

# EMERGENCY PREPAREDNESS NEWSLETTER



## Health Department

Neil Karnes - Health Director  
Brian Douglas - PHEP Coordinator

Summer 2013

Volume 38



Brian Douglas  
Public Health Emergency Preparedness Coordinator

In Graham County this year, monsoon activity has been sporadic at best. Certain areas have received substantial amounts of rain while others have received trace amounts.

Whether your yard is muddy or dry, remember we are in mosquito season and West Nile Virus is prevalent throughout Arizona.

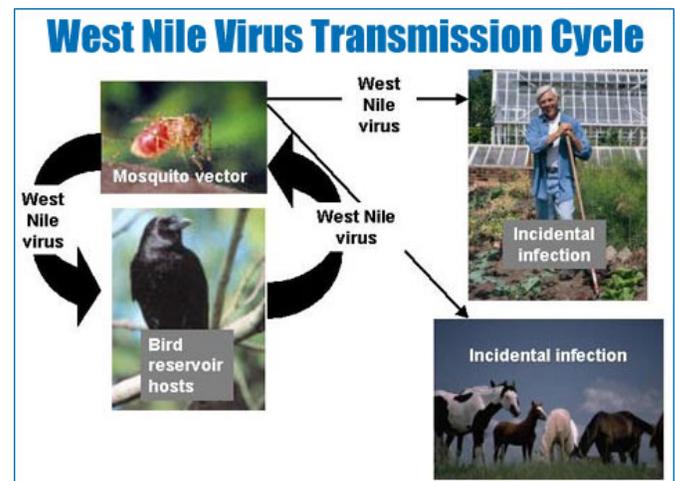
Graham County Health Department would like to caution its residence and be vigilant against mosquito activity. In recent years, our County has experienced positive cases and several deaths due to West Nile. Persons over

the age of 50 are generally at a higher risk for serious illness.

Things you can do to protect yourself from West Nile Virus and reduce the number of mosquitoes around your home are:

- Avoid outside activity at dusk and dawn during peak mosquito season.
- Wear lightweight clothing that covers arms and legs.
- Make sure that doors and windows have tight fitting screens.
- Repair or replace screens that have tears or holes in them.
- Drain all standing water on private property and stock permanent ponds with fish that eat mosquito larvae.
- Change water in flower pots, bird baths and pet dishes located outdoors at least twice per week.
- Use Mosquito repellent with DEET
- Vaccinate your horses for WNV

For information on West Nile Virus check our state website at: [www.azdhs.gov](http://www.azdhs.gov)



## EDUCATION/TRAINING



### EASTERN ARIZONA COLLEGE

For information about **EAC** courses call the EAC EMS Department at 428-8398 or email [ems@eac.edu](mailto:ems@eac.edu)

### NIMS COURSES ONLINE

IS 100 Basic Incident Command System  
IS 700 National Incident Management System  
IS 200 ICS for Single Resources and Initial Action Incidents  
IS 800 A National Response Plan (NRP), an Introduction  
<http://training.fema.gov/is/nims.asp>

### EMS Sub-Region MGRMC Tape & Chart

September 11<sup>th</sup>  
October 9<sup>th</sup>  
November 13<sup>th</sup>  
December 11<sup>th</sup>

EAC High Tech Center

### Target Safety & Training

MSHA-OSHA-CPR-First Aid-  
Emergency Medicine  
Call Pam Peterson at 928-485-9203  
E-mail [Wmwoman\\_2000@yahoo.com](mailto:Wmwoman_2000@yahoo.com)

### FOOD SAFETY TRAINING

ONLINE COURSES NOW AVAILABLE

Graham County now offers web based training to provide "anytime, anywhere" access to high quality, cost-effective Food Safety training.

Courses Include:

- \*Food Safety for Food Handlers
- \*Food Manager Certification
- \*HACCP Plan Development and Implementation

Log on to: <http://grahamcounty.vls01.com/>

Contact: Graham County Health Department  
At 928-428-0110

### ACLS-PALS-CPR CLASSES



Contact: Lisa Milligan at 928-348-4286

### THE PRIVATE WELL CLASS

A free online course that helps homeowners understand about and care for their well.

Sign up for ten weekly email lessons and monthly webinar events to learn the basics of protecting your source of drinking water

This Training is a free service funded by the U.S. Environmental Protection Agency.

[www.privatewellclass.org](http://www.privatewellclass.org)



**FOREST SERVICE YOUTH  
CONSERVATION CORP**

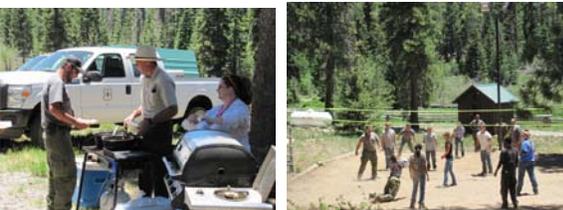
The Forest Service sponsors a program for youth which allows them to work, learn, and contribute to the forest by doing all types of activities such as painting, cleaning trails, and a little bit of everything. On June 3<sup>rd</sup> the first day of the program Brian Douglas gave a presentation on Hantavirus to Forest Service staff and the Youth Conservation Corp.



