



Fire Prevention Week

October
4th - 10th

BE SAFE

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Newsletter Date 10-01-2015

Halloween Safety for Kids & Teens



Kids and many of us "the older ones" love Halloween! Many get to dress up get free candy and have a fun time!

What a perfect holiday!

Most kids already know things that they can do to be safe, like how to cross the street, not to talk to or go with strangers and things like that. But we adults know how exciting Halloween can be and that can make you forget to be careful.

Here's some tips that we have just for you kids, to help keep you safe on Halloween night! Some of these ideas are called "common sense" ideas, that means that they are things that you should know and use every day in life. You are never too young to learn!

⚠️ Never, ever go into a strangers house or even ring their door for treats unless your parents are with you and say that it's okay. There are some people in life that aren't very nice to kids and you have to be careful. Always make sure that your mom or dad is within sight when you go out trick-or-treating.

Be careful when you cross a street. Make sure to look in both directions and make sure that there are no cars coming. If you have a little brother or sister with you, take their hand and help them get across the street, too. If the street has a stop light, wait until the cross walk light tells you that it's okay to cross now, but still check before you cross, look both ways.

Have fun on Halloween but keep it safe,
have some good, clean FUN

⚠️ If you are a older or young teen, and going out with friends, make sure that your parents know where you are going and who you are going with. This may seem like a pain but they are your parents and they love you. They just want you to be safe.

⚠️ If you can drive and are taking a bunch of friends to a party, make sure that you have enough gas to get there. You don't want to run out on a dark street, all alone, like a bad horror movie!

⚠️ If you parents give you a curfew, be home when they say. It builds trust between you and them and they are doing it for your own safety. If you are going to be late, call them and let them know.

⚠️ Vandalism is never cool! Throwing eggs at cars and houses is not cool. Someone has to clean it up and it could be you, if you get caught. You can also be arrested and punished as a juvenile. So, don't think that it's fun only if you can get away with it. It's never the right thing to do! Think about how you would feel if someone did that to your house and how bad it would make you feel.

⚠️ Hurting animals is never acceptable behavior! Some people use Halloween as an excuse to hurt cats and that is just wrong! Not only is it illegal in most places to hurt or torture animals and punishable by law, you should never hurt a helpless living thing.



Summer has Come and Gone

SMOKE ALARMS

Smoke alarms should be tested at least once a month.

All smoke alarms have a test button that you push to check out the entire alarm, including its sensitivity (how much smoke it takes to set it off). If the testing mechanism does not work properly, the alarm should be replaced immediately. Never use open flame devices to test an alarm.

Older adults and the physically impaired may have problems reaching their alarms to test them. There is one brand of smoke alarm on which the test feature can be activated by shining a flashlight on it. Another brand has an automatic test that activates at the same time and day, once a week. These models can be used where proper testing might not otherwise be done.

Smoke alarms need no maintenance other than changing batteries (in those that have batteries) and an occasional vacuuming of dust or cobwebs. Every smoke alarm comes with a homeowner booklet, which describes how to use and take care of that particular alarm.

You should read that booklet and keep it in a safe place for future reference



Fall has arrived, and the weather's finally starting cool down. Kids are going back to school, the laziness of summer is about to be replaced by the increasing office frenzy of autumn. Although it's still hard to believe that summer has come and gone, the evidence is all around us. With that in mind, it's time to review some fall safety tips that will keep you and your family safe in the coming months.

Staying Healthy

One of the downsides of fall is that with it comes cold and flu season. Some recommendations to keep in mind:

- Always get a flu vaccination. While it's not pleasant, it's much better than coming down with the flu, which can linger for weeks, and in some cases it can even be fatal.
- If you do get sick, don't go to work unless you absolutely have to. A cold or flu can spread around an office quickly, ruining productivity.

Always wash your hands carefully. One of the best ways to avoid a cold or the flu is to wash your hands regularly. Make sure the water is hot, use plenty of soap, and keep the hands under the water for at least 30 seconds.

Staying Safe

As the weather turns and the temperature drops, people are going to be looking for easy ways to stay warm. However, there are a few safety tips to keep in mind:

- Resist the temptation to use gas ovens or ranges as a heat source. It may seem like a good way to quickly heat up the kitchen when it's chilly out, but the unvented gas could actually build to combustible levels.
- When you use a space heater, make sure that it isn't too close to anything else. Because of the heat generated by space heaters, there's a danger that nearby objects, specifically fabric like drapes or upholstery, can ignite and

cause a fire. As a rule of thumb, you shouldn't have anything closer than three feet from a space heater. Always make sure to unplug the heater when it's not in use.

