

October 2005



NORTHWEST REGION EMERGENCY MEDICAL SERVICES AND
TRAUMA CARE COUNCIL

What's Happening

Are You Prepared?

As Hurricane Katrina showed everyone, there is no substitute for being prepared. No matter where you live, it is not *if* a disaster will strike but *when*. Start today to make a cohesive preparedness plan for you and your family by incorporating the following tips...

- Each family member should have a backpack filled with enough supplies to last them for at least a week. Items should basically include the same things one would use for a week-long backpacking trip (clothing, shelter, food, water, water purification system, fuel, etc.).
 - In addition to survival supplies, your bag should include copies of important documents (ie: birth certificate, drivers license, marriage license, passport, will, etc.), cash (\$500 to \$1000), important computer documents on a jump drive, and financial information (list of creditors, bank accounts, and insurance information).
 - Develop an evacuation plan with pre-determined locations that you can evacuate to if necessary. Plan where you will go and have local, state, and national alternative destinations. Plan how you will get there (car, walking, motorcycle, plane). Map out each evacuation route and consider than any bridges, over/underpasses and tunnels you normally take may not be usable. All family members should have a written copy of this plan.
 - Develop a communications plan. Again, you should have contacts locally, in your state and across the country who would be able to serve as a place everyone in your family to touch base with if for some reason all land lines, email and cell phone services in your area are not working and you are separated.
 - Retrofit your home in case you need to ride out a disaster where you live. Bolt large furniture, appliances and your water tank to the wall in case of an earthquake. Have alternative ways to heat your home if gas and power are unavailable. Have plenty of food and water stored to use in an emergency and remember to rotate this stock regularly. Have alternative ways to cook, and consider how sanitation would be affected if you had no running water available. Keep some basic tools in your home to make needed repairs and don't forget to have a stock of heavy plastic and duct tape in case a chemical or biological attack requires you to make your safe-room relatively air tight.
 - Store a preparedness bag in your office and car as well if you are often in these locations and far enough away from home that you would not be able to access your emergency supplies if needed.
 - Practice your plan. Take your family and their survival bags and actually go on a multi-day backpacking trip. Not only will it show everyone what it would be like to have to live primitively, it would be an excellent opportunity to learn new outdoor skills. Likewise, practice your evacuation and communication plans to make sure everyone is on the same page.
 - Study up on preparedness. Google the word 'preparedness' and you will get a list of literally tens of thousands of website with more in-depth survival information than what is presented here.
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Calendar of Events

October 4

TNCC Instructor Course
Mason General Hospital
Shelton, WA
360-427-3609

October 12 7pm
Adult DUI Victim's Panel
Mason County Court House
Shelton, WA
360-427-9670 x248

October 17-22
Safe Kids Worldwide Leadership
Conference
Washington, DC
360-236-3606

October 5 & 6

TNCC Course
Mason General Hospital
Shelton, WA
360-427-3609

October 13 6:30pm
DUI Victim's Panel
Pt Angeles City Council Office
Pt Angeles, WA
360-417-2385

October 18, 19, 20
BLS Refresher Course
Olympic Nation Park
Forks, WA
360-565-3097

October 5 7pm

DUI Victim's Panel
Gig Harbor Civic Center
Gig Harbor, WA
253-884-0715

October 14
AAA Mature Driver Class
West Side Improvement Club
Bremerton, WA
800-462-3728

October 20 7pm
Adult DUI Victim's Panel
Abundant Life Foursquare Church
Bremerton, WA
360-731-5139

October 6 9am

Kitsap EMS Base Station Meeting
Elder Abuse by Patty Ousley
Harrison Hospital Silverdale
Silverdale, WA
360-478-5997

October 14
Airlift Northwest Conference
Museum of Flight
Renton, WA
206-521-1599

October 20-22
2005 Washington State Prevention
Summit
Yakima, WA
877-301-4557

October 8 9am

DUI Victim's Panel
Pt Townsend Rec Center
Pt Townsend, WA
360-385-9135

October 14
WA ENA Annual Symposium
Valley Medical Center
Renton, WA
www.wa-ena.org

October 28, 29, 30
Whatcom County EMS Conference
Bellingham, WA
360-715-6415

October 11 7pm

Youth DUI Victim's Panel
Abundant Life Foursquare Church
Bremerton, WA
360-731-5139

October 16-20
DOT Instructor Course
Seabeck Conference Center
Seabeck, WA
360-479-5631

*To list your event here, simply
email, fax or call your information to
us at the contact numbers listed on
the back page of this newsletter.*

Did You Know?