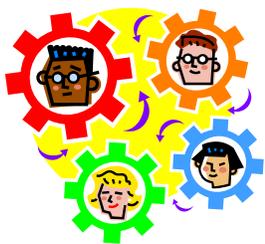
Work Hard!



Train Hard!



Play Hard!



Labor Day September 2<sup>nd</sup>  
Celebrate Safely

**IMPORTANT GRAHAM COUNTY  
PHONE NUMBERS**

**EMERGENCY** Fire-Police-Ambulance **911**

Non-Emergency Numbers

Graham County Sheriff	428-3141
Safford Police Department	432-4100
City of Safford	432-4000
Safford Fire Department	432-4280
Pima Police Department	485-9454
Pima Fire Department	485-2402
Thatcher Police Department	428-2296
Thatcher Fire Department	428-2290
Thatcher City Hall	428-2290
Ft. Thomas Fire Department	485-7045
Southwest Ambulance Service	428-9860
Mt. Graham Regional Medical Center	348-4000
Safford/Graham County Library	348-3202
Graham County Health Dept.	428-0110
Mt. Graham Safe House	348-9104
National Runaway Hotline	800-786-2929
National Child Abuse Hotline	800-422-4453
Domestic Violence Hotline	800-799-7233
Center for Missing & Exploited Children	800-843-5678
National Substance Abuse Hotline	800-662-4357

**National Poison Control Center**  
**800-222-1222**



With recent rain the Arizona Mountains are beautiful!





August	Kiley	11 <sup>th</sup>
	Mona	26 <sup>th</sup>
September	Brian	3 <sup>rd</sup>
	Darla	12 <sup>th</sup>
	Cheryl	13 <sup>th</sup>
	Mel	29 <sup>th</sup>
October	Susan	11 <sup>th</sup>
	Rochelle	16 <sup>th</sup>
November	Cheralee	11 <sup>th</sup>
	Gavin	20 <sup>th</sup>
December	Sharon	19 <sup>th</sup>

**WELCOME BACK  
258<sup>TH</sup> ENGINEER COMPANY!**



Welcome home Timothy Salyer

**WEB SITES OF INTEREST**

- [www.bt.cdc.gov](http://www.bt.cdc.gov)
- [www.bt.cdc.gov/es/index.asa](http://www.bt.cdc.gov/es/index.asa) (En Espanol CDC)
- [www.redcross.org/services/disaster/beprepared/](http://www.redcross.org/services/disaster/beprepared/)
- [www.ready.gov](http://www.ready.gov)
- [www.graham.az.gov](http://www.graham.az.gov)
- [www.areyouprepared.com](http://www.areyouprepared.com)
- [www.citizencorps.gov](http://www.citizencorps.gov)
- [www.readyrating.org](http://www.readyrating.org)

**GINA HAS LEFT US!**



After over ten years of service to the Graham County Health Department Gina Trujillo has decided to be a stay at home mom with the soon to be birth of her second son. We will miss her friendly smile and especially the unique technical knowledge and skills she helps all of us with when our computer programs don't do what they are supposed to! Best wishes Gina from all of us at the Health Department.



**2013 LEPC MEETING DATES**

August 22, 2013 4:00-5:00 p.m.  
November 14, 2013 4:00-5:00 p.m.

All meetings at the Graham County General Services Building in the Assembly Room

Local Emergency Planning Committee (LEPC)





## IT'S ALREADY TIME TO PLAN FOR FLU SEASON

The flu is a serious illness that goes around every year. On average, the flu leads to more than 20,000 deaths each year. It infects the nose, throat and lungs. Common symptoms include:

- Fever
- Chills
- Sore Throat
- Cough
- Stuffy Nose
- Fatigue
- Headache
- Muscle Aches

There are many things you can do to fight the flu. Below are a few ways you can protect yourself and prevent the flu from spreading:

- *Get the flu vaccine each year.*
- Wash your hands often and use soap and water.
- Use an alcohol-based hand sanitizer if soap and water are not available.
- Avoid touching your eyes, nose and mouth.
- Cover coughs and sneezes.
- Clean and disinfect regularly to kill the flu virus on surfaces and objects.
- Take care of yourself with healthy habits to boost your immune system.
- Stay away from sick people.
- Don't share personal items such as towels, cups, or straws.
- Teach children good hygiene habits.
- If you have the flu, avoid spreading it by staying home while you are sick.



## WATER STORAGE TIPS

Use only food-grade containers. Smaller containers made of PETE plastic or heavier plastic buckets or drums work well.

Clean, sanitize, and thoroughly rinse all containers prior to use. A sanitizing solution can be prepared by adding 1 teaspoon of liquid household chlorine bleach without thickeners, scents, or additives to 1 quart of water.