On the topic of fire prevention, you should take the opportunity of the advent of autumn to replace any used or expired fire extinguishers you may have around the house.

Even if you're careful, injury is still possible. If you're injured due to someone else's negligence



Hypothermia is a condition in which core temperature drops below that required for normal [metabolism](#) and body functions which is defined as 35.0 °C (95.0 °F).

[Body temperature](#) is usually maintained near a constant level of 36.5–37.5 °C (98–100 °F) through biologic [homeostasis](#) or [thermoregulation](#). If exposed to cold and the internal mechanisms are unable to replenish the heat that is being lost, a drop in core temperature occurs. As body temperature decreases, characteristic symptoms occur such as [shivering](#) and [mental confusion](#).

Hypothermia is the opposite of [hyperthermia](#) which is present in [heat exhaustion](#) and [heat stroke](#).



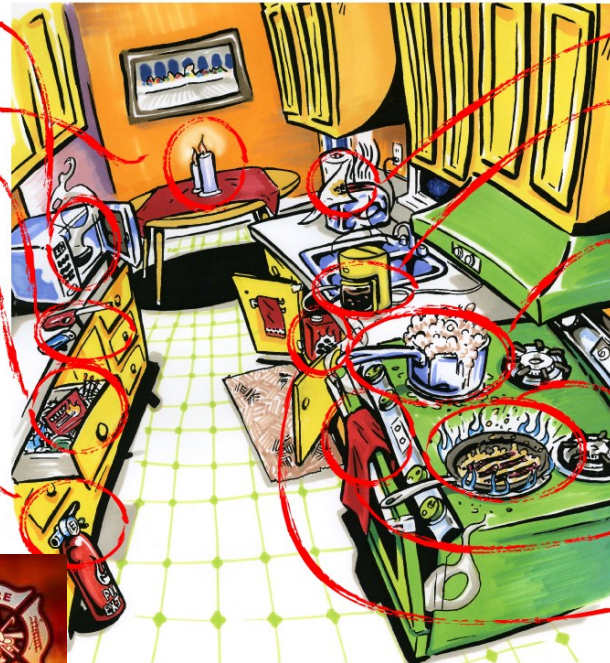
Food left in the microwave can ignite.

Candles left unattended.

Lighter left on the counter.

Matches left in a drawer of combustibles.

Extinguisher is empty.



Paper towel resting on top of toaster oven.

Electric chord hanging in the sink.

Water boiling over and the handel is sticking out

Heat is too high and could cause a grease fire.

Towel in the oven while it is on.

Lighter fluid under the sink and near the stove.



Did you do your safety 



Fire Prevention Week 2015 October 4th—10th

IS YOUR HOME SAFE?

Print out this checklist and do this inspection with your parents or another adult. If you find any hazards, check NEEDS FIXING and then ask an adult to have them fixed.

	TRUE	NEEDS FIXING
Electric outlets are not overloaded with lots of plugs.	<input type="checkbox"/>	<input type="checkbox"/>
Electric cords are in good condition.	<input type="checkbox"/>	<input type="checkbox"/>
Electric cords do not run under rugs or furniture legs or near hot appliances.	<input type="checkbox"/>	<input type="checkbox"/>
Electric appliances are used away from water.	<input type="checkbox"/>	<input type="checkbox"/>
People carry appliances by the handle, not the cord.	<input type="checkbox"/>	<input type="checkbox"/>
A multipurpose fire extinguisher is kept in the house.	<input type="checkbox"/>	<input type="checkbox"/>
All danger and warning signs are read and carefully followed.	<input type="checkbox"/>	<input type="checkbox"/>
Electric appliances that can get hot—such as heaters, toasters, and lightbulbs—are kept away from things that can burn.	<input type="checkbox"/>	<input type="checkbox"/>
Safety caps are inserted in outlets when small children are around.	<input type="checkbox"/>	<input type="checkbox"/>
Small appliances are turned off and/or unplugged when people leave home.	<input type="checkbox"/>	<input type="checkbox"/>
All extension cords, lights, and appliances used outdoors are labeled for outdoor use.	<input type="checkbox"/>	<input type="checkbox"/>

FIRE SAFETY AT HOME



ELIMINATE HAZARDS

- Keep space heaters away from anything that can burn
- Store all flammable materials away from heat
- Don't let trash accumulate in attic, basement or garage
- Don't run extension cords behind rugs or curtains
- Use fuses, circuit breakers and appliances with UL (Underwriters Laboratory) seal only
- Don't overload circuits

FIRE PREVENTION

- Keep operational fire extinguishers handy
- Install and maintain smoke detectors

DEVELOP ESCAPE PLAN

- Develop and memorize escape route
- Assign responsibility for evacuating infants, elderly and infirm
- Choose meeting place outside home
- Keys must be easily accessible
- Hold frequent fire drills
- Test every door, be sure there's no fire on the other side
- Know two ways out

DURING A FIRE

- Leave personal belongings behind
- Don't go back for any reason
- If clothing catches fire stop, drop and roll
- In dense smoke crawl on floor to nearest exit



AUTUMN DRIVING SAFETY TIPS

Sunny days and crisp nights, colorful falling leaves and the last chance to hit the road before winter's ice and snow make autumn the perfect time for a road trip. But amongst all that beauty are some hazards you should know about. Don't let one of them ruin your scenic autumn drive.



Falling leaves



- Autumn leaves piled along the roadside may be a scenic part of fall, but if those leaves get wet, they can be as big a hazard as a puddle or standing water. If

you hit a patch of wet leaves, you can lose traction. Braking and steering may be difficult. Be aware of this hazard and treat wet leaves the way you would a water hazard, slowing down and braking and steering carefully.

Avoid driving over piles of dry leaves, too. They could ignite on hot engine parts, or they might be obscuring a pot hole or other hazard.

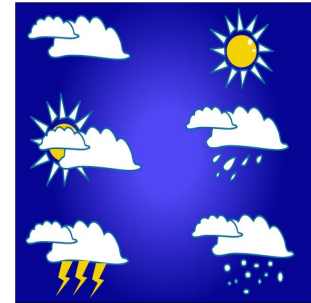
School's in

- Watch for children walking to and from school, especially in early morning hours when they might not be as readily visible. Children walking in groups with their friends may be distracted and careless about stepping out in traffic. Slow down and be aware.



Weather

- Fall is a time of variable weather. Sunny days can give way to frosty nights, and sudden showers may leave roads slick. Make sure your wiper blades, tires and brakes are all in good working order. If you find frost on your windshield in the morning, take the time to clean it off so you have full visibility.



Animals

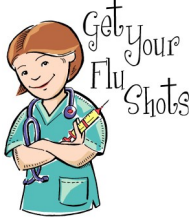
- Autumn is a time of greater activity in the animal world also. It's mating season for deer, elk, moose and other large mammals. A buck in pursuit of a doe may not stop for traffic. Bears are focused on ingesting as many calories as possible as the days dwindle, so are less cautious about being out at all hours. Smaller animals, too, are more active in autumn as they gather food stores. Slow down and be extra alert if you live in an area where these animals roam. Get in the habit of scanning the road ahead. If you see movement or an animal on the side of the road, decrease your speed. Warn motorists ahead of you of a possible hazard by flashing your lights three times.



This article can be found on

eHow[™]

October



What is the flu?

Flu is a disease of the body's breathing system, including the nose, throat and lungs. Flu is short for "influenza." Flu is caused by a virus. In New England, the yearly flu season usually begins in December and lasts through March.

Flu that occurs every winter season is called "seasonal flu." New and very different flu viruses that appear every 30-40 years, like the H1N1 flu virus in 2009, are called "pandemic flu." Seasonal flu and pandemic flu have similar symptoms, are spread the same way, and are prevented the same way.

What are the symptoms of flu?

The most common symptoms of flu are fever, cough, and sore throat. Symptoms can also include body aches, headache, chills, runny nose and feeling very tired. Some people, especially young children, also have diarrhea and vomiting. Symptoms last from a few days to up to a week or more.

Is flu serious?

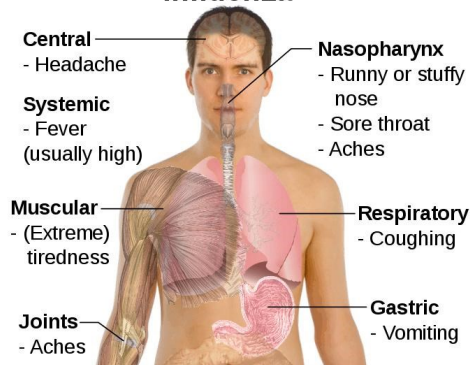
Yes, flu can be very serious. Every year in the U.S. seasonal flu causes thousands of hospital admissions and deaths. Some people are at higher risk of serious health problems when they get the flu. This includes pregnant women, infants, the elderly and people with medical conditions like asthma, diabetes, heart disease, kidney disease and weakened immune systems.

How does flu spread?

The flu virus is in the wet spray (droplets of saliva and mucous) that comes out of the nose and mouth of someone who coughs or sneezes. If you are close enough to a person with the flu (3 - 6 feet) when they cough or sneeze, you can breathe in the virus and get sick. Flu symptoms start 1 - 4 days (usually 2 days) after a person breathes in the virus.

Flu is spread easily from person to person. The virus can also live for a short time on things you touch like doorknobs, phones and toys. After you touch these objects, you can catch the virus when you touch your mouth, nose, or eyes. Adults with flu can spread it from about one day before symptoms appear to about one week after. Children can spread the flu even longer after they get sick.

Symptoms of Influenza



Symptoms	Cold	Flu
Fever	Rare	Usually Present
Aches	Slight	Usual, often severe
Chills	Uncommon	Fairly common
Tiredness	Mild	Moderate to severe
Sudden Symptoms	Symptoms appear gradually	Symptoms can appear within 3-6 hours
Coughing	Hacking, productive cough	Dry, unproductive cough
Sneezing	Common	Uncommon
Stuffy nose	Common	Uncommon
Sore throat	Common	Uncommon
Chest Discomfort	Mild to moderate	Often severe
Headache	Uncommon	Common

How is flu treated?

There are drugs available that your doctor may prescribe to treat flu. The drugs work best if started soon after symptoms begin. Your doctor can determine if you need treatment. People sick with flu should make sure to drink plenty of fluids, get plenty of rest, eat healthy foods, wash their hands often and stay home to avoid spreading the flu to other people.

Over the counter pain relievers may help people with the flu feel more comfortable. Children and teens with the flu should never take aspirin, because a rare but serious disease called Reye syndrome can occur. Do not give cough or cold medicines to children younger than 4 years of age.

Is there a vaccine for flu?

Yes. A vaccine helps your body to protect itself against a disease. There are two types of vaccines for flu: the shot (given with a needle injection, usually in the arm) and the nasal spray. Both the shot and the nasal spray will protect you from the flu. Getting flu vaccine will **not** give you the flu or any other type of illness.

Getting vaccine is the best way to protect yourself against flu.

Hurricane Safety

BEFORE THE STORM

- Be ready to put your plan and preparation into action.
- Pay attention to local weather reports on radio, television, or the internet.
- Have house boarded up, or have storm shutters in place.
- Have plenty of food and water.
- Make sure all your tools, supplies, and first aid kit available for use.
- Have a secure room available.

DURING THE STORM

- Stay in Secure Room.
 - Stay away from windows.
 - Do not use the phone, or candles.
 - Monitor Weather and Civil Service Bulletins on either regular or NOAA radio.
 - Have supplies on hand.
- Remain indoors when the eye moves over your area because the storm will resume shortly

AFTER THE STORM

- Make sure that all is definitely clear outside, and the storm has completely passed before going out.
- Report downed power lines, and stay away from them.
- Use stored water and food.
- Be patient. Things will take a while before they get back to normal.



Flood Safety Tips

BEFORE A FLOOD

- Find out if you live in a flood-prone area from your local emergency management agency and by finding out the flood history of your area..
 - Find out whether your property is above or below flood level.
 - Be aware of your community's warning system for flooding.
 - Study flood preparation literature and start putting the information into practice.
 - If you live in an area that is frequently prone to flooding, stockpile emergency building materials, including plywood, plastic sheeting, lumber nails, hammer and saw, pry bar, shovels, and sandbags.
 - Have check valves installed in building sewer traps to prevent flood waters from backing up in sewer drains.
 - As a last resort, use large corks or stoppers to plug showers, tubs, or basins.
 - Have an evacuation plan and route. Be sure to practice the evacuation procedures before a true emergency occurs. Find out what the community's evacuation plan is from the local emergency management agency. This should contain the safest routes to shelters. Make sure that you have several route planned, in case the first and/or second choices are flooded out.
 - Have disaster supplies on hand.
 - Flashlights and extra batteries
 - Portable, battery-operated radio and extra batteries
 - First aid kit and manual
 - Emergency food and water
 - Non-electric can opener
 - Essential medicines
 - Cash and credit cards
 - Sturdy shoes
- Develop an emergency communication plan**
- Should the family be separated during a flood or flash flood or any Natural Disaster, have a plan to meet up at a designated location, and/or a way to communicate with each other.
 - Arrange with an out-of-state relative or friend to serve as a designated contact person, due to it being easier to call long distance than locally after a disaster. Make sure everyone in the family knows the name, address, and phone number of the contact person.
 - Make sure that all family members know how to respond after a flood or flash flood.
 - Teach all family members how and when to turn off gas, electricity, and water.
 - Teach children how and when to call 9-1-1, police, fire department, and which radio station to tune to for emergency information.
 - Learn about the National Flood Insurance Program.

-Ask your insurance agent about flood insurance. Homeowners policies do not cover flood damage.

DURING A FLOOD WATCH

- Listen to local TV and radio stations for the latest storm information.
- Have a battery operated radio available in case of loss of power so that you can continue to monitor the situation.
- Fill bathtubs, sinks, and jugs with clean water in case water becomes contaminated.
- Bring outdoor belongings, such as patio furniture, indoors.
- If time allows move all valuable items from lower floors to higher ones.
- If you are instructed to do so by local authorities, turn off all utilities at the main switch and close the main gas valve.
- Be prepared to evacuate.

DURING A FLOOD

If Indoors:

- Turn on battery-operated radio or television to get the latest emergency information.
- Get your preassembled emergency supplies.
- If told to leave, do so immediately.

If Outdoors:

- Climb to high ground and stay there.
- Avoid walking through any floodwaters. If it is moving swiftly, even water 6 inches deep can sweep you off your feet.

If In A Car:

- If you come to a flooded area, turn around and go another way.
- If your car stalls, abandon it immediately and climb to higher ground. Many deaths have resulted from attempts to move stalled vehicles.

DURING AN EVACUATION

- If advised to evacuate, do so immediately.
- Remember that evacuation will be simpler and safer if you do so when you are advised.
- Have a battery operated radio available to listen to further evacuation instructions.
- Do not try to take short cuts. They may be blocked. Stick to designated evacuation routes.
- Leave early enough to avoid being marooned by flooded roads.



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It is getting cold and with that comes layered clothing. Dress appropriately for the weather conditions. Never risk being caught of guard. Upi may be warm in your car or plane but what happens when you have to get out.



Many People change their Car's engine Coolant in the Fall. Ethylene Glycol-based coolant are highly toxic, so spills should be cleaned up immediately.

This can KILL your Pet



PREPARE and BE SAFE

Gear up. Because the weather can change quickly in the fall, packing an extra layer of clothing is beneficial to have the capability to add or remove extra layers. Also bring and have a map and compass with you, a GPS is good but remember the what if " what if the batteries die" .Your Cell Phone is also good and it can be used to find you but again "What If" and remember cell phone coverage can be weak or nonexistent in some areas and even if you don't think you'll be gone a long time, a snack and some water will help if you begin to feel fatigued.

Be informed. Educate yourself on what's in the local area so there are no unwelcome surprises. Talk to park rangers before heading out on the trail. Ask for their recommendations on hikes that are of the length you're looking for, what you should take with you, and what you might encounter along the way.

Also investigate the following ahead of time:

- Local weather
- Plants, animals, and bugs you might come across

Inform others. Always communicate your hiking plans to others. Let them know where you're going, when you're leaving, and what time you anticipate returning. That way, if you run into trouble, they can send help in a timely manner.

- Remember that nothing you write on the Web is completely private -- including e-mail. So be careful and think about what you type and who you tell
- Not everyone is as nice, cute, and funny as they may sound online. Never make plans to meet an online "friend" in person.