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North County Fire Authority Health & Wellness Newsletter

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Topics:

- **Norovirus**
- **Typical Symptoms**
- **Tips to Protect Yourself**
- **Healthy Recipe**

Safety Tip

Always keep food preparation areas clean from potential food-borne illness exposures.

Workout Tip

To avoid injury, stretch muscles prior to and after exercise.

Norovirus

Norovirus, previously known as Norwalk virus are a group of non-enveloped single-stranded RNA viruses that cause acute gastroenteritis. Each year there is a reported 21 million cases of acute gastroenteritis "stomach flu" which is the inflammation of the stomach and intestines causing vomiting and diarrhea. The onset of Norovirus usually occurs 12 to 48 hours after exposure. Although highly contagious, transmission occurs through surface contact with an infected person and by fecal-oral transmission through unsanitary food handling.



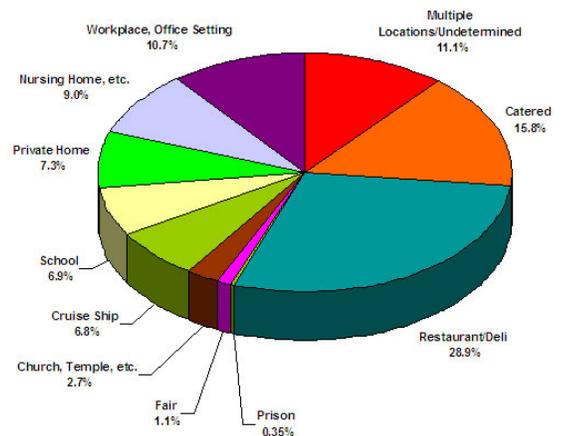
Typical Symptoms

Typical symptoms of Norovirus include:

- Nausea
- Acute onset of vomiting
- Liquid, non-bloody diarrhea with abdominal cramping

Individuals can also experience low-grade fever, body aches and headache. Symptoms can last 24 to 72 hours. Dehydration is very common primarily in children and the elderly which in some cases has caused hospitalization and death.

Fire stations, skilled nursing facilities, hospitals and cruise ships have been communal places for the spread of Norovirus.



Tips to Protect Yourself & Others

- Wash your hands with soap and water after using the toilet and before handling or preparing food
- Do not prepare food when you are sick
- Wash all fruits and vegetables
- Cook seafood thoroughly
- Clean and disinfect surfaces with registered disinfectant
- Wash laundry items immediately if soiled
- Cover floor of potentially infected areas prior to placing equipment on the ground
- Wipe equipment after potential exposure



Fire Department Personnel will be notified of outbreaks as they become available from the county health department. Keep clean and be safe.

Healthy Recipe

Black Skillet Beef with Greens & Red Potatoes

Yields 6 servings

Ingredients

- 1 lb. beef top round
- 1 1/2 tbs. Hot 'n Spicy Seasoning (see below)
- 8 red potatoes, halved
- 3 c. onions, finely chopped
- 2 c. beef broth
- 2 large cloves of garlic, minced
- 2 large carrots, peeled & cut into thin strips
- 2 bunches mustard greens or kale, stems removed & coarsely chopped

For Hot 'n Spicy Seasoning:

- 1/4 c. paprika
- 2 tbs. dried oregano, crushed
- 2 tsp. chili powder
- 1 tsp. garlic powder
- 1 tsp. black pepper
- 1/2 tsp. cayenne pepper
- 1/2 tsp. dry mustard

Directions

1. Prepare Hot 'n Spicy Seasoning by mixing together all ingredients together.
2. Partially freeze beef. Thinly slice across the grain into long strips. Thoroughly coat strips with Hot 'n Spicy Seasoning.
3. Spray large, heavy skillet with non-stick spray. Preheat pan over high heat. Add meat and cook for 5 minutes.
4. Add potatoes, onion, broth and garlic. Cook, covered, over medium heat for 20 minutes.
5. Stir in carrots, lay greens over the top and cook, covered, until carrots are tender, about 15 minutes. Serve.

Nutritional Info:

342 calories
4 grams fat
45 mg cholesterol
10 grams fiber
24 grams



Recipe provided by
Healthy-firefighter.org

Vehicle Borne Improvised Explosive Devices*

(U) Vehicle Borne Improvised Explosive Devices (VBIEDS), commonly known as “car bombs,” are a deadly weapon employed by terrorists around the world. While Improvised Explosive Devices (IEDS) also pose a significant threat, VBIEDS present a unique challenge for emergency responders due to the large number of injuries and fatalities that might occur, as well as the potential for vast destruction. Emergency responders are the community’s first line of defense against the threats posed by VBIEDS. When encountering these devices, responders should proceed with extreme caution and follow established protocols for their protection as well as the public’s.

Recommendations & Conclusions

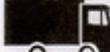
(U) In all cases of an actual or suspected VBIED, the local bomb squad should be contacted for support and assistance. Do not attempt to closely inspect or enter the vehicle; this should be handled only by specially-trained personnel.

Emergency responders have the responsibility for recognizing possible VBIEDS and cordoning off and securing the area. Indicators of a possible VBIED include: heavy rear-weighted vehicles, vehicles parked in a suspicious manner, covered

or tinted windows, large containers in the vehicle or cargo area, odor of gasoline, propane, acids or chemicals, visible wires, switches, batteries inside or on the vehicle, altered license plate, the vehicle is rented - rental trucks were used in both the 1995 Oklahoma City Bombing and the 1993 World Trade Center Bombing.

If a possible VBIED is encountered, first responders should: establish a perimeter around the device (refer to above chart), do not use communication devices within 500 feet of the device, always be aware of secondary devices, if a command detonation device is suspected, the area should be searched for the possible actor.

If there is a detonation: be prepared for a large number of victims, be aware of falling glass and concrete from surrounding buildings, be aware of secondary hazards created by the explosion including broken gas and water mains or downed electrical lines, keep crowds away and establish a perimeter.

ATF	VEHICLE DESCRIPTION	MAXIMUM EXPLOSIVES CAPACITY	LETHAL AIR BLAST RANGE	MINIMUM EVACUATION DISTANCE	FALLING GLASS HAZARD
	COMPACT SEDAN	500 Pounds 227 Kilos <i>(In Trunk)</i>	100 Feet 30 Meters	1,500 Feet 457 Meters	1,250 Feet 381 Meters
	FULL SIZE SEDAN	1,000 Pounds 455 Kilos <i>(In Trunk)</i>	125 Feet 38 Meters	1,750 Feet 534 Meters	1,750 Feet 534 Meters
	PASSENGER VAN OR CARGO VAN	4,000 Pounds 1,818 Kilos	200 Feet 61 Meters	2,750 Feet 838 Meters	2,750 Feet 838 Meters
	SMALL BOX VAN <i>(14 FT BOX)</i>	10,000 Pounds 4,545 Kilos	300 Feet 91 Meters	3,750 Feet 1,143 Meters	3,750 Feet 1,143 Meters
	BOX VAN OR WATER/FUEL TRUCK	30,000 Pounds 13,636 Kilos	450 Feet 137 Meters	6,500 Feet 1,982 Meters	6,500 Feet 1,982 Meters
	SEMI-TRAILER	60,000 Pounds 27,273 Kilos	600 Feet 183 Meters	7,000 Feet 2,134 Meters	7,000 Feet 2,134 Meters

***This is an excerpt of the report provided by the Pennsylvania Criminal Intelligence Center**