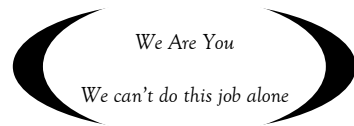


COWLITZ COUNTY FIRE DISTRICT #5

382 N.E. Frontage Rd. PO Box 280 Kalama, WA 98625

Phone: 360-673-2222 Fax: 360-673-3389 website: www.cowlitzfd5.org

Postal Customer



### Testing the Siren

If you are somewhat new to Kalama, you may not know that Cowlitz County Fire District #5 has a siren mounted on a pole on West Frontage Rd.

That siren has been a part of the District for many years. In fact, it was in use back in the days when the volunteers had "fire phones" in their homes. When there was an emergency, the first volunteer to the station would activate the siren or "sound the alarm" for other volunteers to come help.

As time went on, technology advanced and the alarm was sounded remotely when the 911 system was activated. Then, volunteers also got notification on their pagers.

Now, we no longer use the siren to notify volunteers because they receive pager notifications and special apps on their phones give them details they need to respond to emergencies.

The siren remains functional and can be used to alert the community in the event of a large scale emergency. In the event of a true emergency, upon hearing the siren, we would ask that you Do NOT call 911. You can go to our Facebook page for information or sign up for alerts with Cowlitz County Department of Emergency Management. Also, if you try to call our office, we may be unavailable in the event of a large scale emergency.

**We will be conducting a TEST of the siren on December 24th at the start of the Santa Cruise event which will be around 4 p.m.**

Do not be alarmed and please do not call 911.

We will put out reminders on our website and Face Book page.

www.cowlitzfd5.org



www.sparky.org



# Newsletter

## Paramedic Corner

Fall and winter season is here, want some advice to help stay healthy and strong during our cold weather months? Health and wellness are important all year long. There are, however, certain health problems that are more common during specific parts of the year. For example, you are much more likely to suffer sunburn and heat stroke during the summer than during the winter. Here are a few common winter health problems along with some tips to stay healthy during the winter.

**Stay Hydrated** - Stay hydrated. Although it is not hot, our bodies are still using water and it is just as important to stay hydrated now as during the hot summer months.

**Eating habits** - Make sure you are eating regularly and doing your best to eat healthy, Our bodies need the nutrients. During the holidays it's hard to stay away from all the great food, so enjoy and try to eat in moderation. REMEMBER there's always leftovers.

**Be proactive about your health this winter, Don't wait for winter health problems.**

- Get a flu shot, wash your hands, and cover your mouth when you cough or sneeze.
- Stay active, maintain a healthy diet, and be sure to get enough sleep each night.
- Wear a mask when needed, this helps prevent infecting our loved ones and friends.
- Talk to your doctor when you experience symptoms. **You don't have to wait for your symptoms to get "bad enough"** before seeking treatment or advice.

**Here are some common seasonal illnesses to consider:** Covid 19 – Be aware of the symptoms this is a very strong virus and has all the signs and symptoms of a cold or flu. Get tested when needed, **Common Cold, Flu, Pneumonia, Sore throat/Strep throat, Asthma attacks, Seasonal depression, and Poor indoor air quality.**

**WE CARE ABOUT YOUR HEALTH AND PREFER TO ONLY SEE YOU FOR A GREAT CONVERSATION AND COFFEE.**

### Reverse 911

We all know who to call in the event of an emergency, 911. But what if you are unaware of an emergency in your area that may affect you? Would you like Cowlitz 911 to notify you as soon as possible? Would you like to be notified if there were large amounts of toxic fumes in the atmosphere after a ship fire or if weather conditions were pushing a wildland fire your way? Making those notifications is the goal of reverse 911.

The ability of Cowlitz County's 911 dispatch center to notify you in the event of an emergency is automatic for landlines. However, it is likely that you do not have a landline telephone, or your primary phone is a cellphone. Cowlitz County's 911 dispatch center does not have the ability to automatically connect to your cellphone. If you want the 911 dispatch center to have the ability to connect to your cellphone and notify you in the event of a large-scale emergency in your area, you must register your cellphone with the Cowlitz County Department of Emergency Management.

- To register your cellphone with the Department of Emergency Management, please take the following steps:

Go to [www.co.cowlitz.wa.us](http://www.co.cowlitz.wa.us) -> Click on, "Departments" -> Click on, "Emergency Management." -> Click on, "Hyper-Reach." -> Click on, "Sign In and then Sign up here." -> Complete the registration form with your information.



**Regular Board Meetings are held on the 2nd & 4th Tuesday of each month at 3:30 p.m.**



# Santa Cruise

Do you hear what I hear? A siren wailing in the night on Christmas Eve. It's getting closer and oh look! Santa Clause is riding on the Fire Engine! This is the 72nd year that our members and volunteers will help Santa visit Kalama neighborhoods on Christmas Eve.

**Gather your friends and family to meet Santa and his Firefighter friends on Christmas Eve. Create a "Santa Stop" by asking your neighbors to wait with you in one area of your neighborhood. Santa and his helpers will stop and visit with those who wish to wait for them.**

**We encourage everyone to wear brightly colored clothing so you can be easily seen by the drivers. Be Safe, Be Seen!**

Look & listen for them to be in these areas on Christmas Eve:

(Weather permitting)

- **North Route** - Nectarine, N. Meeker Dr., Kalama River Rd., Laverne Dr., Bates Rd., Modrow Rd. & Spencer Creek Rd.
- **Town Area** - Elm, N. 4<sup>th</sup>, Geranium, Taylor, Horizon, Waters Watch, N. 5<sup>th</sup>, Ivy, N. 2<sup>nd</sup> Pl., Juniper, N. 2<sup>nd</sup> St., Holly, N. 3<sup>rd</sup> St., Elm, China Garden, Date St., S. 7<sup>th</sup>, S. 8<sup>th</sup>, S. 9<sup>th</sup>, S. 10<sup>th</sup>, S. 11<sup>th</sup>, Military, Douglas, S. 3<sup>rd</sup> Pl., Birch, Summit, Parkland, Cloverdale, Ashland Lp., Ashland St., S. 1<sup>st</sup>, & S. 2<sup>nd</sup>
- **South Route** - China Garden Rd. from 10<sup>th</sup> to Quietwood, Simmons, Star, Gore, Cloverdale Rd. from Greystone to upper Green Mtn. Rd., J.E. Johnson, Johnson Spur, S. Cloverdale to Dave's View, Vincent, 6100 block Old Pacific Hwy to Robb Rd., Kilkelly, Todd, Ring, Confer, Hahn, Acredale area, Sauer & Jaeger

**We wish you a Merry Christmas & a Safe, Happy New Year!**

**We will be testing our Emergency Siren to signal the start of Santa Cruise on December 24th around 4 p.m. Please do not call 911 to ask why the siren has gone off.**

## Canned Food Drive during Santa Cruise

**December 24, 2021** during our annual Santa Cruise event, we will hold a **Canned Food Drive**. When you come out to see Santa riding our fire engine, you can donate canned food to be given to those in need in our community. Donations of food, clothing and money are always needed and accepted at:

**Kalama Helping Hand, 191 Cloverdale Rd**



## Be Prepared to Stay Safe and Healthy in Winter

### Prepare Your Home

Staying inside is no guarantee of safety. Take these steps to keep your home safe and warm during the winter months.

- Winterize your home by installing weather stripping, insulation, and storm windows. You should also clean out gutters and repair roof leaks.
- Check your heating systems by having them serviced professionally, get your fire places inspected and cleaned, and have an alternative heating source available.
- If you do not have a working smoke detector, install one. Test batteries monthly and replace the batteries twice a year (**We can help! Call Cowlitz County Fire Dist. #5 for batteries and/or smoke detectors**).
- Prevent carbon monoxide (CO) poisoning emergencies by installing a CO detector.

### Prepare Your Vehicle

Get your vehicle ready for cold weather use before winter arrives.

- Service the radiator and maintain antifreeze level.
- Check your tires' tread or, if necessary, replace tires with all-weather or snow tires. Check your tire chains if you have them.
- Keep the gas tank full to avoid ice in the tank and fuel lines.
- Use a wintertime formula in your windshield washer.
- Prepare a winter emergency kit to keep in your car in case you become stranded. The kit should include a cell phone, portable charger, and extra batteries, warm clothing, food, water, flashlight, and first aid kit.

### Prepare for Emergencies

Be prepared for weather-related emergencies, including power outages.

- Stock food that needs no cooking or refrigeration.
- Ensure that your cell phone and portable chargers are fully charged.
- When planning travel, be aware of current and forecast weather conditions.
- Keep an up-to-date emergency kit, including battery-operated devices, extra batteries, first-aid kit and extra medicine, and cat litter or sand for icy walkways.
- Protect your family from carbon monoxide (CO) by keeping grills, camp stoves, and generators out of the house.
- Leave your home immediately if the CO detector sounds, and call 911.

### Take Precautions Outdoors

Outdoor activities can expose you to several safety hazards, but you can take these steps to prepare for them:

- Wear appropriate outdoor clothing.
- Sprinkle cat litter or sand on icy patches.
- Learn safety precautions to follow when outdoors such as work slowly when doing outside chores, take a buddy and an emergency kit when you are participating in outdoor recreation and carry a cell phone.

### Do This When You Plan to Travel

When planning travel, be aware of current and forecast weather conditions.

- Avoid traveling when the National Weather Service has issued advisories.
- If you must travel, inform a friend or relative.
- Follow these safety rules if you become stranded in your vehicle; Make your vehicle visible to rescuers, move anything you need from the trunk into the passenger area, and stay with your vehicle unless safety is no more than 100 yards away. Keep your body warm, stay awake and stay moving. You will be less vulnerable to cold-related health problems.
- If you have pets, bring them inside. If you cannot bring them inside, provide adequate, warm shelter and unfrozen water to drink.



*Winter storms and cold temperatures can be dangerous. Stay safe and healthy by planning ahead. Prepare your home and vehicles. Prepare for power outages and outdoor activity. Check on your family, neighbors, and friends.*



*Get your vehicle ready for cold weather use before winter arrives.*

