

Coming Soon...
COVID-19 Vaccinations
Mist-Birkenfeld Fire District Residents



12525 Hwy 202
Mist, Oregon 97016

Presorted Standard
Auto
UD Postage PAID
Clatskanie, Oregon 97016
PERMIT NO. 37

Vernonia Route
HCR 71
Vernonia, Oregon 97064



Fire Safety during Winter Storms

Winter storms can happen almost anywhere. They can cause us problems. Know what to do before, during and after a storm. This will help keep you and your family safe from a winter fire.

- Test all smoke alarms. Do this at least once a month. This way you will know they are working. Install carbon monoxide alarms in your home. Test the alarms.
- Plan two ways out of the home in case of an emergency. Clear driveway and front walk of ice and snow. This will provide easy access to your home.
- Make sure your house number can be seen from the street. If you need help, firefighters will be able to find you.
- Be ready in case the power goes out. Have flashlights on hand. Also have battery-powered lighting and fresh batteries. Never use candles.
- Stay aware of winter weather. Listen to the television or radio for updates. Watch for bulletins online.
- Check on neighbors. Check on others who may need help.
- Generators should be used outdoors. Keep them away from windows and doors. Do not run a generator inside your garage, even if the door is open.
- Stay away from downed wires. Report any downed wires to authorities.
- Be ready if the heat stops working. Use extra layers of clothes and blankets to stay warm. If you use an emergency heat source, keep anything that can burn at least 3 feet away.
- Turn portable heaters off when you leave the room. Turn them off when you go to bed.

IMPORTANT REMINDER

There are more home fires in winter than in any other season. Half of all home heating fires happen in December, January and February.

As you stay cozy and warm this winter season, be fire smart!



Fact
Nearly half of all space heater fires involve electric space heaters.



**NATIONAL FIRE
PROTECTION ASSOCIATION**
The leading information and knowledge resource
on fire, electrical and related hazards



Mist-Birkenfeld RFPD

Notice of Board Member Election

The following information is from Columbia County Clerk, Betty Huser:

Notice of Election of District Board Members

Electors residing within a district may file a declaration of candidacy with the Clerk's office of Columbia County, Oregon, beginning February 8, 2021 and ending March 18, 2021. The offices due to be filled at this election include those that must be filled due to vacancy.

Positions & terms of office for **Mist-Birkenfeld RFPD** are as follows:

Four Year Term

Position 3 (Incumbent – Mark Kaminski)

Position 4 (Incumbent – D. Scott Carpenter)

Position 5 (Incumbent – Barbara Smith)

Each candidate for an office listed above must file a declaration of candidacy (filing form SEL-190) with the Elections Department of Columbia County within the period beginning on February 8, 2021 and ending no later than 5:00 p.m. March 18, 2021.

Currently Columbia County offices are open to the public via a "by appointment" model. The Elections office phone number is (503) 397-7214. Please call ahead to make an appointment to deliver candidate filings.

Each declaration of candidacy must be accompanied by either a filing fee of \$10.00 or a candidate nominating petition (form SEL-121) signed by at least 25 registered voters residing in the district. Filing forms are available on-line at the Oregon Secretary of State website:

(<http://sos.oregon.gov/elections/Pages/electionforms.aspx>).

Forms are also available at & can be mailed to:
Columbia County Elections Dept., 230 Strand St., St. Helens, OR.

SEL190 – Candidate Filing Form:

