

GET ALARMED!

PROTECT YOUR HOME FROM CARBON MONOXIDE

The threat of carbon monoxide (CO) poisoning could be lurking in and around your home, but don't be alarmed. In 2011, a new law in California went into effect stating that all single family homes must have a carbon monoxide alarm installed outside of sleeping areas and on every level of the home. This year, 2013, a new California law states that all multi-family homes must have a carbon monoxide alarm installed outside of sleeping areas and on every level of the home as well.

Carbon monoxide (CO) is a colorless and odorless gas, known as the "silent killer." According to the *Journal of American Medical Association*, CO poisoning is the leading cause of accidental poisoning in the United States, and is responsible for an average of 450 deaths and more than 20,000 emergency room visits in the U.S. each year.

There are several sources of carbon monoxide that all homeowners should be aware of whether their home is old or new. Carbon monoxide comes from anything that burns fuel, such as gas furnaces, stoves, water heaters, barbecue grills, wood-burning fireplaces, and motor vehicles. It is a by-product of incomplete combustion and can easily build up in enclosed or semi-enclosed areas throughout the home.

Some signs of CO poisoning include flu-like symptoms: headaches, dizziness, weakness, nausea, vomiting, chest pain, and confusion. Carbon monoxide poisoning can be difficult to diagnose because the symptoms can mimic other illnesses.

To help protect against CO poisoning, just follow these easy steps:

1. Never use generators indoors. Place them at least 20 feet from the home.
2. Do not use your stove for heat.
3. Open the fireplace flue.
4. Do not use charcoal grills, camp stoves, or similar devices indoors.

Take action now to help protect your family:

1. Install and test CO alarms.
2. Clear CO alarms of all dust and debris monthly.
3. Make sure that the CO alarms are plugged all the way into the outlet or if battery operated, have working batteries installed.
4. Make certain that every person in your home can hear the CO alarm sound from their sleeping area.
5. Make sure the CO alarm is installed at least 15 feet away from sources of CO to reduce the number of false alarms.

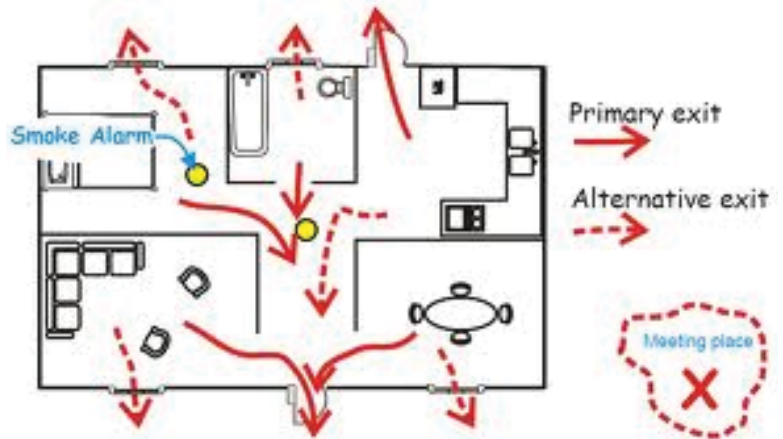


PRACTICE YOUR HOME ESCAPE PLAN

It is cold outside, you light the fireplace and then accidentally fall asleep. You wake up to a large amount of smoke inside your home. Do you know what to do? Having a home escape plan and practicing it once a month could mean the difference between life and death. You may have only 1-2 minutes to get out safely. Sit down with your family and make a step-by-step plan for escaping a fire in your home.

Draw a Floor Plan showing two ways out of every room. Discuss it with your family. Select an outside meeting place that is safe where every member of your home will gather outside after escaping a fire. This is a spot where you wait for the fire department and let them know if anyone is missing or trapped inside. After everyone is out safely, this is when you would call 9-1-1.

Practice your plan every month to ensure that children and adults react to the smoke



alarm and know what to do. Make sure windows are not stuck, screens can be taken out quickly, and that security bars can be opened easily.