- This fall, Washington State EMS certification will be available online! EMS providers will be able to renew their certifications, make address changes and change or add agencies all by filling out and submitting an online form to the Department of Health. The system will also allow people to track an application, look up providers and even print a list of providers. Contact Neil Edgin at 360-236-2843 for more information.
- The Carrollton-Farmers Branch School District has a great new website. Their site shows a virtual cafeteria which includes daily menus for all schools in the district. Best of all, when a person clicks on the parts of the meal they would like to have, nutritional information, quick facts and either encouragement for healthy choices or a warning about unhealthy food choices pops up on the screen. Check out their site at <http://studentnutrition.cfbisd.edu/content/home.aspx>
- The American College of Physicians website's PDA Portal has a wide variety of downloads for your PDA including bio-terrorism references, clinical references, and even instructor's references. Go to <http://www.acponline.org/pda/index.html> for more information.
- The Kitsap County Department of Emergency Management is now taking applications for volunteers who would like to go to the Gulf-state area and assist with recovery efforts from the Hurricane Katrina disaster. Go to http://www.kitsapdem.org/news/Katrina_Vol_App.pdf for a copy of the application and explanation of the program.
- The Mason County Drug Abuse Prevention Program will be hosting the 2005 Mason County Youth Celebration on October 13th from 8am to 4pm at the Shelton Civic Center. The focus of this conference is on youth health and safety. For more information about this event, contact Shala Godwin at 360-427-1686.
- On October 26th, South Puget Sound Community College will host the 3rd Annual Latino Youth Summit. This is a free event which provides informational workshops, networking opportunities and performances to inspire Latino youth to lead successful lives. For program information, go to www.spscc.ctc.edu/latinyouth/index.html.
- The bi-monthly Parenting ConneXions newsletter provided by the Parenting ConneXions of Mason County organization is a great resource for parents of children of all ages. Each newsletter includes information on upcoming events, on-going programs and a list of community resources. This is a great read! Contact Diane Crabtree at dianec@co.mason.wa.us or call 360-427-9670 extension 408 to get on the mailing list.
- The Washington Traffic Safety Commission is now accepting nominations for their 2006 Traffic Safety Superstars Award. Award nominations are due by November 18th and the awards luncheon will be held on February 6, 2006 at St Martin's University in Lacey. Call Mark Medalen at 360-586-3871 for more information and/or a nomination form.
- TNTT Update: The revised Trauma Nurses Talk Tough PowerPoint program which was due out in August is now slated for release in October. Go to their website at www.legacyhealth.org/tntt for additional information
- Save Our County's Kids (SOCK) is a wonderful Mason County organization that provides weekly supervised activities for kids and families. They also offer after school programs and an at-risk youth mentoring program. Check out their website at www.sock.org.
- FEMA's Emergency Management Training Institute offers a long list of training opportunities. Many of the courses are available online and free of charge! Go to their website at www.training.fema.gov/emiweb/ for a list of available classes and take advantage of this wonderful training opportunity!
- Check out the Virtual Naval Hospital at www.vnh.org/Providers.html list site offers an extensive list of online medical resources,

**NORTHWEST REGION
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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.

Their Mission 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*

NWR EMS Meeting Schedule

The Northwest Region EMS office hosts a variety of meeting each month, including:

- The Northwest Region EMS & TCC Regional Council meeting is held the second Thursday of every other month (September 2005, November 2005, January 2006, etc.) at Olympic Medical Center in Pt Angeles. The meeting starts at noon and all are welcome to attend.
- The Northwest Region EMT & TCC Executive Board meeting is held at the NWREMS office on the second Friday of every other month (October 2005, December 2005, etc.) at 9am.
- The Northwest Region QI Committee meets every other month (the same months as the Council meetings) in Pt Angeles at the Olympic Medical Center, at 10am.
- The Northwest Region Annual QI Conference is held every year, usually in May. Check our website for the exact date, time and location.
- The Northwest Region Training and Education Committee meeting is held as needed, usually at the Olympic Medical Center in Pt Angeles on the same days as the Council meetings at 9am.
- The Region hosts the Region 2 Hospital Preparedness meetings on a bi-monthly basis. The meetings are not held at a specific time, location or dates so please call the office for information about our upcoming Region 2 Hospital Preparedness meetings.
- The Region hosts Hood Canal Bridge Closure meetings on an as needed basis. These meetings are held at varying locations around our Region and focus on ways to mitigate the impact that the bridge closure will have on EMS in our Region.