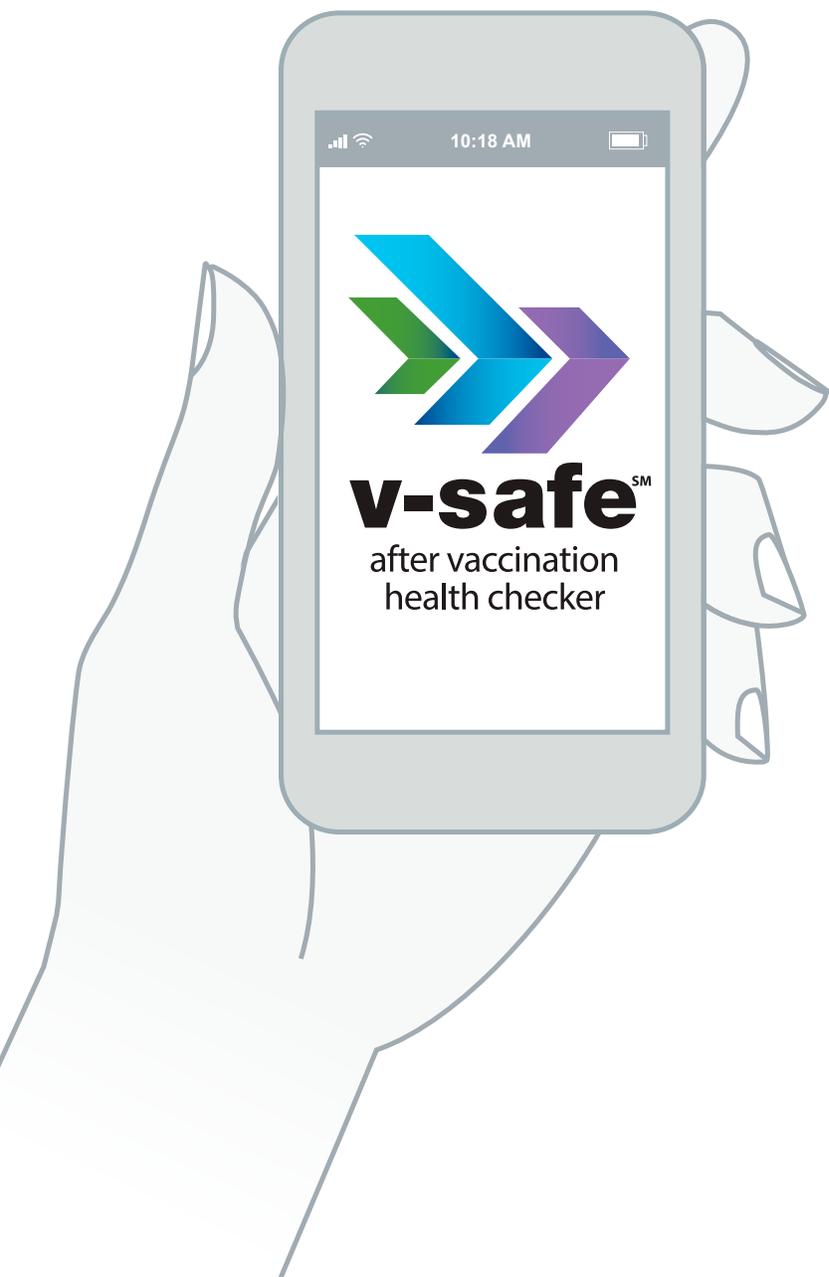
https://www.columbiacountyor.gov/media/Election/SEL190_District%20Candidates_1-2021.pdf

SEL121 – Candidate Petition:

https://www.columbiacountyor.gov/media/Election/SEL121_Candidate%20Signature_1-18.pdf



***Get vaccinated.
Get your smartphone.
Get started with v-safe.***



Use your smartphone to tell CDC about any side effects after getting the COVID-19 vaccine. You'll also get reminders if you need a second vaccine dose.

Sign up with your smartphone's browser at
vsafe.cdc.gov

OR

Aim your smartphone's camera at this code



Learn more about **v-safe** www.cdc.gov/vsafe



Will a COVID-19 vaccination protect me from getting sick with COVID-19?

Yes. COVID-19 vaccination works by teaching your immune system how to recognize and fight the virus that causes COVID-19, and this protects you from getting sick with COVID-19.

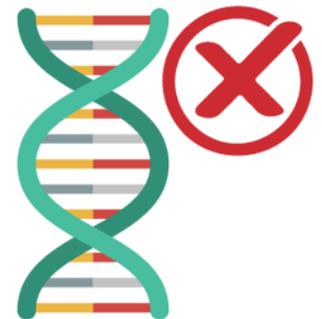
Being protected from getting sick is important because even though many people with COVID-19 have only a mild illness, others may get a severe illness, have long-term health effects, or even die. There is no way to know how COVID-19 will affect you, even if you don't have an increased risk of developing severe complications. Learn more about how COVID-19 vaccines work.



Will a COVID-19 vaccine alter my DNA?

No. COVID-19 mRNA vaccines do not change or interact with your DNA in any way.

Messenger RNA vaccines—also called mRNA vaccines—are the first COVID-19 vaccines authorized for use in the United States. mRNA vaccines teach our cells how to make a protein that triggers an immune response. The mRNA from a COVID-19 vaccine never enters the nucleus of the cell, which is where our DNA is kept. This means the mRNA cannot affect or interact with our DNA in any way. Instead, COVID-19 mRNA vaccines work with the body's natural defenses to safely develop immunity to disease. Learn more about how COVID-19 mRNA vaccines work.



At the end of the process, our bodies have learned how to protect against future infection. That immune response and making antibodies is what protects us from getting infected if the real virus enters our bodies.

Is it safe for me to get a COVID-19 vaccine if I would like to have a baby one day?

Yes. People who want to get pregnant in the future may receive the COVID-19 vaccine.

