



CERT NEWS



Summer 2006

Information for Manchester, MO CERT members

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We avidly welcome your comments, suggestions, photos, articles and contributions to our newsletter. Please forward all submissions to the editor:
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CERT: "Doing the greatest good for the greatest number"

"It's Not The Heat... It's The Humidity"

In reality, it's both. The recent heat wave has affected all parts of the country in varying degrees. Remember, a little common sense can go a long way. Hydration is crucial in this type of weather but it's important to avoid dehydrating beverages like caffeinated drinks and alcohol. Limit activity and stay indoors if possible. If you absolutely have to venture out, try to limit your outings to the early morning or evening hours. Avoid eating large meals. Consuming smaller portions more frequently will make digestion easier. Knowing the signs and symptoms of heat related illnesses and how the body regulates itself during these conditions can also be very helpful.

From the Top

Extreme Heat

Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for his or her age and physical condition. Older adults, young children, and those who are sick or overweight are more likely to succumb to extreme heat.

Conditions that can induce heat-related illnesses include stagnant atmospheric conditions and poor air quality. Consequently, people living in urban areas may be at greater risk from the effects of a prolonged heat wave than those living in rural areas. Also, asphalt and concrete store heat longer and gradually release heat at night, which can produce higher nighttime temperatures known as the "urban heat island effect."

Extreme Heat: Know the Terms

Heat Wave

Prolonged period of excessive heat, often combined with excessive humidity.

Heat Index

A number in degrees Fahrenheit (F) that tells how hot it feels when relative humidity is added to the air temperature. Exposure to full sunshine can increase the heat index by 15 degrees.

Heat Cramps

Muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are often the first signal that the body is having trouble with the heat.

Heat Exhaustion

Typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim's condition will worsen. Body temperature will keep rising and the victim may suffer heat stroke.

Heat Stroke

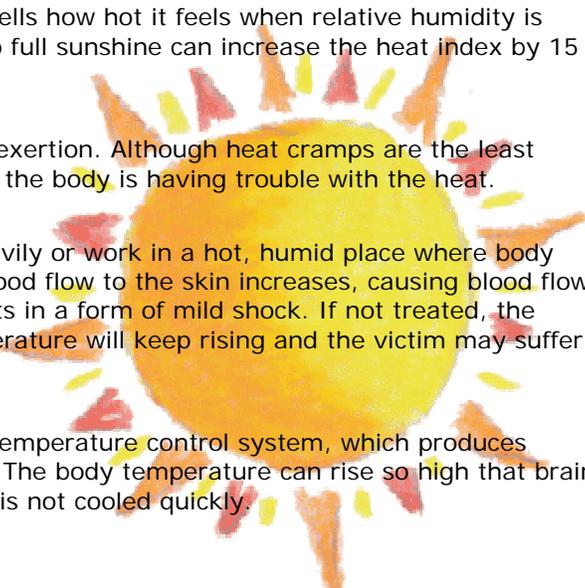
A life-threatening condition. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

Sun Stroke

Another term for heat stroke.

Know your own limitations!

Federal Emergency Management Agency
www.fema.gov



First Aid for Heat-Induced Illnesses

Extreme heat brings with it the possibility of heat-induced illnesses. The following table lists these illnesses, their symptoms, and the first aid treatment.

