



The East Side Flyer

www.eastsidefire.com

June 2019



Jo Moncrief, ESFD Community Relations

June is National Safety Month

Whether you're boating, working, hiking, swimming, exploring, visiting, traveling, relaxing...practice safety

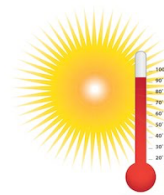


Heat Stroke, Heat Exhaustion, Heat Cramps Do you know what to do?

The body is usually very good at dispersing the heat it produces. Most of the time, you are hardly aware of this process - unless your body is exposed to more heat than it can handle. According to the National Safety Council, heat-related illnesses can escalate rapidly, leading to delirium, organ damage and even death.

Those most at risk for heat-related illnesses include

- ♦ Infants, young children, elderly people and pets
- ♦ Individuals with heart or circulatory problems or other long-term illness
- ♦ Athletes and people who like to exercise - especially beginners
- ♦ People who work outdoors
- ♦ Those taking medications that alter sweat production
- ♦ Alcoholics and drug abusers



HEAT STROKE

Symptoms

- ♦ Flushed skin that is very hot to the touch
- ♦ Rapid breathing
- ♦ Headache, dizziness, confusion or irrational behavior
- ♦ Convulsions or unresponsiveness

Treatment

- ♦ **Call 911 IMMEDIATELY**
- ♦ Move victim to a cool, shaded place and remove outer clothing
- ♦ Cool the victim with any means at hand. Cover as much of the body as possible with cold, wet towels.
- ♦ Do not try to force the victim to drink liquids
- ♦ Monitor the victim's breathing and be ready to perform CPR if needed



HEAT EXHAUSTION

Symptoms can include

- ♦ Severe thirst, fatigue
- ♦ Headache, dizziness, nausea, vomiting, and sometimes diarrhea
- ♦ Profuse sweating, clammy or pale skin
- ♦ Rapid pulse
- ♦ Can evolve into heat stroke

Treatment

- ♦ Move the person to a shaded or air-conditioned area
- ♦ Give them water or other cool, nonalcoholic beverages
- ♦ Apply cool, wet towels or have the person take a cool shower
- ♦ Monitor symptoms



HEAT CRAMPS

Symptoms

- ♦ Severe muscle cramps or spasms, usually affecting the legs or abdominal muscles, often after physical activity
- ♦ Workers or athletes with heat cramps should not return to work for a few hours after treatment

Treatment

- ♦ Sit or lie down in the shade
- ♦ Drink cool water or a sports drink
- ♦ Stretch affected muscles
- ♦ Seek medical attention if person has heart issues or if cramps don't resolve in an hour



**Congratulations to East Side Fire EMT Amy Reagan
who was awarded
EMT of the Year
by Kootenai County Emergency Services System**



**East Side Fire District Commissioners
Serving the Needs of the Many**



What does it take to be a good Commissioner? As with all of our volunteers and leaders, being a good Commissioner starts with a desire to give something back to the community. It requires the ability to be a great team player with a constant focus on how best to support our Fire District's Vision and Mission. The key to success is a dedication and commitment to serving the needs of the many as opposed to the needs of the few.

We have all witnessed the power of leadership boards that hold the benefit of the many at the top of the list, working together through diversity of opinion, to reach the best outcome in service of a common goal. The ability to move beyond personal interests in search of collective excellence is the power that drives success.

Our past and present Commissioners have not pursued individual glory, idiosyncratic power or personal gain. They have always been cooperatively dedicated to the continuous improvement of East Side Fire District's present and future capabilities, ensuring you - our neighbors - are well protected, and our volunteers safe, proficient and valued.

East Side Fire District has recently been acclaimed as ***The Best Volunteer Fire Agency in the State of Idaho***. The stimulus and stewards for this incredible success are your Commissioners.

Please share your support and gratitude with a Commissioner today!

BURN PERMITS

Required May 10 through October 20
Obtain your permit at East Side Fire Arrow Point Station
Monday - Friday 8:00AM - 12:00 noon
or online by following the link on our website
www.eastsidefire.com
Please let us know when you plan to burn
208 769-4269
Be sure to call DEQ for Air Quality status before burning
1-800-633-6247



DON'T FORGET!

East Side Fire District's Annual Pancake Breakfast
Saturday, July 6, 2019 8:00AM - 12:00Noon
Pancakes, eggs, sausage, juice and coffee
Great raffle items - photo props - giveaways for kids
Join us as we celebrate 25 years of service to the East Side!
Smokey will be there celebrating his 75th birthday!

