

Information Inside

COVID-19



12525 Hwy 202
Mist, Oregon 97016

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Vernonia, Oregon 97064
PERMIT NO. 37

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HCR 71
Vernonia, Oregon 97064

FIREFIGHTING DOESN'T HAVE TO INVOLVE FIRE



Being a volunteer emergency responder is about one thing.

It's not what you look like, what degree you have, or where you come from. It's about heart. If you've got the heart to serve this community in a way that few can, you've got everything we need.



READY TO LEARN MORE?

Mist-Birkenfeld RFPD
(503)755-2710
marianneberg.9624@yahoo.com

**YOUR COMMUNITY
IS CALLING**

MakeMeAFirefighter.org

Sparky's **HIDDEN PICTURE PUZZLE**



The following objects are hidden in this picture: battery, smoke alarm, candle, flashlight, pencil, sailboat, banana, golf club, bell, sock, ruler, ring, cup, and a button!

For more FUN STUFF, visit SPARKY.ORG

The name and image of Sparky are trademarks of the NFPA.

IN CASE OF EMERGENCY

Sometimes, rural living isn't for the faint of heart. We can lose power, internet and/or telephone use at any given time. If this occurs and you are having an emergency and cannot call out to 9-1-1, call the Mist-Birkenfeld RFPD at:

(503)755-2710

or

drive to the main station located at:

12525 Highway 202

Mist, OR 97016



Whenever 9-1-1 is not accessible to the district, the main station will be staffed 24 hours a day until connection can be restored with 9-1-1.



CHIPP

Created Specifically for Our Residents

Mist-Birkenfeld RFPD is proud to offer our CHIPP service free of charge to all residents of our fire district. CHIPP stands for Community Health Integrated Paramedicine Program and is designed to provide follow-up care for recent surgeries or any other medically related issue or concern. The CHIPP is also intended to serve a "preventative medicine" with the goal of catching medical problems before they become emergencies.

Since we do not have any medical clinics, hospitals or doctor offices in our community, we seem to try and "tough it out" when dealing with a medical complication. After a short period of time, our minor medical problem grows into an acute and often emergent event. The CHIPP was created as a resource for our residents to avoid unnecessary suffering and prolonged hospitalization.

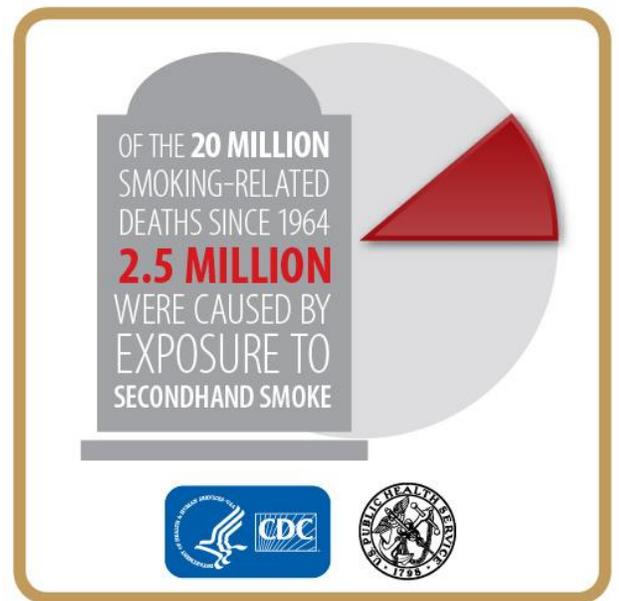
For more information about CHIPP or to enroll in the program, please contact Larry Boxman at the main fire station: 755-2710.

and inflammation. **TIP:** *Make sleep a priority. Try to get 7-8 hours of sleep most nights. If you have sleep apnea, you should be treated as this condition is linked to heart disease.*

Don't sit for too long at one time. In recent years, research has suggested that staying seated for long periods of time is bad for our health no matter how much exercise we do. When looking at the combined results of several observational studies that included nearly 800,000 people, researchers found that in those who sat the most, there was an associated 147 percent increase in cardiovascular events and a 90 percent increase in death caused by these events. **TIP:** *Experts say it's important to move throughout the day. Park farther away from the store, take short walks throughout the day and remember to exercise on most days.*



Avoid secondhand smoke like the plague. Studies show that the risk of developing heart disease is about 25 to 30 percent higher for people who are exposed to secondhand smoke at home or work. According to the American Heart Association, exposure to tobacco smoke contributes to about 34,000 premature heart disease deaths and 7,300 lung cancer deaths each year. Furthermore, nonsmokers who have high blood pressure or high cholesterol have an even greater risk of developing heart disease when they're exposed to secondhand smoke. This is because the chemicals emitted from cigarette smoke promote the development of plaque buildup in the arteries. **TIP:** *Be firm with smokers that you do not want to be around environmental smoke.*



If we follow these five steps, we will be doing our hearts a favor. We'll feel better and avoid the need for an ambulance.



Heart Health to Keep the Ambulance Away

Larry Boxman, Paramedic

We know that exercise and good diet can keep our hearts healthy. But what else can we do to keep our tickers strong and the ambulance away? Here are five key things we should do every day to help our hearts work most efficiently.

