



## Prepare Now for Winter Storms

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With the beautiful sunny days we have been having throughout the fall, it makes it hard to think about the weather that will soon be coming our way this winter. It is almost a given that one or more storms (wind, rain, snow, and/or ice) will hit our area and cause a wide range of problems. Here's some things to think about:

- **Work:** Do you have a bag of emergency supplies at your place of work in case you end up being stranded there or have to work double shifts? Do you know what your office/agency's policy is for going to work during a storm when the power may be out and roads may be treacherous? Is your office prepared for an extended power outage, sheltering employees for a period of time, allowing parents to retrieve their children if the schools shut down, and other effects of a major storm?
  - **Kids/Pets/Elderly:** Have you prepared for the members of your family who may need extra attention during a storm? Do you have non-electronic games on hand to entertain the family during a power outage? Do you know what your children's school winter storm policy is? Are you ready to take extra care with pets during particularly cold and icy weather? Do you have a plan to check on elderly relatives and neighbors or provide help to get needed food or medications should the weather become dangerous for them to get out in (slippery walkways are a huge cause of falls during the winter)? Do you have enough prescription medication and first aid supplies on hand for anyone in the family who may need them?
  - **Car:** Do you have chains or studded tires ready to go? Did you make sure to have extra food, water, blankets, and an ice scraper in your car? Has your car been tuned up, had the oil changed, had the anti-freeze changed, windshield wipers replaced, and other maintenance done to ensure that you are ready for safe winter driving? Have you checked your car's emergency kit to make sure it is complete and ready to go? Do you have current maps in your car to help in the event of an evacuation? Do you always keep your car's fuel tank at least half full?
  - **Home:** Do you have an alternate source of heat in case the power goes out? Do you have emergency food, water, and supplies stocked? Has the chimney been cleaned recently? Have you checked your generator to make sure it is in good working order and vented properly? Have you checked large trees on your property and removed any weak or dead trees that could fall on your home during a windstorm? Have you checked the batteries in your smoke detectors, flashlights, emergency radio, and other items that will be used when the power goes out?
  - **Other items:** Are you prepared for incidents unique to your area such as having sandbags and sand ready if you live in a flood zone or knowing the escape routes from your home and work in case of tsunamis, floods, or other incidents in which you must evacuate? If you have the ability and desire to help out your community during a disaster, have you signed up now with volunteer organizations such as the Red Cross or Department of Emergency Management so that you can receive training now, before your services are needed?
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# Mark Your Calendar!

## DUI Panels

October 11; 8:30am Jefferson County—Pt Townsend Rec Center; Pt Townsend, WA 360-385-9193

October 14; 7pm Kitsap Youth—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139

October 9; 6:30pm Clallam County—Pt Angeles City Council Office; Pt Angeles, WA 360-417-2385

October 28; 7pm Kitsap Adult—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139



## Base Station Meetings

Jefferson County EMS  
October 2nd at 6pm  
'Cardiovascular'  
Chimacum, WA  
crodrigues@jgh.org

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

Mason County EMS  
October 16th  
'Cardiovascular 1'  
Shelton, WA  
360-426-1611

## Council Meetings

Jefferson County EMS Council  
*October 7th; 7pm in Quilcene*

Northwest Region EMS Council Meeting  
*No meeting scheduled this month.*

West Olympic Peninsula EMS Council  
*October 16th; 7pm in Forks*

Mason County EMS Council  
*October 16th; 6pm in Shelton*

Clallam County EMS Council  
*October 16th; Noon at Olympic Medical Center*

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

## EMS Live@Nite

When: October 14; 6:45pm

Where: Via video conference

Topic: 'Respiratory Assessment'

More Info: 888-258-9632

**Post Your Event Here!**

**Email info to [aprilborbon@yahoo.com](mailto:aprilborbon@yahoo.com)**

## More Upcoming Events

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### October Is...