Based on current knowledge, experts believe that COVID-19 vaccines are unlikely to pose a risk to a person trying to become pregnant in the short or long term. Scientists study every vaccine carefully for side effects immediately and for years afterward. The COVID-19 vaccines are being studied carefully now and will continue to be studied for many years, similar to other vaccines.



The COVID-19 vaccine, like other vaccines, works by training our bodies to develop antibodies to fight against the virus that causes COVID-19, to prevent future illness. There is currently no evidence that antibodies formed from COVID-19 vaccination cause any problems with pregnancy, including the development of the placenta. In addition, there is no evidence suggesting that fertility problems are a side effect of ANY vaccine. People who are trying to become pregnant now or who plan to try in the future may receive the COVID-19 vaccine when it becomes available to them.

Last Updated Feb. 3, 2021

Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases

Can a COVID-19 vaccine make me sick with COVID-19?

No. None of the authorized and recommended COVID-19 vaccines or COVID-19 vaccines currently in development in the United States contain the live virus that causes COVID-19. This means that a COVID-19 vaccine cannot make you sick with COVID-19.

There are several different types of vaccines in development. All of them teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as fever. These symptoms are normal and are a sign that the body is building protection against the virus that causes COVID-19. Learn more about how COVID-19 vaccines work.



It typically takes a few weeks for the body to build immunity (protection against the virus that causes COVID-19) after vaccination. That means it's possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and still get sick. This is because the vaccine has not had enough time to provide protection.

After getting a COVID-19 vaccine, will I test positive for COVID-19 on a viral test?

No. Neither the recently authorized and recommended vaccines nor the other COVID-19 vaccines currently in clinical trials in the United States can cause you to test positive on viral tests, which are used to see if you have a current infection.

If your body develops an immune response—the goal of vaccination—there is a possibility you may test positive on some antibody tests. Antibody tests indicate you had a previous infection and that you may have some level of protection against the virus. Experts are currently looking at how COVID-19 vaccination may affect antibody testing results.



If I have already had COVID-19 and recovered, do I still need to get vaccinated with a COVID-19 vaccine?

Yes. Due to the severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible, vaccine should be offered to you regardless of whether you already had COVID-19 infection. CDC is providing recommendations to federal, state, and local governments about who should be vaccinated first.



At this time, experts do not know how long someone is protected from getting sick again after recovering from COVID-19. The immunity someone gains from having an infection, called natural immunity, varies from person to person. Some early evidence suggests natural immunity may not last very long. We won't know how long immunity produced by vaccination lasts until we have more data on how well the vaccines work.

Both natural immunity and vaccine-induced immunity are important aspects of COVID-19 that experts are trying to learn more about, and CDC will keep the public informed as new evidence becomes available.

least 6 feet away from others, following facility and community guidance on visitation and infection control, and cleaning hands often.

Thank you again for all you are doing to stay safe. We will continue to update you on any new information about COVID-19 vaccination.

Sincerely,


Larry Boxman, Paramedic

EMS Division Chief

Mist-Birkenfeld RFPD

(503) 755-2710

Dear Resident,

Thank you for everything you do to protect yourself and others from getting COVID-19. As many of you know, vaccines are now being offered based on age at various locations in the metro area. Unfortunately, there are no facilities administering the vaccine anywhere close in proximity to our community. Driving to the Oregon Convention Center for your vaccine is extremely inconvenient. As a result, Mist-Birkenfeld RFPD has qualified and has been authorized by the Oregon Health Authority and the Public Health Department to administer the vaccine to our residents. Making sure you get vaccinated early can help save your life and protect the lives of others. We care about your health. Getting vaccinated is an important step to prevent getting sick with COVID-19 disease.

Mist-Birkenfeld RFPD is excited to be able to offer convenient access to the vaccine free of charge to our community members. We must however, adhere to the state directed age eligibility dates. We are currently working with the Public Health Department to establish the scheduling platforms as well as the communication and follow-up processes. In other words, there is a lot of work to be done in a short amount of time to launch the vaccine clinic. Furthermore, we are beholden to the State regarding when and how many doses we will receive each week. We will be told each week the number of doses we will be receiving for that week, therefore appointments will be scheduled based on available supply.

If you are “home bound” and not able to travel to our main fire station, we have the ability to bring the vaccine to you through our Community Health Integrated Paramedicine Program (CHIPP).

Updates regarding the COVID vaccine clinic will be available on our website (www.mistbirkenfeldrfd.org/covid-19-vaccination) and further mailers. We will be established electronic platforms for scheduling as well as a paper format for those that do not access the internet. Please be patient with us as we build this program. We promise to keep you updated regarding our progress.

COVID-19 vaccines are an important tool to help stop the pandemic. However, even after vaccination, everyone will need to continue following all the current guidance to protect themselves and others, including wearing a mask, staying at