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North County Fire Authority Health, Wellness & Safety Newsletter

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Topics:

- **Influenza**
- **Signs & Symptoms**
- **2019/2020 Vaccine**
- **Healthy Recipe**
- **Near Miss of the Week**

Safety Tip

Communicate a team plan prior to lifting larger adults

Workout Tip

Always stretch prior to your workout to increase flexibility & relieve muscle tension.

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 micro-organisms causing illness.

Seasonal influenza (flu) is a contagious respiratory illness that is caused by strains of the flu virus. Influenza is spread by humans and is spread by 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 the eyes, mouth or nose. Persons at higher risks for contracting the flu are seniors, children and persons with chronic health conditions.

The typical incubation period for influenza is one to four days. Adults shed the influenza virus from the day before symptoms begin through five - 10 days after illness onset.

The best way to protect yourself from the flu is to get the flu shot. Other ways to protect yourself include hand washing, healthy diet and wearing respiratory protection when coming into contact with people with respiratory illnesses.

Signs & Symptoms

Influenza signs and symptoms include, but are not limited to:

- **Fever**
- **Myalgia (muscle aches)**
- **Headache**
- **Nonproductive cough**
- **Sore throat**
- **Rhinitis (runny nose)**



Depending on the severity of the flu season, 3,000 to 49,000 people die each year in the U.S. from influenza & their complications.

2019/2020 Vaccine

The flu vaccine takes about two weeks for one's body to build antibodies to fight off the virus. The CDC recommends being vaccinated as soon as the vaccine is available and prior to the end of October 2019. Typical flu vaccine is derived from last years' recognized highest influenza strains. The 2019/2020 Influenza vaccine contains:

- ◆ A/Brisbane/2018 (H1N1)
- ◆ A/Kansas/2017 (H3N2)
- ◆ B/Colorado/2017
- ◆ B/Phuket/2013

NCFA recommends & provides the flu vaccine to their employees. If the vaccine is declined, a declination form must be completed. Additional questions regarding flu can be directed to the Administrative Services Bureau, EMS Division.



CDC Officials state the flu vaccine prevented five million cases of influenza which attributes to the prevention of 40,000 hospital admissions.

Healthy Recipe

Slow Cooker Spicy Pumpkin Chicken Corn Chowder

Yields 10 cups

Ingredients

1 c. red onion, chopped
1 tsp. olive oil
1 lb. red new potatoes, scrubbed & cut into bite-size pieces
2 c. frozen corn kernels
1/4 c. flour
6 c. low-sodium chicken broth
2 c. cooked chicken, shredded
1 15-oz. can of pumpkin, unseasoned
1 canned chipotle pepper, diced
1 tsp. adobo sauce (from the chipotle pepper can)
1/4 c. heavy cream
Salt & pepper to taste
Optional garnish—crumbled bacon & fresh cilantro

Directions

1. In a medium skillet, heat the oil over medium high. Add chopped onions and sauté until the onions are translucent.
2. Add the potatoes and corn to the bottom of the slow cooker. Sprinkle with flour and toss to fully coat the potatoes and corn. Spread evenly on the bottom of the slow cooker.
3. Add the cooked onions evenly on top of the potatoes and corn, followed by the chicken.
4. Combine the broth and the pumpkin; gently stirring to combine them. Top with the chopped chipotle pepper and adobo sauce in the slow cooker.
5. Cook on high between 4-6 hours until the potatoes are soft. Stir in the cream. Add salt & pepper to taste. Serve.
6. Garnish each bowl with crumbled bacon and cilantro, if desired.



**Recipe provided by
BoulderLocavore.com**

**Calories: 201 per serving
Fat: 7g per serving
Carbs: 22g per serving
Protein: 12g per serving**

NEAR MISS REPORT OF THE WEEK

For additional information : <http://www.firefighternearmiss.com/Reports?id=15900>

SUMMARY

A fire crew was working to extricate two patients from a vehicle involved in a collision. Their extrication tool broke, and one of the firefighters was struck in the head by a piece of the tool.

EVENT DESCRIPTION

We stabilized the vehicle with rescue struts and the truck winch and removed the windshield to extricate the first patient. We cut the A and C posts with the extrication tool and attempted to cut the B post as high as possible. After two attempts, the tool twisted. When the firefighter operating the tool began to spread the cutter, one side of the jaw broke and launched into the air, grazing his forehead. The firefighter was not wearing his helmet. The accident was in the station front yard, and as we exited our personally owned vehicles, we ran straight to the crash and did not get in our bunker gear and onto a truck.

TAKE AWAYS

Vehicle extrications are dangerous operations that can cause serious injury to rescuers as well as to the trapped victims. As such, we must always exercise extreme caution when operating at the scene of a motor vehicle collision. This report reminds us that complacency on any emergency scene can have disastrous consequences. When we encounter an abnormal situation, such as an accident in the front yard of the station, we must still rely on best practices such as donning PPE.

LEADING PRACTICES

Once we arrive at the scene of a vehicle accident, our priority should be to create a safe rescue environment for our crews to operate. We must minimize hazards before we begin.

Anytime we start to cut, pry, lift, or tear into a vehicle; there is potential for injury. When we use electric, pneumatic, or hydraulic tools, the danger increases significantly. Hydraulic spreading tools can develop forces above 50,000 psi. As Isaac Newton's Third Law of Motion states, "For every action there is an equal and opposite reaction." When forces of this magnitude are not spreading, cutting, or tearing metal as we intended, they can cause pieces of the vehicle, or the tool itself, to kick back or break with tremendous force. This incident underscores the need for full protective gear, including helmets on all vehicle extrications. Full PPE can help to protect us from many of the hazards we encounter on these types of incidents including undeployed airbags, hydraulic struts, electrical hazards, flying road debris, flammable liquids, and other drivers, all of which can compromise safe rescue operations.