- Child Health Month
- Crime Prevention Month
- SIDS Awareness Month
- Fire Prevention Month
- Fallen Firefighter Memorial Weekend (October 3-5)
- Safe Schools Week (Oct 21-27)
- Vegetarian Day (October 1)
- Columbus Day (Oct 13)
- National Boss Day (Oct 16)
- Halloween (October 31)

### AirLift NW Annual EMS Conference

October 17 Bremerton  
Museum of Flight  
Seattle, WA  
[www.airliftnw.org](http://www.airliftnw.org)



### Meetings/Training in the Northwest Region

- October 1—Mason County Inter-Agency Meeting; Noon in Shelton. 360-427-1686
- October 2—Region 2 Hospital Prep Meeting; 9am in Bremerton. 360-479-5631
- October 2—Region 2 Healthcare Coalition Meeting; noon in Pt Orchard. 360-479-5631
- October 7—Kitsap Gets Active Meeting; 8:30am in Bremerton. 360-337-5250
- October 8—Mesa Redonda de Kitsap; 8:30am at the Silverdale Center. 360-337-5260
- October 8—Kitsap County Traffic Safety Task Force meeting; 10am in Silverdale.  
360-337-7101
- October 15—Kitsap Child Death Review; 8:30am in Bremerton. 360-337-5250
- October 17—West Olympic Peninsula Healthcare Coalition meeting; 10am in Clallam Bay.  
360-479-5631
- October 24—ACLS for Experienced Providers; Kitsap County EMS in Bremerton.  
360-447-2066
- October 28-30—ICS 300 (NIMS) Course; Kitsap DEM in Bremerton. 360-307-5870
- October 29—Kitsap Suicide Prevention Task Force; 3:30pm in Bremerton. 360-337-5250

# How People Die in the Northwest Region

Did you know that suicide is the leading cause of injury death in the Northwest Region? Or that suicide deaths peak in the 45 to 54 age group? Here is the latest data from 2002 to 2006 compiled by the Washington State Department of Health which shows the leading causes of fatal injuries in our region which includes Clallam, Jefferson, Kitsap, and Mason counties. For a wide variety of other data, specific county data, Washington state data, and specific data sets, go to [www.doh.wa.gov/hsqa/emstrauma/injury/data\\_tables/](http://www.doh.wa.gov/hsqa/emstrauma/injury/data_tables/). Next month we will look at non-fatal injuries in the Northwest Region.

## Under 1 year old

Suffocation/ obstruction (3 deaths)

Motor vehicle crash (1)

## 1-4 Years Old

Drowning (3 deaths)

Burn/Fire (2 deaths)

Homicide (2 deaths)

Motor vehicle crash (1 death)

Pedestrian/car (1 death)

## 5-9 Years Old

Burn/Fire (2 deaths)

Drowning (1 death)

Homicide (1 death)

Motor vehicle crash (1 death)

Pedestrian/car (1 crash)

## 10-14 Years Old

Motor vehicle crash (5 deaths)

Suicide (3 deaths)

Suffocation (2 deaths)

Homicide (1 death)

Fall (1 death)

Poisoning (1 death)

Struck by/against (1 death)

## 15-17 Years Old

Motor vehicle crash (12 deaths)

Suicide (9 deaths)

Poisoning (4 deaths)

Fall (1 death)

Drowning (1 death)

## 18-19 Years Old

Motor vehicle crash (17 deaths)

Suicide (10 deaths)

Homicide (2 deaths)

Poisoning (1 death)

Drowning (1 death)

## 20-24 Years Old

Motor vehicle crash (38 deaths)

Suicide (20 deaths)

Homicide (8 deaths)

Drowning (7 deaths)

Poisoning (6 deaths)

Falls (3 deaths)

Motorcycle (2 deaths)

Pedestrian/car (2 deaths)

Bite/sting (1 death)

Struck by/against (1 death)

## 25-29 Years Old

Motor vehicle crash (13 deaths)

Suicide (10 deaths)

Homicide (4 deaths)

Poisoning (7 deaths)

Motorcycle (4 deaths)

Suffocation/obstruction (2 deaths)

Fall (1 death)

Bicycle/car (1 death)

Pedestrian (1 death)

Struck by/against (1 death)

## 30-34 Years Old

Suicide (19 deaths)

Poisoning (17 deaths)

Motor vehicle crash (10 deaths)

Homicide (5 deaths)

Drowning (2 deaths)

