



Autauga/Prattville CERT Newsletter

Volume 3 Issue 1

January 2015

... *doing the greatest good for the greatest number.*

- Lisa Carswell, CERT Chairman
- Jim Harper, Vice Chairman
- Charles Smith, Secretary
- Bonnie Temple, Treasurer
- Everett Flynn, Safety Coordinator
- Janet Brown, Member-at-Large
- Gary Barron, Medical Reserve Corps Coordinator

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Happy New Year CERT Members!



2015 has arrived and we are excited to see what the new year holds for CERT/MRC/VMRC, our community and all our members! Therefore, we look forward to hearing

from you as 2015 unfolds!

As always we welcome any suggestions, news tidbits, events, questions, comments, community information, submitted articles, shout-outs, milestones, pictures, etc. to include in our newsletters.

We strive to provide you an excellent source of information, communication, training and education between our members and the community.

Let's work together to make 2015 a great year for CERT!!!

New CERT Training Course Available



The Community Emergency Response Team (CERT) program helps train people to be better prepared to respond to emergency situations in their communities. When emergencies happen, CERT members can give critical support to first responders, provide immediate assistance to victims, and organize spontaneous volunteers at a disaster site. CERT members can also help with non-emergency projects that help improve the safety of the community.

The CERT course will begin **Tuesday, February 3, 2015 – Thursday, February 26, 2015**

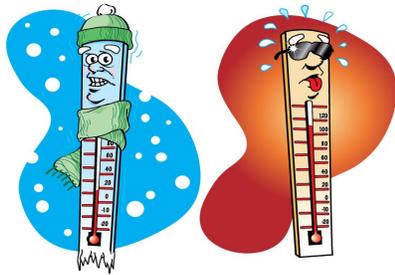
at **6:00 pm - 8:00 pm (Tuesday and Thursday)** at **Prattville Fire Department Training Facility; located at Hwy 14W and Echlin Blvd.** CERT training includes disaster preparedness, disaster fire suppression, basic disaster medical operations, and light search and rescue operations.

If you have any questions please call the **Autauga Emergency Management** office at **334-361-3758**.



The Science Behind CERT(7) By: Ben Reddoch

Baby, It's Cold Outside... So Let's Heat Things Up A Little!



It is a well-known saying in the South – “Don’t ever pack up your summer clothes.” We all know that it gets hot in the South and we deal with it every year. Some years are worse than others, but it is always hot. And when the local staff at KFC are jumping in the fry vats to cool off; we know it is really hot! That is probably why heat related deaths are so high every year. Heat isn’t epic. There aren’t great flashes of lightning, hail falling, and winds a’ blowing, huge rainfall, hurricanes and tornadoes... It is just hot. In 2013, there were 92 reported deaths related to heat in the United States. Compare that to 82 from floods or 64 from rip currents. And that was #2 and #3 respectively in the leading cause of weather related deaths in the country.

I think that large reductions in the deaths of the “epic” weather events are due to education from groups like CERT and local EMA’s and warnings and information from the NWS. We tend to know now more than ever how to mitigate personal injury from the occurrences. But when it just gets hot, we tend to ignore symptoms of heat sickness and press on – until we have our own personal epic event. And for most, it is very easy not to succumb to heat sickness. There are seven key classifications of heat related illnesses. Each can lead to the next

severe or skip in levels of severity. The common cause is exposure to high heat usually during a stressful activity. The order of severity from the mildest to the worst:

Heat Tetany – Results from short periods of stress in intense heat. Symptoms can include respiratory issues, numbness, or muscle spasms.

Heat Rash – Skin irritation caused by excessive sweating.

Heat Cramps – Muscle pains during heavy physical exercise in high temperatures.

Heat Edema – Swelling due to pooling of fluids in extremities caused by the body trying to cool down. Mostly seen in older folks.

Heat Syncope – Fainting from overheating.

Heat Exhaustion – Symptoms include heavy sweating, fast breathing, and a fast, weak pulse. This can lead to Heat Stroke.

Heat Stroke – Medically defined by a body temperature greater than 105.1 °F. Symptoms include dry skin, fast but strong pulse, and dizziness.

Heat exhaustion and heat stroke are the most serious issues. Heat exhaustion is usually brought on by exposure to high heat over several days and body fluids are not sufficiently replenished. If the body cannot recuperate from the exposure this can set up for exhaustion to lead to heat stroke. The treatment for heat exhaustion is removing the person from the environment to cool down, rest, and drinking plenty of fluids. Water is always the best fluid of choice. Avoid high sugar, caffeine, and alcoholic drinks as all rob the body of water and limit the natural temperature regulation that the body does. And it is widely accepted that use of salt tablets

should only be used under the direction of a doctor.

Heat stroke is a life threatening emergency! Call 911 immediately! Heat stroke carries an internal body temperature of greater than 105 °F and can lead to permanent brain damage or death. The beginning of heat stroke symptoms can include not sweating and red skin, headache, dizziness, confusion, nausea, and becoming unconscious. Immediate first aid is getting the victim’s internal temperature down as quickly as possible. Use of a cold shower or bath is preferred. As the victim will usually be unconscious, care must be taken with this. And the victim will not be able to consume fluids. The first priority is reducing the internal body temp to 101 – 102 °F. If medical help is going to be delayed, contact your local emergency room for further instructions.

Okay, you might be asking how do we not get to this point. That is a very good question with a very easy answer. I will take a little poetic license from Ready.Gov. Drink plenty of water and stay out of the heat. If you must exert yourself in extreme heat (and not so extreme) do so in short time frames and take the time to rehydrate and cool down in between activities. Work using the buddy system and watch your partner for symptoms of heat stress. Always watch our young (under 4 years) and older ones (over 65 years.) They don’t have the normal temperature regulatory abilities. People on some medications such as psychotropic drugs, diuretics, tranquilizers, and treatments for Parkinson’s can be at a higher risk for heat related illnesses.

So, with this latest cold wave to sweep the South, remember, the Heat is just around the corner! When it comes to extreme heat: Stay Alive – Stay Inside!

CERT SPOTLIGHT: Autauga County Rescue Squad



Did you know that Autauga County has a volunteer rescue squad?

Ever wonder how and when they got started? Did you know that every Autauga County Rescue Squad member has to take the Autauga County CERT class and is also a member of the Autauga Prattville Community Emergency Response Team? We hope to answer these questions, as well as, give you a little more insight into the Autauga County Rescue Squad.

How did the Autauga County Rescue Squad start? It all began when a group of CB (Citizen Band) enthusiasts living in the Autauga County area in the early 1960's, known as the Prattville C.B. Club, got together to help the community. If a citizen in the area was reported lost, a drowning was reported or extra help was needed for an event/emergency, the club was often called, for both communication and manpower help. This happened so often that they made the decision to change the direction of the club and became a volunteer rescue squad. John Templeton, the original President for the group, along with Carl Davis of Civil Defense and George Cook of the Alabama National Guard, worked hard to make this change a reality.

In 1988 the club underwent government restructure and became incorporated to insure the continuation of these much needed services for the county. The first elections for different officer positions were held on January 5th, 1989 and with that the Autauga County Rescue Squad was born.

Areas of service. The Autauga County Rescue Squad is able to assist local agencies in a variety of ways. Some of the services are water rescue, search & rescue, rope rescue, first aid, K-9 team, hydration unit and extra manpower through a team of volunteers. The squad also

goes through a variety of training to assist the county volunteer fire departments.

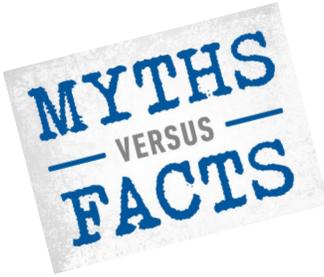
Where is the station for the rescue squad located? 145 West Third Street; Prattville, Alabama 36067

Interested in joining? If you are interested in joining call (334) 358-4219 or you are more than welcome to attend their weekly meeting at the station. The meetings are held every Thursday night at 6pm. You can also email them at arescue4219@autaugacountyrescuesquad.net.

Is the Autauga County Rescue Squad on the web? Yes. Check out their website at www.autaugacountyrescue.com and please go like their Facebook page at www.facebook.com/AutaugaCountyRescueSquad.

All of us at Autauga/Prattville CERT would like to say thank you to the ACRS for the role they play in helping the citizens of Autauga County and for being so giving with their time.





Fact or Fiction: Cold Weather Myths

There are a lot of myths floating around about what to do when the temperatures drop and even how it can affect your health and life, here are a few that we came across.



Myth #1: You should put hot water on your windshield to help get the frost off. If there's already a crack in your windshield, this drastic temperature change will just crack it even more. They recommend keeping an ice scraper handy instead.

Myth #2: Running your faucet at home can prevent your pipes from freezing. Running the faucet is actually just a waste of water. It can lead to pressure building up, which can actually cause pipes to burst.

Myth #3: Carrying sandbags in your trunk gives you better traction. According to popularmechanics.com, it makes sense if you have rear-wheel drive, but most cars today don't need it, and extra weight can even make it more challenging to steer and throw the vehicle off balance.

Myth #4: You need to let your engine warm up before hitting the road. Most engines now actually warm up more quickly when they're driven vs warming up beforehand.

Myth #5: You need to run your car for a few minutes during your lunch break to make sure it starts. If you start a cold engine and just idle it for 10 minutes every day, you could dilute the oil with unburned fuel which could cause engine wear. Plus, you're needlessly

burning expensive gasoline.

Myth #6: Wiper fluid won't come out because it's frozen. Not true. Most cars have a check valve in the washer-nozzle line to keep some fluid in the lines after washing the windshield.

Myth #7: Can you catch a cold from being in the chilly weather? It's an old wives ' tale, and as it turns out, it's false. Colds are caused by viruses or bacteria, not cold weather.

Myth #8: You put on more weight in cold weather. The jury is mixed on that. If you're cold, your body has to speed up metabolism to bring your temperature to normal. But other theories say that cold temperatures stimulate appetite.

Myth #9: If the temperature goes below 40, it's too late to get the flu shot, that is false. The flu virus is activated by temperatures below 55 degrees. The best times to get the shot are in September or October. But doctors say you do still have time get the vaccine.

The bottom line about myths is that any advice that is anecdotal in nature should be researched. Don't take advice at face value every time someone tells you something. Ask an expert, or research it yourself.



The internet provides instant access to authoritative sources that can help you decide what is a myth and what is not.



Autauga MRC Hosting FAC Mini Conference*

Thursday, March 12, 2015 8am to 4pm

CERT/MRC members be sure to sign up TODAY!! Spread the word to family and friends, they do not have to be a member to attend.

See you there!

State Mortuary Operations Response Team and Family Assistance Centers - FAC Mini Conference

Purpose: The purpose of this program is to recruit and train Medical Reserve Corps Units and community volunteers on how to provide family support services in Family Assistance Centers following a disaster.

Objectives:

- Provide an overview of Fatality Management and the State Mortuary Operations Response Team
- Explain the role of Medical Reserve Corps volunteers and community volunteers in Family Assistance Center Operations
- Provide an overview of the role of Medical Reserve Corps Units in disaster response activities
- Discuss the anti mortem data collection procedures
- Explain crisis counseling and emergency response techniques used when working with family members during a disaster
- Provide information about community resources and social services agencies that assist families following a disaster
- Explain the Alabama Responds recruitment, registration, and utilization process of Family Assistance Center volunteers

Volunteers Needed: Family Assistance Centers are looking for volunteers to work with families and their unique needs after a mass fatality event. FAC is a support unit and functions under the authority of the Alabama State Mortuary Operations Response Team. SMORT assists in the location, removal, preservation, identification and disposition of human remains. FAC is looking for individuals with a genuine desire to assist

and support family members during times of disaster.

Dates and Locations:

- Thursday, January 29, 2015 – Jacksonville State University, Wallace Hall College of Nursing, 700 Pelham Road North, Jacksonville, AL 36265
Contact: Phyllis Waits - pwaits@jsu.edu
- Tuesday, February 10, 2015 – Huntsville Corporate Hospital, 109 Governors Drive SW, Huntsville, AL 35801
Contact: Brooke Rawlins - director@northalabamamrc.com
- Wednesday, March 3, 2015 – American Red Cross Mobile, 35 N. Sage Avenue, Mobile, AL 36607
Contact: Elana M. Parker Merriweather - elana.parker@adph.state.al.us
- Thursday, March 12, 2015 – St. Josephs Catholic Church, 511 North Memorial Drive (Family Center), Prattville, AL 36067
Contact: Roxanne Royale - Roxanne.royal@prattvilleal.gov



Times:

- Registration - 8:00 – 9:00am
- Mini Conference - 9:00am – 4:00pm

Supported By:

- North Alabama Medical Reserve Corps
- Prattville Autauga Medical Reserve Corps
- Calhoun Cleburne Counties Medical Reserve Corps
- Mobile Medical Reserve Corps

To register for the FAC Mini Conference, please access the following link or paste the link into your browser.

Thursday, January 29, 2015 - <http://www.adph.org/Extranet/Forms/Form.asp?formID=4753>

Tuesday, February 10, 2015 - <http://www.adph.org/Extranet/Forms/Form.asp?formID=4754>

Tuesday, March 3, 2015 - <http://www.adph.org/Extranet/Forms/Form.asp?formID=4755>

Thursday, March 12, 2015 - <http://www.adph.org/Extranet/Forms/Form.asp?formID=4756>



CDC Disclaimer: Funding for this conference was made possible (in part) by the Centers for Disease Control and Prevention. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

JUST FOR THE FUN OF IT!

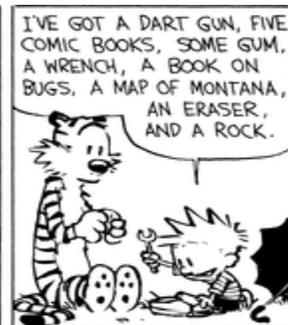
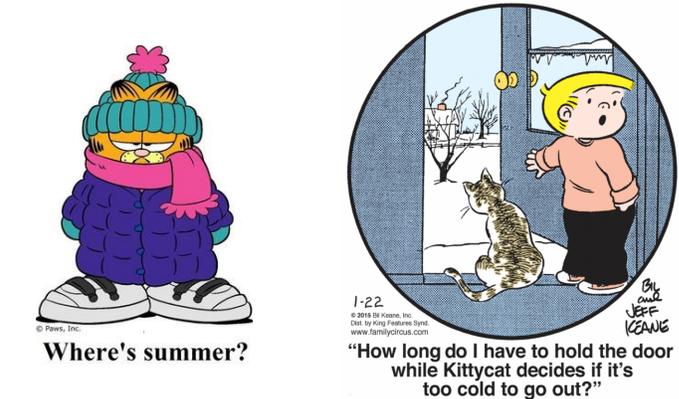


1. No two snowflakes are the same (I know, you already knew that).
2. It is so cold in some areas of Russia that they sell milk in frozen cubes. (Bet you didn't know that one!)
3. Canada and the northeast USA experienced bitter cold and snow all through the summer in 1916. This was because dust from a volcano blocked the sun.
4. 60% of the Earth's water is frozen in the polar ice caps.
5. The capital of Finland, Helsinki, has 51 days in winter when it is dark for 24 hours a day, and 73 days of daylight in summer when the sun does not set. Imagine that.

And, a couple of facts that have nothing to do with cold weather?

The phrase, "Cool as a cucumber" actually makes sense. A cucumber is 20 degrees colder at its core.

The temperature of lightning can reach 54,032 degrees Fahrenheit. When a tree is struck by lightning, the water inside the tree boils and the tree explodes.



AUTAUGA / PRATTVILLE CERT

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We're on the web!

Like us on Facebook at:
<https://www.facebook.com/AutaugaPrattvilleCERT>

Or online at:
<http://www.citizencorps.gov/cc/showCert.do?id=44767>



OBJECTIVE:

The objective of CERT is to assist State, County, and City Emergency Services in any and all emergencies and to assist the general public in such emergencies, as trained.

MISSION STATEMENT:

The mission of CERT is to educate the citizens of Autauga County to be prepared and to safely care for themselves, families, friends and neighbors in the event of a disaster of any type, until additional emergency help can arrive and establish CERT as an emergency management resource. To continue to provide training, education and support to volunteers in basic disaster response, such as fire fighting and safety, light search and rescue, basic disaster medical skills and to participate in non-emergency projects that promote and improve safety in Autauga County.



Support Your Community

Get Involved!



Factoid Tidbits: Mobile, Alabama, was the first place in the United States to celebrate Mardi Gras, and now holds the second largest celebration after New Orleans. The colors of Mardi Gras are purple (justice) gold, (power), and green (faith). Mardi Gras means "Fat Tuesday" and "Laissez les bons temps rouler" is a Cajun French phrase that translates to "Let the good times roll!"



Don't forget the City of Prattville's Annual Mardi Gras Parade coming up on January 31st. Family fun for the entire community!

CITY OF PRATTVILLE'S
**11TH ANNUAL
MARDI GRAS PARADE**

Let The Good Times Roll!!!
**Jan 31
2:00pm**



12:00 noon
Food Vendors
Arts—Crafts—Specialty Items
And Music
Partners in Pediatrics Parking Lot

Kids Play Zone
by The Space Walker
Court Street by the Fountain



Sponsored by the
City of Prattville

For a More Information
or a Parade Entry Form
Contact the Special Events Office
334/595-0854
or
www.prattvilleal.gov