



Cary EMS Dispatch

November 2006 Newsletter
Volume 1, Issue 3

Cold vs. Flu

Symptoms

Fever
Aches
Chills
Tiredness
Sudden Symptoms
Coughing
Sneezing
Stuffy nose
Sore throat
Chest Discomfort
Headache

Cold

Rare
Slight
Uncommon
Mild
Appear gradually
Hacking, productive cough
Common
Common
Common
Mild to moderate
Uncommon

Flu

Usually Present
Usual, often severe
Fairly common
Moderate to severe
Can appear within 3-6 hours
Dry, unproductive cough
Uncommon
Uncommon
Uncommon
Often severe
Common



Do you know the name of this device?



Don't forget about Emergency! Night,
Wednesday 11/29 at 560.

What can we do?

Rest
Drink fluids
Treat symptoms

Flu vaccine
Take an antiviral (e.g. Tamiflu)
NO antibiotics

Check page 2 to test your knowledge about colds and flu.

How much do you really know?

SPORTS

NCAA Soccer Tournament
Fri. 12/1 (A shift)
Sun. 12/3 (A shift)



MORE Special Events

These are probably the last of the events for 2006. I know you all are sad.....BUT have no fear, there will be events starting in late January. Watch for more information after the first of the year about special events and how you can get involved.

OTHER EVENTS

March of Dimes, 5K Run
Sat. 12/2 (C shift)



Important Dates

Sunday December 10
Wednesday December 20
Tuesday January 2
Monday January 8
Thursday January 18
Monday January 22

Evening
by 5pm
7pm
7pm
6:30pm
7pm

Holiday party
Deadline to sign up for Wake County ALS CE
First business meeting of the year (tentative)
Cary EMS training (ICS Tabletop)
County Peer Review meeting
Cary EMS board meeting

Knowledge Corner

Emergency! - Just the facts...

The format of the show (dividing the episodes between rescue scenes and hospital scenes) was due to the expense of filming rescue scenes, while the hospital scenes were relatively inexpensive.

The exterior of Rampart Hospital was actually Harbor UCLA Medical Center, located in Torrance, California.

The radio callsign KMG365 is still active and used in Los Angeles County.

Roy's paramedic training class was out of Harbor General and had 6 guys in it. Johnny's class was the first at Rampart.

T
R
I
V
I
A

- The number of different viruses known to cause symptoms of the common cold.
A. 14
B. 165
C. 200
D. 300
- The number of Americans killed every year from influenza.
A. 15,000-25,000
B. 30,000-40,000
C. 60,000-70,000
D. 90,000-100,000
- You can get a cold from exposure to cold weather or from getting chilled or overheated.
A. True
B. False
- How long is a person infected with the flu virus contagious?
A. depends on age and health
B. 1 day prior to becoming sick
C. 5 days after first symptoms develop
D. all of the above

Reminders

Mutual Aid- you will see and hear "EMA" with a number, this means Mutual Aid and the tac channel you are assigned. When we are assigned with Cary Fire Dept. the tac channel will likely be 11, but they can communicate on 1-5 and 11-15.

Communication- don't forget to hit your status heads, they are now appropriately labeled; please get in the habit of saying "Cary" before your unit number and starting your transmission with "Rescom FROM Cary 5- -".

Medic 580 Nextel- now if you need to get in touch with Medic 580 you can do so with just one number (instead of their independent cellphones). The numbers are: 919-796-7541 or 150*27*2239 for beep beep. Write these down and put in your phone in the event of emergency.

Business Meetings- It is VERY important that everyone attends business meetings. This is a time to share information and answer questions. Coming up after the first of the year we will be making some important decisions regarding our governing documents. Please stay informed and attend all meetings.

Documentation- make sure to put the appropriate unit number on your trip tickets (e.g. Medic 1 - 571; Medic 2 - 572; Medic 3 - 573; Medic 21 - 574). The run numbers now are different from the past and will typically NOT be the next consecutive number. Larissa has created a legal sized log book and each trip ticket needs to be logged. Don't worry about the numerical order. Everything is then entered into an Excel spreadsheet. We use this information for stats, and down the road justifying the possibility of putting on additional trucks.

Yahoo Group- we know that numerous emails get sent out over the listserv. Larry sent an email (to the listserv :) about a "digest form" that will send just one email to your address if any postings (1 or 50) are sent to the listserv. If you have questions talk to Larry.