



# Ready Neighbor News

www.ashlandcert.org

June 2020  
*Neighbors Helping Neighbors...*

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### Next Meeting Dates:

**General Meeting:**  
June 10 - Remote Topic:  
Radio Communication Skills.  
Meeting starts at 6 PM with  
open conversation at 5:30.

**Leadership Meeting:**  
June 24 - Remote Topic:  
CERT Planning.  
Meeting starts at 6 PM with  
open conversation at 5:30.



## Face coverings fight bioaerosols

Bioaerosols are airborne particles that are living (bacteria, viruses and fungi) or originate from living organisms. Bioaerosols are defined as particles of microbial, plant, or animal origin. They can include live or dead bacteria, fungi, viruses, allergens, bacterial endotoxins (components of cell membranes), antigens (molecules that can induce an immune response), toxins (toxins produced by microorganisms), mycotoxins (toxins produced by fungi), glucans (components of cell walls of many molds), pollen, and plant fibers. Their presence in air is the result of dispersal from a site of colonization or growth.

Many of these kinds of bioaerosols are known to cause a variety of human impacts such as infection and sensitivity over even short periods of time. The importance of infectious bioaerosols in disease transmission has been long-acknowledged, and yet some poorly understood. The health hazards associated with bioaerosols can range from more mild reactions such as allergies to much more severe reactions, such as death caused by airborne pathogens. Welfare effects further range into crop and livestock damage and lost tourism dollars and beyond.

In the early 2000s, WHO and NIOSH compiled a series of health messaging focused on studies of the spread of influenza. The average number of particles expelled per cough varied widely from patient to patient, but when the patient had influenza, an average of 60% of the particle volume of the cough aerosol was in the respirable size fraction. This indicates that these particles could reach the alveolar region of the lungs if inhaled by another person. Furthermore, the studies confirmed that increased aerosol, or bioaerosol, production played an important role in the spread of influenza. One study revealed that of 58 confirmed influenza positive test subjects, 54 produced viable virus in either their coughs, breaths, or both.



The health effects of bioaerosols including infectious diseases, acute toxic effects, allergies and cancer coupled with the threat of bioterrorism and SARS have led to increased awareness on the importance of bio-aerosols. The evaluation of bio-aerosols includes use of variety of methods for sampling depending on the concentration of microorganisms expected. Our understanding of bioaerosol production from expulsion events such as breathing, talking, sneezing, and coughing have generally been extrapolated from models and needs to be better understood through scientific study.

The transmission of infectious microbes via bioaerosols is of significant concern human health during COVID. Currently, there is no ambient or occupational exposure limits for bioaerosols in the United States.

## Face coverings fight bioaerosols...continued...

Further, there are no validated standard methods for measuring these bioaerosols even though studies regarding influenza have been reported. There have been problems in developing standard sampling methods, in proving a causal relationship and in establishing threshold limit values for exposures due to the complexity of composition of bioaerosols, variations in human response to their exposure and difficulties in recovering microorganisms. Prior to COVID, bioaerosol monitoring in hospitals was carried out for epidemiological investigation of nosocomial infectious diseases, research into airborne microorganism spread and control, monitoring biohazardous procedures and to use as a quality control measure.

If these studies are limited, and the scientific method is not clearly defined why should you continue to wear a mask in public settings during COVID?

The physical and chemical aspects of aerosols including the effects of relative humidity can affect pathogen viability and understanding these aspects of bioaerosol behavior may be beneficial to understanding conditions for controlling bioaerosol dispersion. Face coverings directly impede on the dispersion of bioaerosols.

When we look at influenza studies we find researchers did extensive testing in an environmental chamber using potassium chloride aerosols. The results indicate that the immediate exposure to aerosol particles from a cough depends on where the uninfected subject is in relation to the infected patient in the room. Nevertheless, within 5–10 minutes the particles are dispersed throughout the room, exposing the healthy subject in any location. As expected, N95 respirators reduced exposure levels to negligible levels. Surgical masks typically admitted 20% of the airborne particles even when the mask was sealed to the breathing machine head. Researchers expanded this work to include testing using actual influenza virus and found viable influenza was present in all three aerosol fractions collected. Surgical masks sealed to a manikin head admitted about 15% of viable virus, but N95 respirators reduced significantly more exposure compared to surgical masks. Researchers found that a faceshield can effectively block large droplets of coughed influenza particles from infecting a healthcare worker wearing the faceshield.

Because COVID patients can be asymptomatic for several days, by wearing a face covering even if you don't feel sick, or think you are being exposed, will absolutely protect you.

Everyone should wear a face mask covering in all public settings.

*Multiple sources used/available upon request.*

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## Illinois Valley CERT

The Illinois Valley Fire Protection District trained its first round of citizen volunteers in 2015 and since has grown their program tremendously incorporating CERT into the Fire Department's greatest needs. The department covers 144 square miles in rural Southern Oregon. The six strategically placed stations allow for quick response by their, primarily volunteer, fire crews. Citizens from their Community Emergency Response Team help out by receiving training in Emergency Medical Response, ODOT Flagging, and much more to assist the department in filling specific needs.

Ned Booth led the volunteer charge since its inception coordinating volunteer training and mobilizing volunteers in addition to utilizing his camera skills to enhance the department's website, Facebook page, and Instagram. Charlie Foutch has been promoted into his new position as the lead volunteer coordinator for the Illinois Valley CERT. Charlie has been volunteering with the team since graduating from basic training in 2015 and now takes the lead. A big thank you to Ned for all his hard work establishing the program with former Fire Chief Dennis Hoke and a big congratulations to Charlie.

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## Two-Bucket System

Know it  
Use it

Source: "Regional Disaster Preparedness Organization of the Portland Metropolitan Region, with funding from the U.S. Department of Homeland Security/Urban Areas Security Initiative (UASI) grant program."

# Emergency Toilet - Protect Your Family's Health

After a strong earthquake you may need to live without a working toilet for weeks or months. Disease is spread when human waste – POO – is not handled and stored safely.



# POO

### Twin Bucket System


*Separating PEE lessens volume and odor, making bucket contents safer and easier to store and dispose.*

**Fecal waste – POO**

- Line bucket with heavy duty 13-gallon garbage bag.
- Use POO bucket.
- Cover each use with bark chips, etc. to help dry the waste.
- Fill bucket no more than half full of waste.
- Double-bag and store the waste separate from other garbage and away from food and water.
- Secure waste from pets, flies, rats, etc.


**Liquid waste – PEE**

- Use PEE bucket.
- Place toilet paper in POO bucket.
- Add water to contents if possible.
- Pour on lawn, garden or ground.






*Stay informed – watch for instructions from public agencies on how to get rid of waste.*

### Three steps to stay healthy

-  **Clean drinking water**
-  **Hand washing**
-  **Safe storage of POO**

### Important Supplies

-  5-gallon buckets (2) and seats
-  Heavy duty 13-gallon plastic garbage bags (9 mil or thicker)
-  Bark chips or sawdust, leaves, grass clippings, shredded paper, etc.
-  Toilet tissue
-  Soap or alcohol-based hand sanitizer (60%+ concentration)

Learn more at [EmergencyToilet.org](https://EmergencyToilet.org)

## Water safety during COVID

With most gyms and public pools closed due to the coronavirus pandemic, many think it's a good idea to go open-water swimming. Safe swimming requires knowledge and experience. In a pool swim, the conditions are controlled, making it a safe and easy place to splash around. That's not always the case in open water, where variables like wind, currents, temperature, and varied depth present an added challenge. Unlike pool swimming where a lifeguard is typically on duty, open-water places the responsibility of safety solely on the swimmer.

Oregon waters typically vary in temperature from cold to very cold. Consider acclimating a bit before getting brisk into activity by taking a few plunges. Plunge first for a minute and then again for two allowing your body to slowly acclimate and build tolerance for the cold water.

Before you go swimming consider your strength and ability. If you have not been active in the past couple months you may not have the same strength you once did. Start out slowly being mindful that you haven't used those shoulder and back muscles lately. Swimming along the shore instead of treading straight out to open waters should be standard practice as you re-build muscle groups and increase duration of swim. Being close to the shore allows you to rest frequently as needed.

Always use the buddy system. Recruit a friend to join you. They could kayak around or sunbathe on beach as long as they take the time to be your spotter. They should also have a cell phone available for emergencies and it wouldn't hurt if they were trained in first aid and CPR.

If you are responsible for kiddos, remember the same precautions apply. Kids are more likely to push the limits without recognizing signs of danger in and around the water.

If in doubt, don't go out! Open-water conditions, like the weather, in Oregon can change rapidly. Never let enthusiasm, or boredom, override common sense.

To slow the spread of COVID, swimmers should, at minimum, research and adhere to local safety regulations, physical distancing measures, and other public health requirements. Be sure to know before you go. Certain locations may be closed and/or have limited availability during the COVID pandemic.



# CERT 2020 Calendar of Events

January 2020	February 2020	March 2020
<b>Mental Health First Aid – January 4</b> General Meeting - January 8 (Stop the Bleed) Leadership Meeting - January 22 (Task Books)	<b>Response to Active Shooter Event – Feb. 8</b> <b>Disaster Recovery Planning – February 10</b> General Meeting - February 12 (MYN) Leadership Meeting - February 26 (New CERT Curriculum)	<b>WFA NOLS – March 7-8</b> General Meeting - March 11 (GPS Units) Leadership Meeting - March 25 (Basic Training Planning) <b>HAM EXAM – date TBA</b>
April 2020	May 2020	June 2020
<b>Basic Training – CANCELED</b> General Meeting – April 8 (Lyme Disease & Tick Talk) Leadership Meeting - April 22 (CERT Planning)	General Meeting – May 13 (CERT Skills) <b>EM Permaculture Tips &amp; Tricks – TBA</b> Leadership Meeting - May 27 (CERT & COVID) <b>Nixle EM Alerting Campaign – TBA</b>	General Meeting - June 10 (Radio Skills) Leadership Meeting - June 24 (Event Planning) <b>ODOT EM Traffic Flagger – June 27</b>
July 2020	August 2020	September 2020
<b>Parade Support – CANCELED</b> General Meeting - July 8 (Base Tours) Leadership Meeting - July 22 (Parade AAR) <b>Leadership Training Retreat – TBA in 2021</b>	General Meeting - August 12 (Urban Emergency Preparedness) Leadership Meeting - August 26 (Activating Bases & ICS) <b>COA Evacuation Drill – date TBA</b>	<b>Hosler Dam Drill – September 9</b> General Meeting – Sept. 9 (Basic Planning) <b>All-Bases Radio Exercise - Sept. 19</b> Leadership Meeting - September 25 (Basic Training Planning)
October 2020	November 2020	December 2020
<b>Basic Training - October 8, 9, 10, 22, 23, 24</b> <b>Jackson County Fire District 5 Open House</b> <b>October 14   5pm-7pm</b> Leadership Meeting - October 28 (Basic AAR)	<b>Team Leadership Training – Nov. 7</b> Basic Graduation – Tuesday, November 10 Leadership Meeting – Tuesday, November 17 (Annual Training Planning Session)	<b>CERT Appreciation Night</b> <b>December 9 - 5:30 to 8:30 PM</b> <b>Holiday Season ~ Training Stand Down</b>

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

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TO: