

NORTH COUNTY FIRE AUTHORITY

EMERGENCY PREPAREDNESS

NEWSLETTER



July 2020

4th of July Fireworks

The Fourth of July is approaching and fireworks play a traditional role in our celebrations.



Fireworks, including “Safe and Sane” type are **not allowed** in the cities of Brisbane and Daly City.

The City of Pacifica is one of the few cities that allows the use of legal, “Safe and Sane” fireworks to be sold and used in their city.

The North County Fire Authority encourages everyone to follow all directions on “Safe and Sane” fireworks, and to take all proper safety precautions:

- Use only legal fireworks approved by the California State Fire Marshal.
- Inspect all fireworks.
- Never use damaged or leaking fireworks.
- Never give fireworks to a small child.
- Store fireworks in a cool, dry place.
- Light only one item at a time. Use a shovel and drop any “dud” fireworks into a pail of water.
- Keep spectators at least 10 feet away.
- Use fireworks in a clear area at least 20 feet away from a house, wood fence or brush.
- Light fireworks in a large, safe, level area of dirt, pavement or gravel at least 10 feet square in size.
- Have a pail of water ready to place used or malfunctioning fireworks in.
- Keep an extra pail of water, wet towels, charged garden hose or fire extinguisher on hand for emergencies.
- Do not point fireworks at anyone.
- If someone is injured or a fire is started, call 9-1-1 immediately.



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July 15th is
National Pet
Fire Safety
Day



NATIONAL PET FIRE SAFETY DAY

National Pet Fire Safety Day is observed annually on July 15th. Just like fire drills, pets need consideration when preparing for unexpected fire emergencies. The National Fire Protection Association estimates that nearly 1,000 home fires each year are accidentally started by the homeowners' pets. The American Kennel Club and ADT Security Services have joined forces to provide the following safety tips for pet owners:

- **Extinguish Open Flames/Invest in Flameless Candles** - Pets are generally curious and will investigate cooking appliances, candles, or even a fire in your fireplace. Ensure your pet is not left unattended around an open flame and make sure to thoroughly extinguish any open flame before leaving your home. Flameless candles contain a light bulb rather than an open flame, and take the danger out of your pet knocking over a candle. Cats are notorious for starting fires when their tails turn over lit candles.
- **Remove Stove Knobs** - Be sure to remove stove knobs or protect them with covers before leaving the house - a stove or cook top is the number one piece of equipment involved in your pet starting a fire.
- **Affix a Pet Alert Window Cling** - Write down the number of pets inside your house and attach the static cling to a front window. This critical information saves rescuers time when locating your pets. Make sure to keep the number of pets listed on them updated.
- **Keep pets near entrances when away from home.** Keep collars on pets and leashes at the ready in case firefighters need to rescue your pet. When leaving pets home alone, keep them in areas or rooms near entrances where firefighters can easily find them.



Did you know that if a fire starts in your home **you may have as little as two minutes to escape?** During a fire, early warning from a working smoke alarm plus a fire escape plan that has been practiced regularly can save lives. Learn what else to do to keep your loved ones safe!

Top Tips for Fire Safety

- ✓
Install [smoke alarms](#) on every level of your home, inside bedrooms and outside sleeping areas.
- ✓
Test smoke alarms every month. If they're not working, change the batteries.
- ✓
Talk with all family members about a [fire escape plan](#) and practice the plan twice a year.
- ✓
If a fire occurs in your home, **GET OUT, STAY OUT and CALL FOR HELP.** Never go back inside for anything or anyone.



Pet Safety on July 4th

Fireworks aren't fun for pets.
Keep your pet safe through July 4th celebrations with these simple tips:

1. Don't take your pet along to fireworks displays, they'll be more safe and happy in the security of their home.
2. Prepare a safe "den" for your pet. If they choose to hide under the bed or somewhere else in the house, allow them to.
3. Feed your pet before displays begin and keep a special chew or treat on hand as a distraction from flashes and noise.
4. Be sure your dog is tagged or micro chipped in case he or she gets loose or runs away.
5. Turn on the TV or play music to help drown out outside noises.
6. Employ products that help to alleviate anxiety - ask your vet about options if your pet's anxiety is severe.
7. Try not to reward anxiety with extra attention. It may be hard not to cuddle or fawn over your pet when he or she is scared, but do your best to ignore anxious behavior or practice distraction techniques to turn their focus away from commotion.



COOKOUT!

- Perform a thorough safety inspection before lighting the grill
- Never use a grill in an enclosed space
- Only use an approved charcoal lighter fluid to start a charcoal-fired grill, and never add any flammable liquid to a burning fire
- Follow manufacturer's instructions for lighting gas grills
- Keep grills away from houses, fences, trees and anything else that's flammable
- Don't wear loose clothing when cooking on a grill
- Make sure the fire is out when finished cooking



WILDFIRE AWARENESS

BE PREPARED



Fire season is our California reality and is approaching quickly. Precipitation has been below normal and recent spring rains have only served to grow our local grass crop. Due to these factors and the weather outlook into the early summer months, above normal significant wildfire potential is predicted for Northern California as we move into July (NOPS Predictive Services). Now is the time to prepare your home and family for wildfire. North County Fire Authority wants to remind residents that being **READY** for wildfire starts with maintaining an adequate defensible space and by hardening your home. Defensible Space is the buffer you create by removing dead plants, grass and weeds. Home Hardening means keeping up on maintenance items and using and installing materials on your home that can help it to withstand flying embers.

Even under the current shelter-in-place order, residents can, and should, prepare their homes for wildfire.

Take simple steps to **harden your home**:

- * Clean your roof and gutters of dead leaves and debris.
- * Install metal mesh screening over vents in eaves and attic.
- * Remove anything stored under decks or porches and screen in those areas.

* Trim trees and shrubs around driveways and access roads to allow fire and emergency vehicles to access your home.

Make sure your address is clearly visible from the road.

Defensible Space begins at the edge of your home. Ensure that the area that extends from 0-5 feet from the home is completely free of anything that could catch fire.

* Move any flammable materials away from wall exteriors – mulch, flammable plants, wood piles, etc.

* Limb trees so they do not hang over the home.

Ensure that your defensible space extends out 100 feet from the home

* Remove or mow annual grasses.

* Remove any dead or dying plants.

* Keep separation between shrubs and tree canopies.

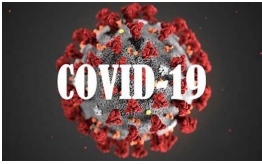
North County Fire Authority Crews in action!

Our crews are preparing for the Wildfire Season are you?

It's never too early to prepare your home for the fire season.



COVID-19 INFORMATION



Pandemics can be Stressful

The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.

Stress during an infectious disease outbreak can sometimes cause the following:

- Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of tobacco, and/or alcohol and other substances.

What to do:

- Take care of yourself and your community.
- Taking care of your friends and your family can be a stress reliever, but it should be balanced with care for yourself. Helping others cope with their stress, such as by providing social support, can also make your community stronger. During times of increased social distancing, people can still maintain social connections and care for their mental health. Virtual communication (like phones or video chats) can help you and your loved ones feel less lonely and isolated.
- Take care of your emotional health. Taking care of your emotional health will help you think clearly and react to the urgent needs to protect yourself and your family.
- Take breaks from watching, reading, or listening to news stories, including those on social media. Hearing about the pandemic repeatedly can be upsetting.

- Take care of your body.
 - Take deep breaths, stretch, or meditate.
 - Try to eat healthy, well-balanced meals.
 - Exercise regularly.
 - Get plenty of sleep.
 - Avoid excessive alcohol use and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Connect with your community- or faith-based organizations. While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

SYMPTOMS OF CORONAVIRUS DISEASE 2019

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

Contact Us:

For more information on North County Fire Authority, please visit our website at: <http://www.northcountyfireauthority.org>.