



What's Happening

Summer Preparedness Tips

Summer is a great time to get prepared for a disaster. The weather is warm and everything from practicing fire drills to evaluating your camping gear is easier to do when it isn't raining. Here's some things to consider:

- **Wildfires.** When the weather is hot and the brush is dry, it's wildfire season. If you live in a location where a wildfire could happen be sure that you create a "fire free" zone around your home by clearing trash, brush, and dead trees away from your home. Have a source of water available in case you need to soak down your yard and home, and make sure you have a "go bag" ready in case you have to evacuate at a moments notice.
 - **Earthquakes.** We live in a prime earthquake zone and since we never know when one will strike, you need to get prepared ASAP. Make sure anything that could topple over in your home (cabinets, TVs, hot water tanks, etc) is secured. Teach everyone how to shut off the gas, water, and electricity in the event of an earthquake. Review your camping gear and be ready to shelter outside your home in the event of a severe earthquake.
 - **Emergency fund.** Cash is useful during any type of disaster. Job loss, extended illness, severe storm...basically anything that can disrupt your earning ability can be taken care of with a good sized emergency fund. Experts recommend an emergency fund that will cover at least six to twelve months of your monthly expenses.
 - **Sun.** Usually we need to get prepared for cold, wet, and snowy weather, but during July, we need to prepare for heat. While it doesn't get excessively hot here, we do have the occasional heat wave. Many obvious things such as using sun screen and keeping well hydrated when playing or working outside can often get overlooked. It is a good idea to try to stay out of the sun during the heat of the day and be aware of the signs of heat stroke. Also, be sure to check on elderly friends and neighbors if we do have a heat wave; many communities provide cooling shelters for those whose homes get too hot during times of high heat.
 - **Water safety.** Are you prepared to go into the water? Pools, lakes, and rivers are a big draw during the hot weather of summer. It is very important that you don't swim alone, don't swim in situations that are beyond your abilities, never drink alcohol when swimming, and always supervise children when they are playing in or near the water. If your family regularly makes trips to the local swimming area during the summer, be sure to keep a couple of life jackets in the car, have a rope handy in case you need to throw it to someone who is struggling in the water, and make sure your CPR training is up to date.
 - **Know your vacation destination.** In our area we don't get flash floods but these are common in other areas of the country at this time of year. Tornadoes, hurricanes, and lightning storms are also quite uncommon here but very common in other parts of the country now. If you are unsure of local threats at your vacation destination, ask the locals or someone who works in your hotel. You may also want to Google your destination to find out about local threats and how to prepare for them.
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Mark Your Calendar!

DUI Panels

July 8; 7pm Mason County—Oakland Bay Junior High School; Shelton, WA 360-427-1686
July 9; 6:30pm Clallam County—Pt Angeles City Council Office; Pt Angeles, WA 360-417-2385
July 11; 8:30am Jefferson County—Pt Townsend Rec Center; Pt Townsend, WA 360-385-9193
July 14; 7pm Kitsap Youth—Hillcrest Assembly Church; Bremerton, WA 360-731-5139
July 21; 7pm Kitsap Spanish—Hillcrest Assembly Church; Bremerton, WA 360-731-5139
July 28; 7pm Kitsap Adult—Hillcrest Assembly Church; Bremerton, WA 360-731-5139



Base Station Meetings

Jefferson County EMS
July 2nd at 9am
'Respiratory System'
Chimacum, WA
crodrigues@jgh.org

Kitsap County EMS
July 2nd at 9am
'TBA'
Bremerton, WA
360-447-2066

Mason County EMS
July 16th
'Chest, ABD, Soft Tissue Injuries'
Shelton, WA
360-426-1611

Council Meetings

Jefferson County EMS Council
July 7th; 7pm in Chimacum

Northwest Region Council Meeting
No meeting scheduled this month

West Olympic Peninsula EMS Council
No meeting scheduled this month

Mason County EMS Council
July 16th; 6pm in Shelton

Clallam County EMS Council
July 16th; noon at Olympic Medical Center

Kitsap County EMS Council
July 22nd; 9am at the Readiness Center

EMS Live@Nite

When: No training this month
Where: Via video conference
Topic: n/a
More Info: 888-258-9632

Post Your Event Here!

Email info to aprilborbon@yahoo.com

More Upcoming Events

July Is...

- Eye Injury Prevention Month
- Juvenile Arthritis Awareness Month
- National Sobriety Checkpoint Week (1st week)
- National Youth Sports Week (4th week)
- Independence Day (July 4)
- National Hug Your Kid Day (July 20)

Smile Mobile

**July 20-31
In Sequim**

800-572-7835 x6303

Meetings/Training/Conferences in the Northwest Region

July 8—Mesa Redonda de Kitsap meeting; 8:30am at the Norm Dicks Government Center. 360-440-2376.

