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## Topics:

- **Zika Virus**
- **Signs & Symptoms**
- **What We Know**
- **Healthy Recipe**
- **Firefighter Safety & Risk Management**

## Safety Tip

Keep yourself updates on recent trends of emerging infections at <http://www.cdc.gov/>

## Workout Tip

Any exercise equipment that is not working properly, tag for repair.

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## Zika Virus

The Zika virus was first recognized and detected in 1947 and caused mild signs and symptoms for decades. According to the CDC, over 20 countries have detected the Zika virus. Primary cases are usually seen in South and Central America, Africa and Asia.

EMS providers must be vigilant to emerging infections and follow departmental and CDC recommendations to protect themselves against Zika or any other disease.

The Zika virus is a mosquito-borne flavivirus transmitted through the bite of the affected Aedes mosquito. In addition to the spread of the Zika virus, these mosquitos have been known to spread dengue and chikungunya viruses. To date, the Zika virus may be spread through sexual transmission and blood transfusions.

The incubation period for the Zika virus is known to be between two and 12 days. Only 20% of those show symptoms and usually very mild lasting a few short days.

## Signs & Symptoms

Zika signs and symptoms include:

- **Low grade fever**
- **Maculopapular rash**
- **Muscle and joint pain**
- **Headache**



As there is no vaccine against this virus, treating symptoms with over the counter medications is recommended.

# What We Know

What we know about Zika is:

- Zika can be spread from mother to her fetus
- Infection during pregnancy is linked to birth defects, such as microcephaly
- Tropical spread is likely based on climate

For the EMS provider, use standard personal protection equipment. Also, as part of your assessment, ascertain for recent travel to Zika virus infected areas.



Countries and Territories in the Americas with active Zika Virus Transmission (photo courtesy of the CDC)

## Healthy Recipe

# Pork Chops with Balsamic Roasted Vegetables

Yields 4 servings

### Ingredients

- 4 (4 oz.) boneless center-cut loin pork chops
- 1/2 tsp. salt, divided
- 3/4 tsp. black pepper, divided
- 1/4 c. extra-virgin olive oil, divided
- 12 oz. small red potatoes, halved
- 3 tbs. balsamic vinegar
- 1 tsp. tomato paste
- 1 tbs. chopped fresh thyme
- 1 medium red onion, cut into wedges
- 1 (8 oz.) package cremini mushrooms, halved
- 2 tbs. chopped fresh flat-leaf parsley
- 1 oz. Gorgonzola cheese, crumbled

### Directions

1. Preheat oven to 425 degrees. Meanwhile, heat a large heavy roasting pan over high heat. Sprinkle pork evenly with 1/4 tsp. each salt & pepper. Add 2 tbs. oil to pan; swirl to coat. Add pork to pan; cook 3 minutes on each side or until browned. Place pork on plate. Reduce heat to medium-high. Add potatoes to pan, cut sides down; cook 2 minutes. Remove pan from heat.
2. Combine remaining pepper, oil, vinegar and tomato paste in a small bowl; whisk together. Combine 2 tbs. of the mixture with the thyme, onion and mushrooms; toss to coat. Add mushroom mixture to the pan. Bake for 25 minutes, stirring after 10 minutes. Arrange pork chops over vegetables; bake 10 minutes or until pork registers 145 degrees. Remove pork from pan. Sprinkle vegetable mixture with remaining 1/4 tsp. salt. Place 1 c. vegetable mixture on each of 4 plates. Top each serving with 1 pork chop, 2 tsp. remaining balsamic

### Directions cont.

vinegar mixture, 1 1/2 tsp. parsley & 1 tbs. Gorgonzola cheese. Serve immediately.

Recipe  
provided  
By  
[CookingLight.com](http://CookingLight.com)



# Firefighter Safety and Risk Management

Risk Management is the process of identifying risk, assessing risk and taking the necessary steps to reduce risk to an acceptable level. Risk management identifies risks and attempts to manage any threats that could negatively impact individuals or the department. The process of risk management involves reviewing the operations of the departments, identifying any threats to the department and the likelihood of their occurrence. This is referred to as risk assessment and risk mitigation. The risk management process is a five step process. The risk management process is essential and also very challenging .The risk management process includes the following steps:

- ◆ Risk Identification
- ◆ Risk Evaluation
- ◆ Risk Prioritization
- ◆ Risk Control Measures
- ◆ Risk Monitoring

**Risk Identification:** Identify what can go wrong (worst case) regarding each individual risk. This is accomplished by reviewing both emergency and non-emergency operational risks that may be encountered throughout the organization. A list should be developed and past data reviewed to identify areas of concern

**Risk Evaluation:** Evaluate each risk for severity and frequency. Development of plans to manage each risk limits the possibility of experiencing repetitive negative results.

**Risk Prioritization:** The prioritization is not an easy task. Risks that have been determined to be high frequency and high severity should be considered first. Risks that are determined to be low frequency and low severity should be considered lower priority. There are many factors that affect risk prioritization this includes available resources.

**Risk Control Measures:** Control measures involve finding proper solutions for the individual risks. Risk during emergency operations can be much more difficult to control than non-emergency related risks. The severity of the risk should be considered when determining control methods.

**Risk Monitoring:** A means to evaluate the effectiveness of risk controls should be implemented, periodically reviewed and modified as necessary.

The risk management process is a toolbox for managing risk just as ICS is a toolbox for managing incidents; Risk management includes many components including security, liability, financial and safety factors. The fire and emergency services primarily focuses on the safety component (Ford, 2012).