



Warren CERT eNews



Not if..... When Always Vigilant - Always Prepared

Volume 2 Issue 10

December 2016

This newsletter is brought to you by the Executive Board and is meant to give you the latest news and information from around the organization.

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WINTER WEATHER SAFETY TIPS FOR YOUR CAR

Weather changes continually in Michigan, and the coming winter is likely to bring episodes of snow, ice, and bitter cold that will put stress on people, animals, and machines. Driving becomes especially dangerous in snow and ice, so be sure to plan all trips carefully and listen to the latest weather forecasts.

Visibility can be reduced dramatically as motorists drive into falling snow. Add to that the unseen hazard of ice on the roads and the shorter periods of daylight, and driving during the winter can often become treacherous. Now is the time to review driving habits and also take stock of safety supplies.

Do not abandon your car and walk into a snow storm. In case you are stranded, your vehicle should be equipped with an emergency kit. An emergency kit should include booster cables, shovel, tow rope, sand or cat litter, and a flashlight with extra batteries. Do not forget a first aid kit, non-perishable food, and blankets or sleeping bags. Keep your gas tank near full to avoid ice in the tank and fuel line



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PRESIDENT'S VOLUNTEER SERVICE AWARD (PVSA)

As another level of recognition and acknowledgement for all the time volunteered by our members CERT has added the ability for members to qualify for the **President's Volunteer Service Award** or PVSA.

Please go to <https://www.presidentialserviceawards.gov/register-vo> and create your own account. Each person must create your own account! To associate your account to the Warren CERT team you must reference our **Record of Service Key WBU-4628**

Any community volunteer work is allowed to be added for review. Any other groups or teams you volunteer can be submitted for consideration. For example RACES/ARES, Ducks Ltd., any city commission, etc. Any non-compensated training you do or volunteer work you perform may be submitted.

Every member should sign-up and start to log all your community service.

WINTER WEATHER SAFETY TIPS FOR YOUR CAR

CONT....

Supplies:

Shovel
Windshield scraper
Small broom
Flashlight with extra batteries - **I suggest Lithium batteries, they last much better in the cold**
Battery powered radio
Water, Snack food including energy bars and mini candy bars
Matches, Lighter, Candles, **one of the Emergency Alcohol Stove's from October's eLetter**
Extra hats, socks and mittens
First Aid Kit and necessary medications
Blankets and/or sleeping bags
Tow chain, rope, or emergency strap, and a fluorescent flag or marker
Road salt, sand, or cat litter for traction
Booster cables
Emergency flares and reflectors
Emergency whistle
Pocket Knife
Cell phone adapter to plug into lighter. **Have an old un-activated cell phone laying around? Charge it up and put it in your kit too. It can still make 911 calls!**

Don't forget about your pets... Every emergency car kit needs to include items for all your pets!

Survival tips:

Prepare your vehicle: Make sure you keep your gas tank at least half full.

Be easy to find: Tell someone where you are going and the route you will take.

If stuck: Tie a florescent flag (from your kit) on your antenna or hang it out the window. At night, keep your dome light on. Rescue crews can see a small glow at a distance. To reduce battery drain, use emergency flashers only if you hear approaching vehicles. If you're with someone else, make sure at least one person is awake and keeping watch for help at all times.

Stay in your vehicle: Walking in a storm can be very dangerous. You might become lost or exhausted. Your vehicle is a good shelter.

Avoid Overexertion: Shoveling snow or pushing your car takes a lot of effort in storm conditions. Don't risk a heart attack or injury. That work can also make you hot and sweaty. Wet clothing loses insulation value, making you susceptible to hypothermia.

Fresh Air: It's better to be cold and awake than comfortably warm and sleepy. Snow can plug your vehicle's exhaust system and cause deadly carbon monoxide gas to enter your car. Only run the engine for 10 minutes an hour and make sure the exhaust pipe is free of snow. Keeping a window open a crack while running the engine is also a good idea.

Don't expect to be comfortable: You want to survive until you're found.

THE MONTH IN REVIEW - CALL OUTS, DEPLOYMENTS, AND EVENTS

The Executive Board would like to welcome new coordinators Sandy Jones and Ron Mesic to the board. You're commitment to assist CERT at a higher level is appreciated!

Tue Nov. 29 - PD requested assistance in road closure for MVA 11 & Hoover. CERT volunteers donated 15+ hours for this scene.

November typically is a slower month so we take this opportunity to schedule required training.

We have finished 3 of our 4 CPR/AED/First-Aid certification classes.

The executive board has planned our General Meeting events as well as some special training events.

We are looking forward to the following training in 2017: Triage & Disaster First Aid, Basic CERT Class, Down Wire Safety / DTE Arcs & Sparks, NIMS ICS Classes, Traffic 1 & 2, CERT Gear, Search & Rescue, and many others.

Make sure you continue to receive this eLetter and are signed up to the electronic version of the official CERT calendar.

Thank you each and every member.

Your commitment to the CERT team and City of Warren is appreciated!

UPCOMING EVENTS

Full details available at meetings, emails, and official CERT calendar

November F/A-CPR-AED Dates: December 10th 2016 FINAL Class - All members need to attend one of the classes to re-certify your credentials and participate in CERT call-outs and city events.

December 3 09:00 CERT Family Breakfast - National Coney Island 30140 Van Dyke Ave, Warren, MI 48093

December 3 Saturday Tree Lighting

Mark Your Calendar—2017 General Meeting Dates:

February 4, April 1, June 3, August 5, October 7, December 2

Make sure you subscribe to the official CERT calendar for the latest information and updates.

Make sure you follow Warren CERT on Facebook & Twitter

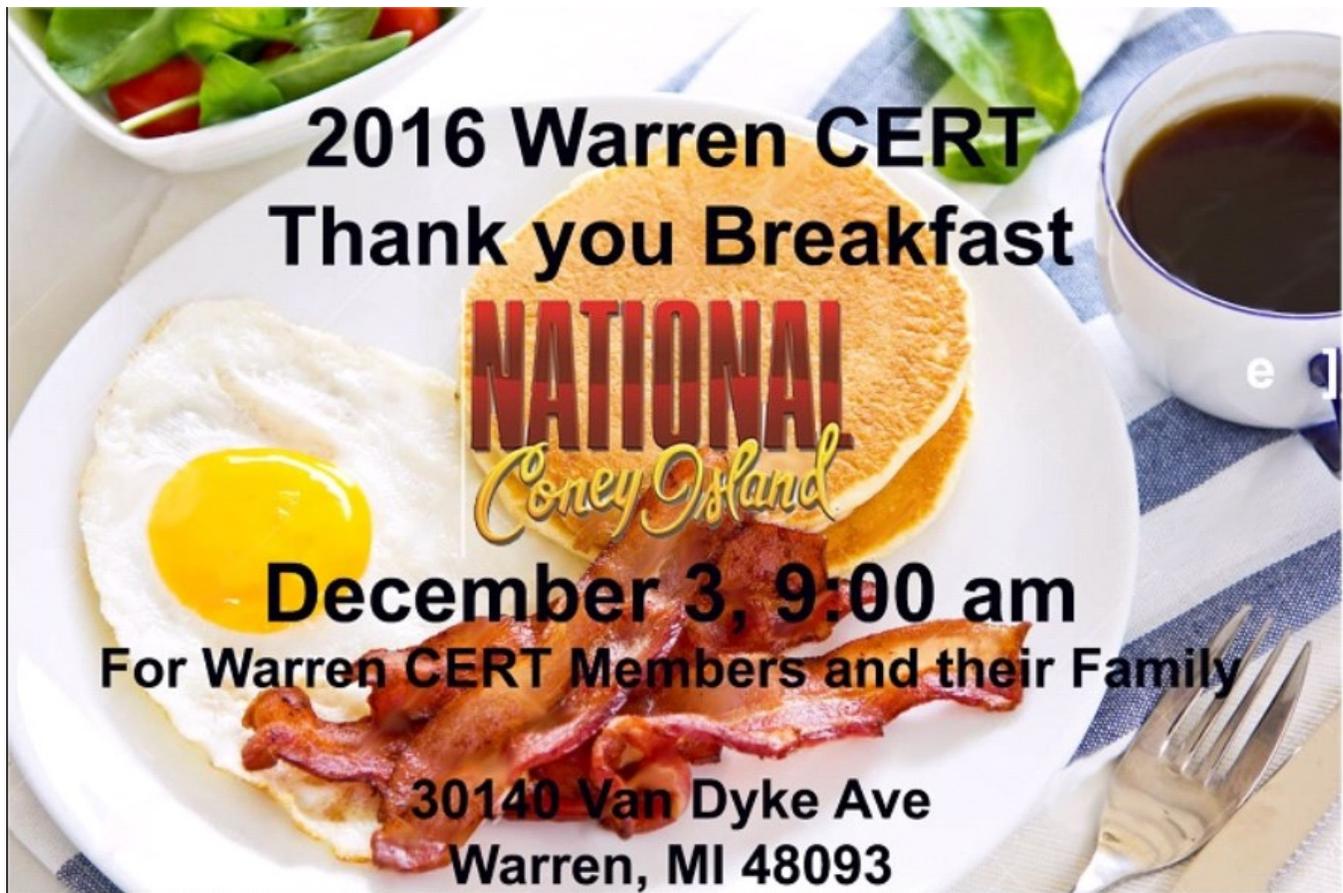
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IMPORTANT INFO



Please like our Facebook page [Facebook.com/wrncert](https://www.facebook.com/wrncert)

Don't forget to tell your friends and neighbors, about CERT.
We're always looking for good people.

SURVIVAL ANTIBIOTICS

Note: Information given here is gathered from multiple survival sources across the Internet.

USE AT YOUR OWN RISK, VERIFY ALL INFORMATION WITH YOUR MEDICAL SOURCES!

Animal and Fish Antibiotics should not be taken by humans!

Ciprofloxacin – Best for things like urinary tract infections, prostate infections, respiratory tract infections (such as bronchitis or pneumonia), bacterial diarrhea, anthrax, and diverticulitis or infectious colitis (when combined with Metronidazole). **It should never be used by children, pregnant women or nursing mothers.** (Do a web search for “Fish Flox”)

Metronidazole – Usually used for getting rid of anaerobic bacteria which is found in the intestine. It can treat diverticulitis or colitis if you take it with Ciprofloxacin. But it can also treat bacterial vaginosis, diabetic foot ulcer, joint or bone infections, lung or brain abscesses, meningitis, and a few other infections. **This also shouldn't be taken by children, pregnant women or nursing mothers.** (This one is also sold as “Fish Zole”)

Cephalexin – Great for almost any type of respiratory infection (bronchitis, pneumonia, strep throat, etc.) and middle ear infections. It is safe for pregnant women and children and only has a few side effects. (Do a web search for “Fish Flex”)

Amoxicillin – This will handle most of the same types of bacteria as Cephalexin. It's also safe for pregnant women and children and has very few side effects. **Some people are very allergic to it.** In that case, you should try the next one on the list. (This is also sold as Fish Mox”)

Erythromycin – Like the previous two, this one can also treat most respiratory infections and middle ear infections. It's also good for Syphilis, Lyme Disease and Chlamydia. And it's safe for women and children. **Erythromycin has several potential side effects including abdominal pain, nausea, vomiting and diarrhea.**

Doxycycline – Treats the same types of infections as Erythromycin. However, Erythromycin can be hard to find whereas this one is often sold as “Bird Biotic.” This is not labeled for human consumption. This one can also treat sinus infections, Typhus and Malaria. **It should not be used by children, pregnant women or nursing mothers and there are some side effects including kidney impairment and sensitive skin.** (Doxycycline is actually just a newer type of Tetracycline, also sold as “Fish Cycle”)

SMZ-TMP – That is short for Sulfamethoxazole and Trimethoprim. Together, these can treat most respiratory infections, but they're mainly used for urinary tract infections. But the best thing about SMZ-TMP is it can treat MRSA (Methicillin-resistant Staphylococcus aureus), also known as resistant staph. This is a strain of bacteria that spreads easily and is resistant to most antibiotics. (Do a web search for “Bird Sulfa”)

Azithromycin – This one is similar to numbers 3 through 6 because it treats respiratory infections and all sorts of things like Chlamydia, Lyme Disease, PID, Syphilis, Typhoid, etc. **Side effects include abdominal pain, nausea and diarrhea but that is rare.** It's a great antibiotic to have because it treats so many different things. The problem is that it's hard to find and can be a bit expensive.

Ampicillin – Similar to penicillin, but more effective against things like anthrax and less likely to cause an allergic reaction. Also useful for respiratory tract infections, bacterial meningitis, urinary tract infections, gastrointestinal infections and many other things. (Do a web search for “Fish Cillin”)

The first three on the list will cover 9 out of 10 infections you might get. For storage keep them in the refrigerator, it will extend their shelf life. **Do not freeze antibiotics**, freezing can permanently alter their chemical composition and they might not work anymore. Antibiotics should continue to be effective for years after the expiration date, with one exception: Tetracycline's (which includes doxycycline). These can become toxic if they get too old.

Update November 2016: According to this article from the FDA, several drugs including some Fish Antibiotics are transitioning from Over-the-Counter (OTC) to Veterinary Prescription (Rx) Status on 1/1/2017. You will likely need a Veterinary Prescription to purchase these after 1/1/2017.

do 1 thing

Being prepared for disasters and emergencies can seem like a big job. Many people don't know where to start, so they never start at all. With Do 1 Thing you can take small steps that make a big difference in an emergency.

Do 1 Thing is a 12-month program that makes it easy for you to prepare yourself, your family, and your community for emergencies or disasters.

Warren CERT is proud to be a partner with do 1 thing. Every month we will be showcasing some of the information from do 1 thing for Individuals and Business's.

Individual:

Goal for December: Be prepared to give first aid while waiting for an ambulance.

Be Informed:

First Aid : Know what to do while waiting for an ambulance to arrive.

First Aid : Make or buy first aid kits for your home and car.

First Aid : Take training in first aid, CPR, AED, or pet first aid.

Read More: <http://do1thing.com/topics/first-aid>

Business:

Goal for December: Create a plan that will help you make sound decisions about the future of your business after a disaster.

Major disasters change communities forever. Shopping patterns, income levels, and demographics may be permanently affected. Skilled employees may leave the community and no longer be available. Business owners must be prepared to make difficult decisions about location, staff, operations, and whether to reopen at all. Laying the groundwork ahead of time can make it easier to make sound decisions after a disaster.

Recovery : Make a checklist of considerations for getting back into business if your facility is damaged.

Recovery : Make a plan for post-disaster staff support.

Recovery : Make a checklist of considerations to help you make decisions about the future if your business is affected by disaster.

Read More: <http://do1thing.com/topics/recovery>

Thank You to do1thing
<http://do1thing.com/>
A Warren CERT Partner