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Topics:

- **Opioid Epidemic**
- **Common Pain Meds**
- **Battling Addiction**
- **Healthy Recipe**
- **High Risk Tactics**

Safety Tip

Evaluate recent travel to identify patients with possible emerging disease.

Workout Tip

As summer approaches, keep hydrated with water during your workout.

Opioid epidemic in the United States

Many Americans today live with chronic pain. According to the Center for Disease Control, in 2013, more than 16,000 deaths occurred from opioid prescription overdose with additional 8,000 deaths from heroin. In 2010, President Obama released his first National Drug Control Strategy after recognizing that more Americans die annually from drug overdoses than motor vehicle crashes. In 2012 alone, there were 259 million opioid pain medications prescribed, almost enough for every American to have their own prescription.

Up to 25% of people who have received prescription opioids become addicted and/or experience addiction. Many rehabilitation centers are dealing with this crisis today. Moreover, how to decrease mortality is a priority for the White House. These strategies are not limited to:

- Prescriber Training
- Improved Access to Treatment
- Make reversal drug Naloxone widely available (Usually packaged in 4mgs)

Common Pain Control Meds

The most common natural or synthetic pain control prescriptions are:

- Hydrocodone (Vicodin)
- Oxycodone (OxyContin)
- Oxymorphone (Opana)
- Methadone
- Fentanyl



Battling Addiction

Today, there are 47 states that have legislated opioid access laws with bystander administration. Of that, 34 states have Good Samaritan protection for those bystanders who administer Naloxone.

It is highly possible that first responder personnel will care for patients post overdose while more education and availability of naloxone will be in the hands of family and law enforcement personnel.

President Obama has placed in his 2016 budget, \$133 million new dollars to address the opioid epidemic triggering prevention strategies, assisted treatment programs and access to naloxone.



Healthy Recipe

Stuffed Zucchini Boats with Tomato Salad

Yields 4 servings

Ingredients

4 large zucchini, halved lengthwise

Cooking spray

1 c. chopped onion

8 oz. hot turkey Italian sausage, casings removed

3/8 tsp. kosher salt, divided

1 1/2 oz. whole-grain bread, torn into small pieces

5 oz. fresh mozzarella cheese, torn into small pieces & divided

2 1/2 tsp. olive oil, divided

2 c. cherry tomatoes, halved

1/4 c. thinly sliced basil

1 tbs. balsamic vinegar

1/4 tsp. freshly ground black pepper

Directions

1. Preheat broiler to high. Using a spoon, remove zucchini pulp, leaving a 1/4-inch-thick shell. Coarsely chop pulp, reserving 2 cups; discard remaining pulp. Place zucchini halves in a large microwave-safe dish. Cover with plastic wrap; vent. Microwave at HIGH for 4 minutes; let stand, covered, until time to stuff.
2. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Add onion and sausage to pan; cook 4 minutes or until done, stirring to crumble sausage. Stir in reserved 2 cups zucchini pulp. Place zucchini halves on a jelly-roll pan; sprinkle with 1/4 tsp. salt. Divide sausage mixture evenly among halves.
3. Place bread in a food processor; pulse 5-6 times or until coarse crumbs form. Add 1 oz. cheese and 1 tsp. oil; pulse to combine. Top zucchini halves with bread mixture. Broil 1-2 minutes until cheese melts.
4. Combine remaining 3 oz. cheese,

Directions cont.

tomatoes & basil; toss to combine. Combine remaining 1/8 tsp. salt, 1 1/2 tsp. oil, vinegar, and pepper in a small bowl; whisk. Drizzle over tomato mixture; toss to coat. Serve with zucchini boats.

Recipe provided
by
CookingLight.com



Putting Yourself in Harm's Way

High-Risk Tactics

For structure firefighting you learned that there are greater hazards associated with topside ventilation than there are with salvage operations.

The same principle applies in wildfires. Some common tactics that may be classified as high risk, when fire behavior conditions are high, are listed below.

Structure protection

Considered high risk because virtually all cases involve the following Watch Out situations

- *Having unburned fuel between you and the fire.*
- *Cannot see the main fire and not in contact with anyone who can.*
- *Terrain and fuels make escape to safety zones difficult.*

Indirect tactics

Considered high risk because you are in a position where there is unburned fuel between you and the fire.

Control of spot fires

Hazardous because the location of the spot fire usually requires firefighters to traverse unburned fuel to attack the fire.

Downhill line construction

Usually associated with hand crew tactics, but it is common for engine companies to deploy progressive hose lays in the same situation. The major threat in this situation is fuel below you that could ignite and the fire can overrun your position.

Underslung lines

Present the same hazards as downhill line construction. The reason we differentiate is that you can move into the hazardous position when you are working uphill. Any time you have green below you and black above, you are on an underslung line.

Firing tactics

Considered hazardous for two primary reasons. First, they are usually done as an indirect tactics, and therefore present the problem of unburned fuel. Secondly, the firing introduces a new fire that is not always predictable. The new fire can threaten structures or firefighters and can also affect the behavior of the main fire in unpredictable ways.

These high risk tactics are listed together to increase awareness of the tactical situations most often associated with entrapments. When one of these high risk tactics is identified in an assignment, reevaluate the LCES.

Article provided by California Fire Fighters Joint Apprenticeship Committee

<http://www.cffjac.org/go/jac/>