Burn/fire (2 deaths)

Motorcycle (1 death)

Pedestrian/car (1 death)

## 35-39 Years Old

Poisoning (24 deaths)

Suicide (15 deaths)

Motor vehicle crash (11 deaths)

Homicide (6 deaths)

Motorcycle (5 deaths)

Drowning (1 death)

Firearm (1 death)

Burn/fire (1 death)

Suffocation/obstruction (1 death)

Bicycle/car (1 death)

Struck by/against (1 death)

## 40-44 Years Old

Poisoning (36 deaths)

Suicide (32 deaths)

Homicide (3 deaths)

Motor vehicle crash (9 deaths)

Motorcycle (5 deaths)

Drowning (2 deaths)

Suffocation/obstruction (2 deaths)

Fall (1 death)

Pedestrian/car (1 death)

## How People Die continued

<b>45-54 Years Old</b>	Falls (12 deaths)	Fall (60 deaths)
Suicide (56 deaths)	Motorcycle (4 deaths)	Suicide (34 deaths)
Poisoning (54 deaths)	Homicide (4 deaths)	Motor vehicle crash (12 deaths)
Motor vehicle crash (32 deaths)	Suffocation/obstruction (4 deaths)	Drowning (4 deaths)
Fall (13 deaths)	Drowning (3 deaths)	Burn/fire (3 deaths)
Homicide (8 deaths)	Pedestrian/car (1 death)	Suffocation/obstruction (2 deaths)
Motorcycle (7 deaths)	Bots/sting (1 death)	Motorcycle (1 death)
Drowning (5 deaths)	Burn/fire (1 death)	Bicycle/car (1 death)
Burn/fire (3 deaths)	Bicycle/car (1 death)	Pedestrian/car (1 death)
Pedestrian/car (3 deaths)	<b>65-74 Years Old</b>	Bicycle (1 death)
Suffocation (2 deaths)	Fall (26 deaths)	Poisoning (1 death)
Bicycle (2 deaths)	Suicide (26 deaths)	Struck by/against (1 death)
Struck by/against (1 death)	Motor vehicle crashes (20 deaths)	<b>85+ Years Old</b>
Pedestrian (1 death)	Suffocation/obstruction (7 deaths)	Fall (107 deaths)
<b>55-64 Years Old</b>	Burn/fire (5 deaths)	Suicide (15 deaths)
Suicide (35 deaths)	Drowning (4 deaths)	Motor vehicle crashes (10 deaths)
Poisoning (23 deaths)	Bicycle/car (1 death)	Suffocation/obstruction (10 deaths)
Motor vehicle crash (15 deaths)	<b>75-84 Years Old</b>	Burn/fire (1 death)

## What the Data Means...

- Targeted injury prevention programs to address the leading causes of death, by age, are needed (ie: what causes a fall in an elderly person is much different than what causes a fall in a younger person).
- Injury prevention is not just the domain of public health. Hospitals, EMS providers, community service providers, family members, schools, and everyone else need to work on these problems together.
- Awareness of this data is needed. If you tell someone that the leading cause of injury death in our region is suicide, chances are they won't believe you. Graphic car wrecks get a lot of publicity. Relatively rare deaths by firearms get a lot of publicity. Suicide, poisonings (which often mean overdoses), and falls tend to get very little publicity and therefore the public is not aware that these causes of death are some of the main threats to the welfare of the citizens in our community.
- More data is needed to get the full picture. Next month we will look at hospitalization injury data which will provide another dimension on the data provided here. In addition, the state of Washington is working on a program to collect EMS data which will give an even more complete picture of how people are injured and die in our region. For example falls rate very high in certain age groups as a leading cause of death but when you look at hospitalized injury data, you will see that falls cause six times as many injuries as all other causes in the overall data, which gives you a more complete picture of how this one simple event can have a major impact on our citizens and the providers who care for them.

# Volunteer Today!

If you have specialized medical or healthcare expertise or just an interest in helping people in your community, there are a number of programs in the Northwest Region that can use your help. Designed to respond during an emergency, the Medical Reserve Corps (MRC) and the Critical Incident Stress Management (CISM) Teams are coordinated through the Kitsap Department of Emergency Management and provide a cadre of volunteers to respond locally, regionally, and nationally in the event of a disaster. Additionally, the Red Cross can use interested volunteers to help out during a disaster and an often overlooked organization, the ARES/RACES emergency radio communications group, can also use more volunteers.

**Medical Reserve Corps:** This program uses current as well as retired medical providers (doctors, nurses, dentists, mental health professionals) as well as others (translators, administrative staff) to create teams of people who can respond to anything from a mass casualty incident to an earthquake or a chemical spill. Volunteers may do many things such as provide triage services at an alternate care facility or medical center or give vaccinations at community centers to providing patient education and office support to their volunteer team. Training requirements are minimal, monthly time commitments are minimal, you can choose to participate in a call up or choose not to participate depending on your schedule, and best of all, all liability is covered by the state Emergency Worker Program. This is an excellent way for providers, especially retirees, to help out when needed most and furnish a very valuable service to their community. For more information on this program, go to [www.kitsapdem.org](http://www.kitsapdem.org) and click on Medical Reserve Corps.

**Critical Incident Stress Management Team:** These teams provide 24/7 debriefing services to emergency response personnel after a critical incident such as an especially traumatic car accident, an incident where a child has died, a mass casualty incident, or other situation where the event has a very traumatic impact on the responders. Volunteers, composed of emergency workers, medical service professionals, and mental health providers, receive ongoing

specialized training on acute trauma and disaster recovery, effective peer support, pre-incident education, and how to provide on-scene support. This is a very valuable service that strives to lessen the psychological impact of a traumatic incident on first responders (firefighters, police officers, hospital ER staff) by having teams of specially trained volunteers, who have often been through similar situations, available to respond whenever an event happens. To volunteer for this program or for more information, go to [www.kitsapdem.org](http://www.kitsapdem.org) and click on CISM.

**Red Cross:** The Red Cross is known the world over for their response to a wide range of disasters. All kinds of people are needed by the Red Cross to help out during a disaster. Whether you are highly skilled or have no specialized skills to speak of, you can provide valuable services to your community during a disaster. Volunteers do everything from helping to set up shelters and feed people impacted by a disaster to teaching safety skills and providing general office help to support the various activities of the Red Cross. For information on volunteering with this important organization, go to [www.seattlredcross.org](http://www.seattlredcross.org).

**ARES/RACES:** During a disaster, communications in paramount. However, often during a disaster, basic modes of communications such as land line telephones and cell phones usually go down. This is where volunteers from the ARES/RACES group come in. Volunteers with this group are HAM radio aficionados and others who are interested in helping out a wide range of organizations (hospitals, DEMs and other emergency service providers) by providing emergency communications services through their HAM radios to connect emergency responders and ordinary citizens in order to pass vital information from point to point. This is where an interesting hobby can have life saving consequences! If this sounds like something you would want to do to help your community, simply go to [www.wastateares.org](http://www.wastateares.org) for more information or to find a local group to volunteer with.

No matter which organization you decide to volunteer with, the effort you put out towards helping those in your community can have a life long impact on those you come in contact with.

# Did You Know?

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- The Washington State Prevention Summit will be held October 17th and 18th in Yakima. This summit, which is open to both teens and adults, will focus on alcohol and substance abuse prevention. Go to <http://casat.unr.edu/dasa/> for more information or to register.
- On October 21st the Kitsap Health District will offer a free Flu Immunization Clinic at El Centro de la Familia in Bremerton. The walk-in clinic will run from 1pm to 4pm. For more information call 360-731-4311.
- Kitsap Community Resources offers energy and utility payment assistance throughout the winter to homeowners and renters in the Kitsap County area. Funding is provided once per season and does not have to be repaid. Appointments for applying for this program are taken on the third Tuesday of the month to fill slots for the upcoming month—as you can imagine, appointments go quickly! Call 360-479-1507 beginning at 8:30am on the third Tuesday of each month to participate in this program. For general information, call 360-479-1507.
- Olympic College's 'Homemakers in Transition' Program orientation will be held on November 5th from 9:30am to 3:30pm. Registration for this course must be completed by October 31st. This is a wonderful program for people who are suddenly thrust into the position of being the breadwinner for themselves and their family. Call 360-475-7530 for more information.
- The Kitsap County Domestic Violence Task Force Summit will be held on October 17th from 7:30am to 4pm at the Crossroads Neighborhood Church in Bremerton. The cost for this event is \$35 and includes lunch. Vendor tables are available for \$10. The Keynote speaker will be Rebecca Dreke from the Stalking Resource Center and the summit will cover a wide range of domestic violence topics. Call 360-373-5392 for more information.
- Even though we are heading into winter, the Boat US Foundation is now accepting application for grants to fund boating safety projects. Grants of up to \$4,000 will be awarded to promote boating safety and education. Go to [www.boatus.com/foundation/Grants/index.htm](http://www.boatus.com/foundation/Grants/index.htm) to apply. Hurry, grant applications are due November 5th.
- Concerned about your neighbors? There is a new website called Felon Spy ([www.felonspy.com](http://www.felonspy.com)) which allows you to enter your address and see where any registered felons living in your neighborhood are.
- The American Academy of Pediatrics has a webpage devoted to providing information on how to make your community health program sustainable. In this economic climate we can all use a bit more of that! Go to [www.aap.org/commpeds/resources/sustainability.html](http://www.aap.org/commpeds/resources/sustainability.html) and check out this wonderful resource.
- The West Region EMS Council has developed a number of injury prevention training modules geared towards EMS providers. Everything from falls to airway obstructions to poisonings and more is covered here. Go to [www.wrems.com/Prevention.htm](http://www.wrems.com/Prevention.htm) and scroll to the bottom of the page for more information on the WHAM program.
- Speaking of the West Region, reserve your hotel room now for their popular annual conference which will take place at the end of February. More information about the conference is posted on their website at [www.wrems.com/EMSConference.htm](http://www.wrems.com/EMSConference.htm)
- The Senate Judiciary Committee recently held a hearing on 'New Strategies for Combating Violent Crime'. You can view the web cast of this event at <http://judiciary.senate.gov/hearings/hearing.cfm?id=3541>.
- What do blood vessels, livers, and kidneys have in common? They are all organs that are currently in the experimental stage of being grown in a lab for use in humans. What can bodies tell you after they are dead? More than what was previously thought. Articles about both of these items can be found online at [www.popsci.com/elizabeth-svoboda/article/2008-09/latest-man-made-organs](http://www.popsci.com/elizabeth-svoboda/article/2008-09/latest-man-made-organs) and [www.popsci.com/melinda-dodd/article/2008-09/learning-dead](http://www.popsci.com/melinda-dodd/article/2008-09/learning-dead).

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**We're On The Web!**

**[www.nwrems.org](http://www.nwrems.org)**

## News from the NWREMS Office

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We're gearing up for a busy fall at the NWREMS office:

- On October 2nd we will be hosting the Region 2 Hospital Preparedness meeting in our office at 9am for all of the hospital representatives in our region, followed by the Region 2 Healthcare Coalition meeting at noon at the Clubhouse at McCormick Woods in Pt Orchard. At the Coalition meeting, to which all local and regional coalition members are invited, we will be discussing regional healthcare coalition goals and the development of MOUs.
- There isn't much time left before the Hood Canal Bridge closes for two months in May and June of 2009. The Northwest Region is working with partner agencies to plan for transport of medical patients as well as staffing and other logistical issues that will arise when the closure happens. Information on the closure, including mitigation steps, will be provided throughout the Region by the Department of Transportation and our office as well as online at [www.hoodcanalbridge.com](http://www.hoodcanalbridge.com).
- The West Olympic Peninsula Healthcare Coalition meeting will take place on October 17th at 10am at the Clallam Bay Fire Station. All local coalition partners are invited to attend.
- We are moving forward with the planning phase for our Pediatrics Conference which will take place on January 24 and 25 at the Clearwater Casino in Poulsbo. Preceding the conference on January 23rd, we will hold a PALS refresher course. After the Conference, on January 25th, we will hold an SEI workshop. Stay tuned for more information on this event which will be posted on our website.

*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*