>rd</sup> – CERT Curriculum Unit 7: Light Search and Rescue Operations at 6:30 pm in the Latah County Fairgrounds Classroom**

**September 7<sup>th</sup> – CERT Curriculum Unit 8: Terrorism and CERT at 6:30 pm at County Building (522 S. Adams) – Basement Conference Room**

**October 5<sup>th</sup> – CERT Curriculum Unit 9: Course Review, Final Exam and Disaster Simulation at 6:30 pm in the Latah County Fairgrounds Classroom**

**October 19<sup>th</sup> – Quarterly Meeting at 7:00 pm in the Latah County Fairgrounds Classroom**

**QUARTERLY MEETING:** June 29<sup>th</sup> (Wednesday), 2022 at 6:30 pm (TIME UPDATED!!!) at the Latah County Fairgrounds – Classroom. *Special Guest Speaker: Dan Ellinwood, Fire Marshal, Moscow Volunteer Fire Department. Topic: Fire Safety, Utility Controls, and Using Fire Extinguishers – hands on practice! GREAT OPPORTUNITY!!!*



### Be Ready -Emergency Essentials

**Presentation:** June 28<sup>th</sup> (Tuesday), 2022 at 4:30 pm in the Potlatch Library at 1010 Onaway Road.

## Summer Safety and Heat Safety

Have a great summer in a fun and safe manner!!

### ENVIRONMENTAL SAFETY

**Ticks:** Use tweezers to pull the tick out by the head. Clean the area. Watch for symptoms of Lyme disease (redness, fatigue, stiffness, and fever).

**Poison Oak/Ivy:** The signs include a red rash, possible bumps or patches, swelling, and itching. The actions to treat it include immediately rinsing the skin, applying a wet compress or lotion, and seeking medical attention in severe cases.

Information courtesy of Oregon State University

### Water Safety

#### Boating

- Always wear a proper fitting life jacket.
- Be familiar with boating state laws.
- Ensure equipment is working.
- Exercise good judgment.



#### Swimming

- Do not go in the water unless you know how to swim.
- Make sure the body of water matches your skill level; swimming in a pool is much different than swimming in a lake or river, where more strength is needed.
- The younger the child, the greater the risk
- If you do get caught in a current, don't try to fight it; stay calm and float with it, or swim parallel to the shore until you can swim free.

### Transportation Safety

#### Bicycling

- Inspect your bike prior to riding.
- Make certain others can see you.
- Wear a helmet, always.
- Follow the rules of the road.



#### Skateboarding

- Inspect your skateboard prior to riding.
- Protective equipment should be worn when skateboarding.
- Learn to fall by relaxing, rolling, and landing on fleshy parts.

#### Pedestrians

- Head up, phone down.
- If there is no sidewalk available, walk facing traffic.



Heat is one of the leading weather-related killers in the United States, resulting in hundreds of fatalities each year. Heat can be very taxing on the body; check out the [heat related illnesses](#) that can occur with even a short period of exposure. Everyone can be vulnerable to heat, but some more so than others. According to [The Impacts Of Climate Change On Human Health In The United States: A Scientific Assessment](#) the following groups are particularly vulnerable to heat; check in with friends and relatives who fall in one of these populations, especially if they don't have air conditioning.

- **Young children and infants are particularly vulnerable to heat-related illness and death, as their bodies are less able to adapt to heat than are adults.**
- **Older adults**, particularly those with preexisting diseases, take certain medications, are living alone or with limited mobility who are exposed to extreme heat can experience multiple adverse effects.
- **People with chronic medical conditions** are more likely to have a serious health problem during a heat wave than healthy people.
- **Pregnant women are also at higher risk.** Extreme heat events have been associated with adverse birth outcomes such as low birth weight, preterm birth, and infant mortality, as well as congenital cataracts.

It is **NEVER** safe to leave a child, disabled person or pet locked in a car, even in the winter. If you have a toddler in your household, lock your cars, even in your own driveway. Kids play in cars or wander outside and get into a car and can die in 10 minutes! **A reported 25 children died in hot cars in 2020 and 4 in 2021.** Deaths routinely are reported as early as April and tragedies continue into December in southern states.

**For more health safety information, click on this NOAA website: [Heat Safety Tips and Resources \(weather.gov\)](#) or**

**see the FEMA “Be Prepared for Extreme Heat” information flyer attached to this newsletter email or at this link: [Be prepared for extreme heat \(ready.gov\)](#)**

We hope to see lots of you at our Fire Safety presentation on June 29<sup>th</sup> at 6:30 pm.

HAVE A GREAT SUMMER AND HAPPY JULY 4<sup>TH</sup>!!!