Condition	Symptoms	First Aid
Heat Cramps	Painful spasms, usually in leg and abdominal muscles; heavy sweating	Get the victim to a cooler location. Lightly stretch and gently massage affected muscles to relieve spasms. Give sips of up to a half glass of cool water every 15 minutes. (Do not give liquids with caffeine or alcohol.) Discontinue liquids, if victim is nauseated.
Heat Exhaustion	Heavy sweating but skin may be cool, pale, or flushed. Weak pulse. Normal body temperature is possible, but temperature will likely rise. Fainting or dizziness, nausea, vomiting, exhaustion, and headaches are possible.	Get victim to lie down in a cool place. Loosen or remove clothing. Apply cool, wet clothes. Fan or move victim to air-conditioned place. Give sips of water if victim is conscious. Be sure water is consumed slowly. Give half glass of cool water every 15 minutes. Discontinue water if victim is nauseated. Seek immediate medical attention if vomiting occurs.
Heat Stroke (a severe medical emergency)	High body temperature (105+); hot, red, dry skin; rapid, weak pulse; and rapid shallow breathing. Victim will probably not sweat unless victim was sweating from recent strenuous activity. Possible unconsciousness.	Call 9-1-1 or emergency medical services, or get the victim to a hospital immediately. Delay can be fatal. Move victim to a cooler environment. Removing clothing Try a cool bath, sponging, or wet sheet to reduce body temperature. Watch for breathing problems. Use extreme caution. Use fans and air conditioners.

CERT Calendar and Upcoming Events:

Mark your calendars:

- * Homecoming will be here before you know it! This year's event is scheduled September 8th thru 10th. Volunteers are needed to man the dunking booth, the CERT information booth and to walk in the parade wearing your CERT finest.
*** Contact your sector leader if interested
- * Manchester called out its CERT team on July 20, 2006 for the evacuation of the West County Care Center located at 312 Solley in Winchester. Those responding were: Jackie K, Margee W, Tina W and Sgt. Chuck Hunn.
- * Thanks to all team members who answered St. Louis County's CERT call out and made themselves available to help their community by representing the City of Manchester during the recent emergency situations.
- * Manchester's very own CERT website will be going live in the near future – stay tuned for more details.
- * **CERT TRAINING BEGINS:** Tuesday, September 12th thru October 24th
Classes will be held from 7:00 to 9:30 PM, with the mock disaster scheduled for October 28th.

A new CERT class is beginning next month. Do you know someone willing to learn how to make a difference? Please encourage your friends, neighbors and relatives to utilize this opportunity and sign up for this worthwhile training.

Share these comments from your fellow team members regarding the CERT program:

"Thanks to CERT, I have the education to help my family, my neighbors and my community in the event of a disaster. Becoming part of a CERT team is the best way for all of us to be prepared."

... Kim S

"It is comforting to know that there are people in our community who will volunteer and get involved. Manchester CERT program is a good example. Our community is a better place for it."

... Sgt. Chuck Hunn

"I learned so many things in the CERT training, it would be hard to pick one. But the thing that sticks out in my mind is to 'do the most for the greater good'. Staying focused in an emergency situation is just as important as remaining calm and rational.."

... Cris S

"We Are Indeed Our Brothers' Keepers."

... Ana S

"Remember to keep yourself from being injured in a disaster situation. Be wise, use teamwork and communicate."

... Chuck W

"Being prepared is better than being worried"

... Jackie K

"Working for the safety of the community has always been part of me. I realized at age 16, when I took Lifeguard Training, that I could make a difference in the world around me. Working for the citizens of Manchester through Citizen Corps Council and CERT just seemed a natural path."

... Susan D

In spite of the soaring temperature, the CERT Rally and Barbeque had a great turnout. There was a nice breeze, cold drinks, good food and pleasant company.

Team members were able to mingle and speak one on one with Police Chief: John Connolly, Mayor: Asa Wilson and Alderman of Ward 3: Chris Wandishin as well as several officers from the Police Department.



Did you know?

FEMA's Independent Study Program offers numerous continuing education courses on its website.

The Independent Study Program (ISP) is a distance learning program offered free of charge to the American public. It serves as both an alternate means to deliver valuable training to the professional and volunteer emergency management community, and an opportunity to improve public awareness and promote disaster preparedness nationally. Each year, the ISP staff issues more than 1,000,000 individual course completion certificates.

The program is open to all residents with a valid U.S. deliverable postal address including APO and FPO addresses. At the present time, most of the ISP course materials are available for download, free of charge from their website.

<http://www.training.fema.gov/EMIWeb/IS/crslist.asp>

Until next time... Be safe and be prepared!