Eat healthy fats, Not trans fats.



GOOD FATS

VS.

BAD FATS

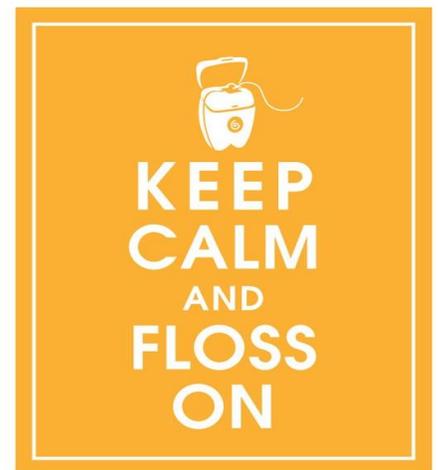


We need fats in our diet, including saturated, polyunsaturated and unsaturated fats. One fat we don't need is trans fat, which is known to increase our risk of developing heart disease or having a stroke over a lifetime. This is because trans fat clogs our arteries by raising bad cholesterol levels (LDL) and lowering good cholesterol levels (HDL). By cutting them from our diets, we improve the blood flow throughout our bodies. So, what are trans fats? They are industry-produced fats often used in packaged baked goods, snack food, margarines and fried fast foods to add flavor and texture.

TIP: *Read the label on all foods. Trans fats appears on the ingredients list as partially hydrogenated oils. Look for 0 percent trans fats. Make it a point to avoid eating foods with trans fats.*

Practice good dental hygiene, especially flossing our teeth

daily. Dental health is a good indication of overall health, including our heart because those who have periodontal (gum) disease often have the same risk factors for heart disease. Studies continue on this issue, but many have shown that bacteria in the mouth involved in the development of gum disease can move into the bloodstream and cause inflammation in the blood vessels. These changes may in turn increase our risk of heart disease and stroke. **TIP:** *Floss and brush your teeth daily to ward off gum disease.*



Get enough Sleep. Sleep is an essential part of keeping our hearts healthy. If we don't sleep enough, we may be at higher risk for cardiovascular disease no matter our age or other health habits. One study looking at 3,000 adults over the age of 45 found that those who slept fewer than six hours per night were about twice as likely to have a stroke or heart attack as people who slept six to eight hours per night. Researchers believe sleeping too little causes disruptions in underlying health conditions and biological processes including blood pressure



Please join us on March 20th between 11:45 and 1:45pm at the Birkenfeld Community Church (11249 Hwy 202) for a no-cost, homemade soup, bread, and dessert luncheon. Get together, visit with your community neighbors and enjoy some good food. The Soup Group is a monthly event so show your support by joining us on the 20th!

COFFEE CLUTCH



Every Wednesday morning at 9am, the community is welcome to meet at the Mist-Birkenfeld Main Station for coffee and socialization with fellow community members. Sit back, laugh, and enjoy a cup of "Joe". We look forward to seeing you!

Share The Spirit would like to thank our community for all the refundable soda and water bottles brought to the Main station. Keep them coming but please remember to remove lids from bottles. Bottles and cans purchased in Washington state are not refundable.



Real People. Real Weight Loss.[®]

Helping Millions to Take Off Pounds Sensibly Since 1948.

TOPS does not sell foods, endorse products, or push a one-size fits all meal plan. We encourage you to choose foods you enjoy, in moderation, on the TOPS meal plan. The flexible guidelines help you control calories while eating real food that you make at home or order in a restaurant.

The local T.O.P.S meeting takes place every Friday morning beginning at 8:30 a.m. at the M-B RFPD main station located at 12525 Hwy 202, Mist, OR 97016. Join us!



FIRE CHIEF'S COMMUNITY CHAT

April 25TH@2PM

TOPICS OF DISCUSSION

Year In Review

Fire District Strategic Plan

Questions & Answers

AT FIRE DISTRICT MAIN STATION

12525 HIGHWAY 202, MIST, OR 97016

REFRESHMENTS PROVIDED



Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER



COUGH



***Symptoms may appear 2-14 days after exposure.**

SHORTNESS OF BREATH



Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



For more information: www.cdc.gov/COVID19-symptoms

WE'RE PREPARED FOR YOU

Everywhere we turn right now we are inundated with information on the Caronavirus which is also being referred to as COVID-19. Please know that your fire district personnel have an operational guideline specifically designed to provide maximum service to our residents in the event of a possible exposure while minimizing risk to our volunteers and staff.

In addition to knowing that your fire district is prepared for high risk exposure responses, we want you to be aware of protective measures you can take to avoid exposure.

Protective measures that you can take against the Caronavirus are:

- **Wash your hands frequently** – Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and warm water.
- **Maintain social distancing** – Maintain at least 3 feet distance between yourself and anyone who is coughing or sneezing.
- **Avoid touching eyes, nose and mouth** – Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.
- **Practice respiratory hygiene** - Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
- **If you have fever, cough and difficulty breathing, seek medical care early** - Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.

If you have any questions regarding our response plan or protective measures, please let us know. We are engaged with local and state public health departments and will continue to be proactive regarding COVID-19.

