



Ready Neighbor News

www.ashlandcert.org

April 2020
Neighbors Helping Neighbors...

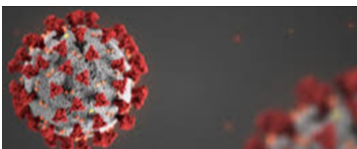
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Next Meeting Dates:

General Meeting:
April 8 - Remote Topic: CERT Skills (*Tick Talk postponed*).
Meeting starts at 6 PM with open conversation at 5:30.

Leadership Meeting:
April 22 - Remote Topic: CERT Planning.
Meeting starts at 6 PM with open conversation at 5:30.



COVID-19 Pandemic

COVID-19 is a newly discovered, highly infectious strand of the Coronavirus Disease which emerged from Wuhan, China late 2019. The disease is thought to be spread through respiratory droplets. Person-to-person droplets may be shared when in close contact (up to 6-feet) with one another. Community transmission also occurs when droplets land on surfaces or are otherwise transferred through close contact when touching infected droplets is then introduced via eyes, nose, or mouth.

Many people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older individuals, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness, but anyone at any age can develop serious complications and need hospitalization.

Protect yourself and others from infection by washing your hands with soap or using an alcohol-based rub frequently and not touching your face. The best way to prevent and slow down transmission of the COVID-19 virus, is to avoid being exposed.

Stay Home, Save Lives.

Important measures have been taken internationally and locally to stop the spread including shelter-in-place orders, stay-at-home, safer-at-home orders, and lockdown. And individuals are taking personal protocols including social distancing, or physical distancing, quarantine, and self-isolation measures.

Unsurprisingly, unessential travel has been strongly discouraged since mid-March. Unfortunately, these warnings did not have strong law-binding definitions and therefore were open to interpretation by travelers. When simple messages were not followed, many local authorities adopted legal orders to include the shelter-in-place model with enforcement mechanisms. Shelter-in-place is widely used as a public protection measure during storms and other natural hazards, and now is being harnessed as a public health protection measure by executive order.

It's quite a step up from the more benign sounding stay-at-home, or safer-at-home encouragement suggestions being heard from authorities. Oregon's shelter-in-place order is appropriately termed Stay Home, Save Lives. Governor Brown's Executive Order 20-12 reminds us to take precautions more seriously. Leaving your home only when essentially necessary for instances such as those needing groceries. Those with other essential human needs may leave their homes to obtain those things.



COVID-19 Pandemic ...continued...

Individuals are generally taking physical distancing, or social distancing very serious. Physical distancing is being utilized as the best measure in avoiding exposure from the possibility of spreading the virus. Physical distancing as critical measure because individuals can be asymptomatic for 2-14 days with the COVID-19 virus. Mass gatherings have been canceled or postponed as a result, and many restaurants have closed as well. It is difficult for health authorities to recommend otherwise due to the fact that the virus spread rate is so significant. Public Parks voluntarily shut down before the Executive Order noting protecting lives was of primary concern.

Social distancing should not be confused with quarantine, however. Quarantine can be defined as completely avoiding contact with everyone for 14-days once learning you have been exposed to someone who tested positive for COVID-19 because the virus has a relatively long incubation rate. By taking the necessary steps to quarantine yourself, you ensure further infection from those you would have come in contact with during those two weeks. Remember a person infected by the virus can be asymptomatic for two-weeks. If that period passes and you do not experience any signs or symptoms your exposure to the positively tested patient likely did not result in person-to-person spread between the two of you.

In some areas, social isolation is a tactic being used. Healthcare professionals are harnessing the tactic for individuals who are experiencing mild symptoms, and do not need hospitalization, but have tested positive for COVID-19. Those in social isolation have actually tested positive versus those in quarantine who have been exposed to the virus. These individuals are not necessarily in lockdown. Lockdown is a term used when there is imminent life danger, such as an active shooter, and you need to remain where you are until authorities have resolved any danger. The term lockdown has also been used interchangeably with shelter-in-place by some, and there is a difference and distinction. The gentler term is not only accurate it is also more emotionally mindful.

While the globe of healthcare experts scramble to attain knowledge regarding COVID-19; the fact remains, there are no specific vaccines or treatments for the virus. The ongoing clinical trials evaluating potential treatments do provide some hope. Everyone is urged to avoid exposure with others by responsibly exercising physical distancing through April. Projections indicate we can indeed save millions of lives by practicing the safety measures as outlined. If we all work together, we will all get through this together.

AFN - Free internet access for education

In support of our community and educational partners, the City of Ashland's Ashland Fiber Network (AFN), along with its partner provider Ashland Home Net (AHN) is offering free broadband internet service to ensure the educational process is available to everyone in an effort to connect students and staff together for remote learning during extended closures.

AFN and AHN will provide cable modem service at 30 Mbps for all K-12 families and college students and staff who are not currently AFN customers. At the end of the school year or end of the closure (whichever is first), just return the cable modem within a 10-day grace period and have no charges. During that time, activation fees will be waived, along with modem. Installation of service will be dependent upon installer availability.

If interested in maintaining service beyond the remainder of the school year, you may convert to a permanent account with standard pricing with no activation fee for internet service or cable modems.

