

EM Pulse

Emergency Preparedness Newsletter
NWGAPUBLICHEALTH.ORG

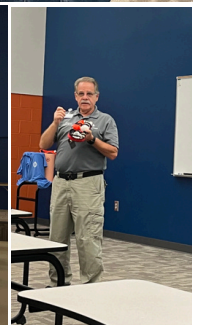
August 2024
Issue 8



Region C- Skills Day



We participated in Region C's Skills Day, where we received training on active shooter response, fire extinguisher use, Narcan administration, Stop the Bleed, and bomb dog demonstrations. The event aimed to equip participants with essential skills to effectively respond to emergencies and promote community safety.



Floyd- Health Initiative for Men & Women

Last Saturday, August 17th, we participated in the 22nd Annual Health Initiative for Men & Women at the Floyd Health Department, presented by the 100 Black Men of Rome- Northwest Georgia. At this event, we provided educational information related to emergency preparedness and the opioid program. We also distributed Narcan.



Fire Extinguishers

In any emergency, most people devolve to their level of training. For example, even though we each know that a toaster oven can catch on fire, or that a grease blaze can suddenly ignite as we are cooking dinner, how many of us have taken the time to train in the use of a fire extinguisher? My suspicion is that very few people have made the effort to develop the skill needed to handle such an emergency.

Fortunately, fire extinguishers are simple to understand and use, and free classes are often available through the local fire department to aid you in improving your skills. It's important to realize that not all fire extinguishers are the same. **A-type extinguishers** are designed to attack wood and paper fires.

B-type extinguishers address flammable liquids such as diesel fuel and oils. **C-type extinguishers** are designed to handle electronics fires. During a fire however, those distinctions would be difficult to remember, so extinguishers are often sold as

ABC-type, which can be used on any of these kinds of blazes.

This article will focus on the use of **ABC-type extinguishers**. Fire extinguishers work by interrupting the self-sustaining, chemical chain reaction between fuel, heat, and oxygen that is fire. This means that extinguishing a blaze requires you to either diminish its heat or remove its oxygen. A fire extinguisher accomplishes one or both by smothering the flames with a powdered chemical agent or cooling the fire by dowsing the flames with water.

A key to a successful fire attack is not only choosing the proper extinguisher type, but also using it in the proper way. One memory device for this is the PASS mnemonic: Pull, Aim, Squeeze, and Sweep. This means that once you have a fire extinguisher in hand, pull out its safety pin and drop the pin to the ground. Then, aim the hose nozzle at the seat of the fire and squeeze the handle to spray the powdered chemical agent. Lastly, sweep the hose from side to side. Most extinguishers have around thirty seconds worth of chemical agent to spray, so your attack must be rapid and well-aimed.

Keep in mind that extinguishers are not designed to fight massive conflagrations; these devices are made to fight fires in the "incipient stage," which is a fire no larger than a kitchen trash can. Additionally, remember to stay low while you are fighting fire by bending your knees. Staying low keeps you from inhaling smoke and other harmful gases, plus it protects your eyes. After the blaze is contained, back out of the room, but keep your eyes toward the fire in case the flames rekindle. Call 9-1-1 as soon as possible so that trained firemen can make sure that the fire is out and use their equipment to clear your home of smoke and carbon monoxide.

Never try to attack a fire that is between you and your exit from the room, unless there is no other choice. If you cannot extinguish the blaze, there is a chance of being trapped in the room with a fire, which could result in disaster. This is the reason that the fire service recommends positioning fire extinguishers and fire alarm handles near exits, because it guarantees that if you are accessing the extinguisher, you already have a known point of egress from the fire. Also, bear in mind that fire extinguishers not only come in various types, but in various weights. Generally, the heavier the extinguisher, the more chemical powder agent that it contains, which translates to more time fighting the flames.

That seems to imply that bigger is better, but one has to remember that a six-year-old child may have to use the extinguisher, so choose a weight that is appropriate for your home's occupants.

It's not possible to cover every nuance of fire extinguishers in a single article. That is why it is important to learn from free online resources or at the library and then practice your skills occasionally to stay sharp. For example, the next time you are in public try to find the nearest fire extinguisher, determine what type it is, look to see if it has a gauge that's "in the green," and estimate the weight of the extinguisher.

When you find a free weekend, take a class so that you can extinguish a real fire and see what it feels like when the heat is literally on. Also, take some time to look at the many fire extinguishers in stores and online. You can learn a lot just by comparing what's available and trying to decide what is best for your home, vehicle and workplace.

Brenda's Story

Healthcare Facilitator / Healthcare Community
Preparedness Program Liaison - District 4

December 19, 2023, felt like any other night. I was getting ready for Christmas, with family coming into town. I was double-checking the Christmas list and menu for Christmas Day, and the gifts were wrapped under the tree. The larger gifts for my grandchildren, nieces, and nephews were hidden away in my garage and closet. But my life changed forever around 5:00 am on December 20, 2023. I woke up to my son shouting, "Get out of the house! The house is on fire!" At first, I thought I was dreaming. I walked into my bathroom, which is directly above the garage, and felt warmth beneath my feet. When I looked out the window, all I could see were flames.

The fire had started in the garage. I was in shock and could barely move or think. Despite my training in emergency preparedness, it's different when you're the victim. I suddenly had to rely on the very community partners I work closely with: the fire department, the Red Cross, the police department, neighbors, and employees. It was a Wednesday, just five days before Christmas, and my thoughts were racing. What was I going to do? I had lost everything.

The garage, which was under my bedroom and closet, was destroyed, and with it, all my Christmas preparations. My grandchildren had worked so hard in school and sports and were looking forward to spending Christmas with family. Then, the Christian part of me reminded me that these were just material things. The most important thing was that my family and I had escaped the fire safely. I had insurance; I could rebuild and replace what was lost. My village—**District 4** and **District 1-1, family members, my niece's chapter of Alpha Kappa Alpha, Ethos Charter Academy, and others—came through for me and my family**. They helped with clothes, monetary gifts, cards, and emotional support. I was displaced in a hotel for two months, but thanks to my village, my two grandchildren still said they had the best Christmas ever.

The lesson I learned: always have a backup plan for your backup plan. All my disaster bags and emergency items were in the garage. I had trained my family on how to get out and what to do in an emergency. Make sure to regularly check and update your smoke detectors, and take inventory of your belongings. Above all, trust in the Lord and be kind to others—you never know when you might need support.



BACK *to* SCHOOL #TipsForParents

Establish Routines: Create a consistent daily routine that includes wake-up, meals, homework, play, and bedtime. Predictable routines can help kids feel more secure and reduce anxiety.

Set Realistic Expectations: Celebrate your child's successes, no matter how small. Offer encouragement and support when they face challenges.

Model: Your children are always watching you. Try to model healthy responses to disappointment, anxiety, and many other emotions. Remember that your non-verbal cues and actions can speak louder than words.

Active Listening: When your child talks to you about their day, stop what you are doing (put down your phone) face your child, and listen attentively. There is no better way to show them that their thoughts and feelings are valued.

Validate: Before offering your opinion or guidance, always validate your child's feelings first. ex: "I understand how that must have made you feel," or "that sounds really hard".

Healthy Lifestyle: Children function best when their basic needs are being met. Ensure your child gets enough sleep, eat balanced meals, engages in regular physical activity and set limits for screen time.

Safety First: Ensure safety by practicing fire drills at home, familiarizing yourself with the school's evacuation procedures and policies, and regularly reviewing your family emergency plan.



GEORGIA RECOVERS IN COMMUNITIES

9/5/2024- Floyd County: 255 Jewell Frost DR. Rome (6pm-8pm)

9/6/2024-Chattooga County: Dowdy Park, Summerville (11am-12pm);
Catoosa County: Colonnade Campus: 264 Catoosa Cir, Ringgold (1pm-2pm);

Gordon County: 100 Peters St, Suite 80, Calhoun (6pm-8pm)

9/7/2024- Bartow County: 31 Douglas St, Cartersville (5pm-7pm)



PROUDLY COLLABORATING WITH

LIVINGPROOF RECOVERY



Georgia Council for Recovery
Freedom from Addiction



Georgia Department of Behavioral Health & Developmental Disabilities

#GARECOVERS

OVERDOSE AWARENESS AND REMEMBRANCE EVENT

When: August 30, 2024

Time: 5:00 PM - 7:00 PM

Where: 319 East Cherokee Ave.
Cartersville, Ga. 30120

Balloon Release 6:30 PM

All are welcome!!

Free Narcan and Resources

Free Food Hamburgers and Hotdogs



Recovery Bartow
Champions of Community Recovery



Arena
Where Recovery Champions Arise

DPH MEDIA & CERC TRAINING

September 19, 2024

8:00AM- 4:30PM

Georgia Highlands College
3175 Cedartown Hwy, Rome, GA 30161
(Lakeview Building Room I-133)

Training highlights:

- Evolution of News and Reporting
- Media Interactions & Public Speaking
- Georgia Crisis and Emergency Risk Communication
- Crisis Communication Plans
- Community Engagement

SCAN HERE TO REGISTER