July 9—Region 2 Hospital Prep meeting; 10am at the Forks Ambulance Office in Forks. 360-479-5631

July 9—Region 2 Healthcare Coalition meeting; 10am at the Forks Ambulance Office in Forks. 360-479-5631

July 10—West Olympic Peninsula Healthcare Coalition meeting; 10am at the Forks Ambulance Office in Forks. 360-479-5631

July 10—NWREMS Executive Board meeting; 9am at the Olympic Medical Center in Pt Angeles. 360-479-5631

July 15—Mason County Inter-Agency meeting; Noon in Shelton. 360-427-1686

July 29—Kitsap Suicide Prevention Task Force; 3:30pm in Bremerton. 360-337-5250

July 31—Clallam county Healthcare Coalition meeting; 8:30am at Olympic Medical Center in Pt Angeles. 360-479-5631

Meetings/Training/Conferences Outside of the Northwest Region

July 28 & 29—NPAIHB Disaster Preparedness Conference; at the Tulalip Casino and Resort in Marysville, WA www.npaihb.org

July 17—Child Passenger Safety Meeting; 9am at Mary Bridge in Tacoma. 800-BUCKLUP

July 20—Child Passenger Safety Meeting; 9am at Benton Franklin Health Department in Kennewick. 800-BUCKLUP

A Message for Parents: Kids and Alcohol

July is prime party season for teens in our area. The weather is nice, school is out, and kids are often looking for something to do. However, teens and alcohol don't mix. On more than a few occasions I have heard parents say "it will be safer if my teens has a party with alcohol at my house so I can keep an eye on everyone." While I can understand the intent, this is actually illegal. Did you know:

- It is illegal to give alcohol to your child's friends who are under 21 years of age.
- It is illegal to allow minors to consume alcohol on property that you own including your house, boat, motor home, cabin, etc.
- Parents can be arrested and criminally charged for providing a place for minors to consume alcohol.
- If an unchaperoned party takes place at your home where underage drinking and drug use occurs, you can be charged under negligent supervision laws. Saying "I wasn't home" isn't a defense.
- If intentional acts of vandalism, fist fights, or date rape take place on your property, there is no insurance coverage for such actions.
- If a parent provides alcohol to their teens or their teen's friends and the kids are later involved in a drunk driving accident, the parent can be held criminally and financially responsible.
- Parents and their teens can be held financially liable for up to 20 years against future earnings if they are sued for an alcohol-related incident.
- In some states, parents can face fines, jail time, loss of their license, and a permanent criminal record if they provide alcohol to a minor.
- The designated driver program was meant for adults. Minors can be charged with minor in possession even if the parents are driving them if the teen is intoxicated. And, on the flip side, minors (and their parents) can be

charged if the minor who has no license is driving an intoxicated parent. If the teen has a license and is driving an intoxicated parent it is not illegal but it is really not a good example to set for the kids.

- Motor vehicle crashes are the number one cause of death for teens 15 to 20 years old.
- 28% of teens 15-20 years old who were killed in motor vehicle crashes in 2005 had been drinking.
- It is estimated that 24,560 lives have been saved since 1975 due to minimum drinking age laws.
- In one study, during the previous 30 days, 28.5% of high school students nationwide reported that they had ridden one or more times in a vehicle driven by someone who had been drinking.

What Parents Can Do:

- Discuss with teens the legal and civil penalties that can happen to both parents and teens when they make bad choices.
- Make sure the parties your teens will be attending will be chaperoned and ask if alcohol will be served.
- Practice with your teens ways that they can avoid peer pressure and things they can say to politely refuse alcohol if it is offered to them.
- Host the party at your home and provide plenty of food and soft drinks.
- Set a good example for your kids.
- Make sure your teens know they can always call you for a ride home with no repercussions if they or their driver has been drinking.

Car Safety: Ten Tips for a Safe Summer

Obviously you always want to be safe in and around your car but there are some things that people forget about during the few warm months we have here in the Pacific Northwest:

1. Never leave kids, animals, food, or other perishable items in your car unattended. While it is fine to leave your dog in the car in early March when the temperature is hovering around 45 degrees, the weather during summer year can go from high 40's in the morning to high 80's in the afternoon. The temperature inside your car can be nearly double that so never leave anything in your car that can die from the high heat (kids and pets) or spoil (the groceries you bought for dinner during your lunch break that will be spoiled by the time you get off work).
2. Always walk completely around your car before getting into it and driving away. With little kids playing outside in the nice weather, you never know when they will decide to play behind or in front of your car in the driveway. It really is nearly impossible to see a child sitting in front or in back of your car on the ground. Unfortunately, there continue to be reports of children who are backed over because no one knew they were there. It is a tragic consequence with a fairly simple fix—walk around you car first!
3. Keep your doors locked and windows at least partially rolled up if you are driving in a location where you could be robbed or carjacked. While you are stuck in city traffic with the windows rolled down enjoying the nice day, someone could walk by or roll by on a motorcycle and steal what is sitting out in the open on your front seat. Ditto for carjackers who seize the opportunity because people are paying more attention to the nice day and less attention to their own personal safety.
4. Be extra aware of bicyclists and pedestrians on the streets where you drive. Summer brings out everyone in our neighborhood—elderly walkers, moms jogging, kids on bikes, teens on skateboards, adults practicing for organized bike events—so drivers need to be extra careful when driving around them. Give them plenty of room when you pass and slow way down when there are children walking or riding bikes on the side of the road.
5. Kids should always ride in the back seat, in an approved child safety seat. This is a really simple tip that saves lives. Even older kids who have grown out of booster seats should sit in the back seat if at all possible as this is safer than being in the front seat.
6. Know your driving abilities. Driving “off road” even if it is on the beach at the ocean or down small dirt roads in the mountains require different skills that regular freeway driving. These types of areas require that drivers slow down, watch for other cars as the roads are often narrow and unmarked, and be careful as the surface of the road can easy cause sliding or cause your car to become stuck in the mud or sand.
7. Be careful after a sudden summer rain shower. When we go days or weeks with no rain and then get a sudden shower, roads can be really slick. Accidents happen because people don't realize that the rain is sitting on top of all the oil and grease that has fallen on the roadway thus causing dangerous driving conditions.
8. Tie down your load. Summer is the time to move things, buy things to improve the home, and haul things on vacation. Make sure the things you are hauling arrive at your destination when you do by making sure they are securely tied down.
9. Take care when towing things. Summer is also the time to hook up the boat, U Haul trailer, or fifth wheel. Hauling such things changes not only the braking distance of your vehicle but also creates bigger blind spots, and the need for more attention when turning or backing up.
10. Don't push yourself. Driving long distances on vacation can result in drowsy driving and inattention after the first few hundred miles. Give yourself plenty of time to get to and from your destination and make plenty of stops to stretch and take a break.

10 Boating Safety Tips

1. Always wear a lifejacket and ensure your crew and guests do the same. In 2006, 70% of all boating fatality victims drowned.
2. Never drink alcohol while boating. In 2006, alcohol contributed to 30% of all boating fatalities.
3. Install a carbon monoxide detector. Boating deaths from carbon monoxide have doubled since 2005.
4. Stay in control and take charge of you and your passenger's safety. Boaters between the ages of 20 and 29 accounted for the highest rate of boating injuries and fatalities in 2006.
5. Understand and obey boating safety and navigational rules.
6. Operate at a safe speed and maintain a lookout. Operator inexperience, recklessness, inattention, and speed contribute to almost all reported boating accidents.
7. Check the weather forecast. A nice day can change quickly thus causing danger on the water.
8. File a float plan. This is how people will know where to start looking for you if you don't return from your trip.
9. Have your vessel checked for safety. The US Coast Guard Auxiliary offers this service free of charge.
10. Take a boating safety course. Go to www.boater101.com to find a course in your area.

Tips compliments of Ace Marine Insurance

Youth Violence

The Centers for Disease Control recently released a Youth Violence report which provides both national and state statistics about this often tragic problem. Among the findings:

- Youth violence has declined substantially in recent years.
- Homicide is the second leading cause of death for youth aged 10 to 24 years old in the United States.
- Violence is a major cause of non-fatal injuries for youth. In 2006, a total of 720,371 youth were treated in emergency departments in the US for non-fatal injuries resulting from assaults.
- Between 2003 and 2005 in Washington State, there were 167 youth homicides.
- Homicide is the third leading cause of death among youth 10-24 years old in Washington State. Unintentional injury is the leading cause of death followed by suicide.
- Male youth are much more likely to die by homicidal violence than females.
- Black youth are much more likely to die by homicidal violence (30.2 per 100,000) than Hispanics (13.4 per 100,000), and whites (3.4 per 100,000)
- Youth 20-24 years old are more likely to die by homicidal violence (11.6 per 100,000 males and 2.9 per 100,000 females) than 15 to 19 year olds (7.6 per 100,000 males and 2.3 per 100,000 females). Rates for youth 10 to 14 years old were negligible.
- Youth homicide rates are higher in the southwest, southeast, and northeast; lower in the north, Midwest, and west.

Youth violence can often have long lasting or even tragic consequences. It is up to everyone to help put a stop to this problem.

Did You Know?

- The Stay Active and Independent for Life Training (SAIL) program is now available online through Pierce College. The course, which is intended for those in the aging and health science professions who teach exercise classes to seniors, will run from August 6 to October 14 and cost \$130. Go to www.pierce.ctc.edu/sail/ for more information or to register.
- The 6th Annual Emergency Preparedness Conference, which will be hosted by the Northwest Portland Area Indian Health Board, will be held July 28th and 29th at the Tulalip Casino and Resort in Marysville, WA. This was an excellent conference last year which provided interesting workshops and hand-on training opportunities on a wide range of preparedness topics. Go to www.npaihb.org/resources/emergency_preparedness/ for more information or to register.
- Save the date! The 'Healthier Aging in Washington' Symposium will take place on October 15th at the Holiday Inn in SeaTac. This workshop is geared towards healthcare and public health professionals who work with aging populations and those with chronic diseases. For more information, contact Ilene Silver at Ilene.silver@doh.wa.gov.
- There are two local organizations that have really made a difference for firefighters and citizens in small communities in Mexico. Both the Mission to Mexico organization (www.themissiontomexico.com) and the Firefighters Crossing Borders organization (www.firefighterscrossingborders.org) are based out of Gig Harbor and provide equipment, supplies, even old ambulances and fire trucks, to various communities in Mexico. If you have supplies or equipment you would like to donate or just want to find out more about their organizations, check out their websites.
- If you haven't checked out TED.com, you are in for a treat when you do. This is a fascinating website that offers presentations by some of the greatest thinkers, researchers, and speakers in the world. One recent presentation was given by Catherine Mohr who spoke on 'Surgery's Past, Present, and Robotic Future'. Check out her presentation at <http://tiny.cc/KdcFN>. The notes on her talk say that the video is fascinating, but not for the squeamish...
- If you have a teen driver, the CDC has a new feature page on the topic. Check out their teen driver information page at <http://www.cdc.gov/features/teendrivers/>.
- The Harrison Hospital Silverdale Campus is holding a special event on July 9th from 11am to 3pm. The "Origami 1000 Cranes" project will gather the community together to fold thousands of paper cranes. Japanese legend holds that a person who folds one thousand paper cranes will be granted their wish for health and healing. For more information, call 360-744-4924.
- Kitsap Community Resources assists low income individuals who have had their driver's licenses suspended due to unpaid traffic tickets. This program, which allows people to stop interest accrual on unpaid fines while making small monthly payments to pay off these fines, allows the person to get their license reinstated quickly and reduce future problems that can happen because of driving without a license. Call KCR at 360-478-2301 for more information about this program.
- The 4th of July is fun but can also be dangerous. For safety tips, injury updates, or a directory of state laws regarding fireworks, go to www.fireworksafety.com.
- Have you subscribed to the Daily Dispatch? This is a free daily news update by and for the fire service which is simple to subscribe to. Go to <http://dailydispatch.com> for more information or to sign up.
- The Kitsap Coroner's Office now has a new facility and a new location! This brand new, state of the art facility is now located next to the Readiness Center in Bremerton. A community grand opening is slated for July 8th at 1pm at 5010 Linden Street in West Bremerton and all are invited to attend.

**NORTHWEST REGION
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SERVICES AND TRAUMA**

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We're On The Web!

www.nwrems.org

The Northwest Region Emergency Medical Services and Trauma Care Council is a non-profit umbrella organization which oversees EMS training, prevention activities, and program funding in Clallam, Jefferson, Kitsap and Mason Counties.

The mission of the NWREMS & TCC is to promote and support a coordinated system for local Emergency Medical Services/Trauma Care Councils by:

- *Providing resources/funding*
- *Enhancing education/training*
- *Promoting data collection/analysis*
- *Facilitating communication*
- *Promoting standardization*
- *Promoting public education and prevention*

News from the NWREMS Office

Here's what's happening at the NWREMS office during July:

- Our office hours have returned to normal with the reopening of the Hood Canal Bridge. We are now in the office from 8am to 4pm, Monday thru Friday. If you plan to stop by, however, call first to make sure we are not out at a meeting or other event.
- We have found a new location for the Kitsap DUI Panels which we coordinate. The Panels are now held at the Hillcrest Assembly Church at 6750 Highway 303 NE in East Bremerton across from Walmart. For the latest details on the DUI Panel, call the DUI Panel message line at 360-731-5139 or check out our website at www.nwrems.org.
- The NWREMS Executive Board will meet on July 10th at 9am in the basement meeting room at Olympic Medical Center in Pt Angeles.
- Our office will be closed on July 3rd in honor of Independence Day.
- Our office will also be closed on July 28th at July 29th. All of our staff will be out of town at a conference for these two days.
- We wish everyone a happy and safe summer!