To take advantage of this offer contact: AFN at www.ashlandfiber.net/sign-up or (541) 552-2222 or Ashland Home Net at <http://ashlandhome.net/contact.asp> or (541) 488-9207



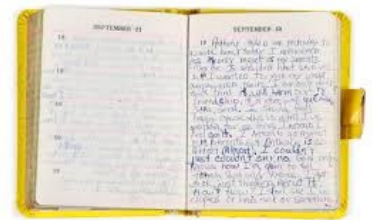
Track your interactions this month

COVID-19 has caused unprecedented changes to the lives of every human on the planet. The fact that anyone of us can be asymptomatic, but actively shedding the virus everywhere we go is something only thought to happen in movies. Normal people in their everyday lives are now forced to behave as though they do have the coronavirus to save the lives of others.

Take additional steps to track your interactions during the month of April. Keep a notebook in your pocket, or a note on your iPhone, or a word document on Android model phones that documents times of day you entered a store for groceries, if you needed banking services mark down the associates name who helped you, if you picked up groceries and delivered them to someone, anytime you interact with another human – KEEP A LOG.

This log will help health officials understand community spread and you will be able to warn folks to get tested and get ahead of the potential illness.

Continue to do everything possible to wash your hands frequently and exercise other safe hygiene practices religiously until we get through this outbreak.



The IRS and Oregon Department of Revenue announce extended tax filing. Your 2019 taxes must now be filed by July 15, 2020. The three month filing extension is in support of the response to the COVID-19 outbreak.

Why toilet paper?

The internet is full of fakers, tricksters, and outright liars who rely on people's basic trust to amplify their message. It's worth slowing down and carefully navigating the traps — to avoid spreading an alarming false rumor, getting angry at a group of people for something they didn't do, or perpetuating an honest misunderstanding when reading something on the internet.

We have all misunderstood stories online, but when the intention is malicious or in attempt to deliberately fool you it's just plain disheartening and can lead you to take unnecessary actions. That being said, if a story grabs your attention – slow down and look at it a little more deeply specifically if you are going to spend money as a result of it, or otherwise have a strong emotional reaction.

Check out the credibility of the source before taking action. Search deeper, check for the original time-stamp, double-check it's not an imposter link/article, and generally don't cement a blanket assumption until you verify the credibility. Be investigative and think critically.

Remember, when your brain senses chaos, or an event it hasn't practiced for, you look around and have a tendency to follow the masses. Solve misinformation like any puzzle, with good old fashion detective work.

The coronavirus sparked panic buying across the country. People were hoarding toilet paper, a product that is mass produced and does not protect against respiratory infection. And as the days and weeks continue people are still scrambling to buy more toilet paper. While psychologists understand why we continue to do it – why it all started is a mystery; unlike the 1973 toilet paper frenzy buying after Saturday Night Live host, Johnny Carson, in one sentence commented, on the coming shortage, and just like that – it went viral.

Check that you have enough goods to get through the month of April including food staples, and other personal needs. Just because others are stockpiling certain items does not equate to everyone needing to do so.

CERT 2020 Calendar of Events

January 2020	February 2020	March 2020
Mental Health First Aid – January 4 General Meeting - January 8 (Stop the Bleed) Leadership Meeting - January 22 (Task Books)	Response to Active Shooter Event – Feb. 8 Disaster Recovery Planning – February 10 General Meeting - February 12 (MYN) Leadership Meeting - February 26 (New CERT Curriculum)	WFA NOLS – March 7-8 General Meeting - March 11 (GPS Units) Leadership Meeting - March 25 (Basic Training Planning) HAM EXAM – date TBA
April 2020	May 2020	June 2020
Basic Training – POSTPONED / TBD General Meeting – April 8 (CERT Skills) Leadership Meeting - April 22 (CERT Planning)	General Meeting – May 13 (CERT Skills) EM Permaculture Tips & Tricks – May 16 Leadership Meeting - May 27 (1st Aid Kits & CERT go-bags) Nixle EM Alerting Campaign – May 30	General Meeting - June 10 (Radio Skills) Leadership Meeting - June 24 (Event Planning - 4th of July Parade) ODOT EM Traffic Flagger – June 27
July 2020	August 2020	September 2020
Parade Support – July 4 General Meeting - July 8 (Base Tours) Leadership Meeting - July 22 (Parade AAR) Leadership Training Retreat – July 24-28	General Meeting - August 12 (Urban Emergency Preparedness) Leadership Meeting - August 26 (Activating Bases & ICS) COA Evacuation Drill – date TBA	Hosler Dam Drill – September 9 General Meeting – Sept. 9 (Basic Planning) All-Bases Radio Exercise - Sept. 19 Leadership Meeting - September 25 (Basic Training Planning)
October 2020	November 2020	December 2020
Basic Training - October 8, 9, 10, 22, 23, 24 Jackson County Fire District 5 Open House October 14 5pm-7pm Leadership Meeting - October 28 (Basic AAR)	Team Leadership Training – Nov. 7 Basic Graduation – Tuesday, November 10 Leadership Meeting – Tuesday, November 17 (Annual Training Planning Session)	CERT Appreciation Night December 9 - 5:30 to 8:30 PM Holiday Season ~ Training Stand Down

Note: ****Calendar items may be modified and are subject to cancellation. ****

Ashland CERT
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TO: