



Ron D. Myers
Fire Chief

North County Fire Authority Health & Wellness Newsletter

Volume 1, Issue 3

November 2012

Topics:

- **Influenza Overview**
- **Facts / Stats**
- **Signs & Symptoms**
- **Protection**
- **Healthy Recipe**

Safety Tip

Respect your co-workers: Don't come to work if you are sick.

Workout Tip

Hydrate with water before during & after exercise

Influenza

The North County Fire Authority strives to continually build a culture of wellness and healthy living. Healthcare providers play an important role and are strongly encouraged to protect themselves, families and patients from cross-contamination of microorganisms causing illness.

Seasonal influenza (flu) is a contagious respiratory illness that is caused by strains of the flu virus. Influenza is spread by humans



Facts about the Flu

Influenza is spread when a person coughs, sneezes or talks and droplets containing them come in contact with the receiver's mouth or nose. In addition, one can get the flu by touching surfaces or objects that contains viral droplets and then

by touching eyes, mouth or nose. Persons at higher risks for contacting the flu are seniors, children and persons with chronic health conditions.

The typical incubation period for influenza is 1 to 4 days

Adults shed influenza virus from the day before symptoms begin through 5 to 10 days after illness onset.



Flu Stats

- Every year 5-20% of U.S residents contract the flu which leads to 200,000 hospitalizations from related complications such as severe dehydration, pneumonia and worsening chronic health conditions
- Depending on the severity of the season, 3,000 to 49,000 people die each year in the US from influenza & their complications
- Influenza typically peaks in January and February however timing is unpredictable as occurrences have
- Receiving the flu vaccine has shown as the protection from acquiring influenza

SIGNS AND SYMPTOMS

The abrupt onset of symptoms can include:

- fever
- myalgia (muscle aches)
- headache
- malaise (general discomfort)
- nonproductive cough
- sore throat
- rhinitis (runny nose)

PROTECTION

The highest recommendation to protect you from influenza is by receiving a flu vaccination. The flu vaccine takes about two weeks for one's body to build antibodies to fight off the virus. Recommendation is to receive the flu vaccine as soon as it is available and it covers one for the entire flu season. Typically flu vaccine is derived from the last year's recognized highest three influenza strains. The 2012/2013 Influenza vaccine contains A/California/7/2009 (H1N1), A/Victoria/361/2011 (H3N2) and B/Wisconsin/1/2010.

Other ways to protect yourself include hand washing, wearing respiratory protection when coming into contact with people with respiratory illness and healthy diet. The North County Fire Authority recommends and provides the flu vaccine to their employees. If the vaccine is declined, a declination form must be completed. Additional questions regarding flu can be addressed to your Operations Bureau, EMS Division.

Healthy Recipe

Vegetable Spaghetti

Yields 9 servings

Ingredients

- 2 c. yellow onion, cut in eighths
- 2 c. chopped, peeled fresh tomatoes
- 2 c. thinly sliced squash
- 1 1/2 c. fresh/frozen green beans
- 2/3 c. water
- 2 tbs. minced fresh parsley
- 1 clove garlic, minced
- 1/2 tsp. chili powder
- 1/4 tsp. salt
- Black pepper to taste
- 1 can (6 oz.) tomato paste
- 1 lb. uncooked spaghetti
- 1/2 c. grated Parmesan cheese

Directions

1. Combine first 10 ingredients in large saucepan; cook for 10 minutes and then stir in tomato paste. Cover & cook gently for 15 min., stirring occasionally until vegetables are tender.
2. Cook spaghetti in unsalted water according to package directions.
3. Spoon sauce over drained hot spaghetti and sprinkle with Parmesan cheese

Recipe provided by Healthy-firefighter.org

Nutritional Information

Amount Per Serving

- 279 Calories
- 3 grams Fat
- 1 gram Saturated Fat
- 4 milligrams Cholesterol



Leader's Intent

Information provided by 6 Minutes for Safety
<http://www.wildfirelessons.net/uploads/6mfs/home.html>

In fast-moving, dynamic situations, top-level decision makers cannot always incorporate new information into a formal planning process and redirect people to action within a reasonable timeframe.

We provide leader's intent so people closest to the scene of action can adapt plans and exercise initiative to accomplish the objective when unanticipated opportunities arise or when the original plan no longer suffices.

Leader's intent is a crucial element of effective operations because it reduces internal friction and empowers subordinates - even when chaotic conditions prevent the chain of command from communicating effectively.

Leader's intent is a clear, concise statement about what people must do to succeed in their assignments. It delineates three essential components:

1. Task - what is the objective or goal of the assignment?
2. Purpose - why the assignment needs to be done.
3. End state—how the situation should look when the assignment is successfully completed.

Within the framework of the defined end state, leaders can develop plans that include incident objectives, priorities, strategies, trigger points and contingency plans.

Discussion Points

- How were you most recently provided leader's intent?
- Describe a situation where leader's intent was utilized to adapt and achieve the desired end state.
- Describe a situation where leader's intent was not clear.
- Discuss how to gain leaders intent if it is not initially provided.