- Do not use plastic milk jugs, because they do not seal well and tend to become brittle over time.
- Do not use containers previously used to store non-food products.
- Containers should be emptied and refilled regularly.
- Store water where potential leakage will not damage your home or apartment.





## 'SWIMMER'S ITCH'

### What is it?

Swimmer's itch is technically known as *schistosoma dermatitis*. It appears as red, itchy, bite-like welts on the skin within several hours of leaving the water. The irritation may last from a few days to several weeks. There are no reported long-term effects from swimmer's itch and the parasite will not survive in humans.

Swimmer's itch comes from a microscopic flatworm parasite (*schistosoma cercariae*) that lives as an adult in aquatic birds or mammals, usually waterfowl.

### How can I avoid it?

- Dry off as soon as you leave the water. Be sure to dry underneath waistbands and around leg openings of swim suits.



- Don't sit around in your wet swimsuit.



- Shower with soap and fresh water as soon as possible after swimming.
- Don't wade or play in shallow water, especially in weedy areas with lots of snails.
- Clean beaches of weeds or other debris that has washed up on shore,

which can harbor the snails that are host to the swimmer's itch parasite.



- Don't swim when there has been a breeze blowing toward shore that may have carried parasites to your beach.
- Don't feed geese and ducks or allow them to congregate near your beach. Waterfowl are important adult host for the parasites, and swimmer's itch outbreaks seem to be associated with people feeding ducks.



It can be difficult to keep children free of swimmer's itch because they frequently play in the shallows and often wear their swimming suits for hours as they play in and out of the water. Teach them to dry off thoroughly each time they come out of the water to minimize your children's risk of getting swimmer's itch.

### Can Swimmer's Itch be treated?

Some sunscreens and lotions may reduce the infections, although nothing is known to be completely effective. If you get swimmer's itch, lotions or ointments may relieve the itching. In severe cases, you may need antihistamines or steroid creams that can be prescribed by a physician.

People cannot become a host for the parasite, either through skin penetration or by swallowing lake water.

(Source: University of Minnesota Extension Service Faculty)

## CPR/FIRST AID TRAINING

Graham County Emergency Management sponsored a class on June 29<sup>th</sup> taught by Pam Peterson for the community and a few county staff. Call 428-0110 to reserve a spot in the September 21<sup>st</sup> class.



## STORM & HIGH WINDS HIT PIMA

In the evening of July 1<sup>st</sup> a storm with very high winds hit the Pima area and caused damage to several neighborhoods.



## STAY HEALTHY IN A DISASTER



During an emergency, it is important to keep yourself healthy (for the sake of your own survival). The best way to maintain health is to keep yourself and your living area clean and sanitary. Poor hygiene and unsanitary conditions can cause sickness.

When disaster strikes, hygiene and sanitation needs are sometimes overlooked as we think of what is needed to ensure that we eat, drink and stay safe. It is important to include in your emergency kit necessary supplies to maintain a healthy and sanitary environment when dealing with disaster emergencies.

It is suggested that you add your preferred brands or items for grooming and sanitation. This way, you and your family are comfortable with the products. Often the items can be purchased in bulk or extra saving packages to reduce cost and build your kit as you shop. Here are a few items to include:

- Toilet paper
- Toothpaste, toothbrush and mouthwash
- Medications
- Feminine hygiene products
- Deodorant
- Baby wipes
- Soap and laundry detergent
- Garbage bags
- Shampoo, conditioner, hairspray, comb, brush, etc.
- Makeshift toilet



## SENIOR CITIZENS CENTER FLAG



John Canady and Dennis Sharp, volunteers from the Home Depot, installed the Center's new flagpole Wednesday July 3<sup>rd</sup>. Home Depot donated the pole and forever flags.

## ICS 300 COURSE

An Incident Command 300 course was taught July 22-24 at the Graham County General Services Building. 25 students signed up for the three day course.



Mike Evans & Bob Bohannon - Instructors

## ICS 400 COURSE

MAG 400: Advanced ICS  
ERMA Event ID #1002690

Location: Graham County General Services  
921 W. Thatcher Blvd. Safford

Dates: September 25: 0800-1700  
September 26: 0800-1200

Register at: [www.erma.az.gov](http://www.erma.az.gov)

Questions: 602-464-6225

## BACK TO SCHOOL FAIR!

This year the 'Back to School Fair' was held August 3<sup>rd</sup> at the EAC Activity Center. The Purpose of the event is to support families and students of all ages by providing information and awareness about education, family services, and enrichment opportunities within our community and support the back-to-school effort with school supplies as we begin a new school year.



## HEALTHY LIVING WORKSHOPS

SEACUS and Mt. Graham Regional Medical Center is sponsoring a series of free workshops on how to successfully live with a chronic health condition.

When: Tuesdays September 3<sup>rd</sup> to October 8<sup>th</sup>

Time: 4:30 PM to 7:00 PM

Contact: SEACUS at 928-428-3229