Test doors before opening. While kneeling or crouching at the door, use the back of your hand to feel the door, working from the bottom up. If it feels hot or warm, do not open the door. Use a secondary (window, sliding door, etc.) way out. If you are trapped – shelter in place. If smoke, heat or flames block your exit routes, stay in the room with the door closed. Stuff the cracks around the doors with bedding, towels, clothing or pillows to keep smoke out. Wait at the window and signal for help with a flashlight or by waving a light-colored cloth. If there is a telephone in the room, call 9-1-1 and report your exact location. Once a fire starts, it spreads rapidly. Normal exits may become filled with intense heat and blinding smoke. Because smoke and heat rise, cleaner air will be found near the floor. If you must exit through smoke, crawl on your hands and knees, keeping your head 12-24 inches above the floor.

Once You Are Out - Stay Out! Once you are out, do not go back in for any reason. If people are trapped, the firefighters have the best chance of rescuing them. Firefighters have the training, experience and protective equipment needed to enter burning buildings. Do not go back in to find pets, money or valuables.

Smoke alarms save lives by sounding when they detect smoke, giving you valuable time to get out the house. Install smoke alarms inside every sleeping area, in hallways outside of sleeping areas and on every level of your home. Test your smoke alarm once a month, and change the batteries twice a year.



CAR HIT BY TRAIN - NOBODY HURT

On January 8th shortly before 5:40 p.m., OCFA firefighters were called out when a Metrolink train struck an unoccupied car forcing authorities to close the tracks and a roadway while they cleaned up debris. The accident occurred on the tracks across Sand Canyon, near the I-5 freeway.



Irvine Police say the car, a Chevrolet Cavalier, was unoccupied at the time it was struck, and the female driver was found nearby. There were no reports of injuries, The car was significantly damaged, forcing authorities to temporarily close the track during the cleanup operation. Irvine Police also closed a short stretch of Sand Canyon from Oak Canyon to Burt Road for several hours after the accident.

The driver told investigators that her vehicle became disabled on the tracks. The woman was reportedly able to get out of the car with some assistance.

Irvine police and Metrolink investigators are looking into how the car got stuck on the tracks. There is construction of an undercrossing going on in the area, but they don't know if that contributed to the accident.



PANCAKE BREAKFAST FUNDRAISER

If you've got a little free time coming up on Sunday, January 20th, stop by Fire Station 26's Pancake Breakfast. From 8 a.m. - 12 p.m., OCFA Reserve Firefighters will be serving up flapjacks to help raise money for the Toms River Volunteer Fire Department in New Jersey. Their station and equipment were heavily damaged during Super Storm Sandy and our reserve firefighters wanted to help them get back on their feet. So, come on out on Sunday



morning, January 20th at Fire Station 26, located at 4691 Walnut Ave in Irvine. Enjoy tasty pancakes and good company.



NEW RECRUITS STARTING FIRE ACADEMY 38

On January 14th, 37 new recruits will begin Fire Academy 38. Under the direction of Coordinator, Captain Dennis Gomez, recruits will go through a tough 16-week academy that includes truck operations, wildland, RIC under fire, live fire training, and basic firefighting skills. Assisting under Captain Gomez's direction are Academy 38 Instructors:

- Robert Bucho, Fire Captain
- Daniel Kamakani, Fire Apparatus Engineer
- Doug Vaniwaarden, Fire Apparatus Engineer
- Augie Romo, Firefighter
- Chuck Hawkins, Firefighter
- David Kang, Firefighter
- Nick Hernandez, Firefighter
- Chris Sherwood, Firefighter

Congratulations to these new recruits as they embark on their journey in becoming an OCFA firefighter.



SPIDER BITES AND BEE STINGS - KNOW WHAT TO DO!

Spider bites and bee stings usually are just nuisances. They bring momentary alarm, temporary discomfort and pain, but no serious or lasting health problems. But on occasion, they can cause infections that require treatment and allergic reactions that can be serious, even fatal.

SPIDER BITES

Wash the area carefully with soap and water. Do this two to three times a day until skin is healed. Apply cool compresses. Give acetaminophen or ibuprofen for pain. To protect against infection, apply an antibiotic ointment and keep the child's hands washed. If you have any reason to suspect a bite by a black widow or brown recluse spider, apply ice to the bite site and take your child to the emergency room. Even if a child doesn't show any symptoms, get medical attention right away.

Most spiders found in the United States are harmless, with the exception of the black widow and the brown recluse spider. The brown recluse spider — a tiny oval brown spider with a small shape like a violin on its back — is found mostly in midwestern and southern parts of the United States. The bites usually don't hurt at first, and a child might not even be aware of the bite, but in some cases they cause swelling and changes in skin color and a blister.

The black widow spider, which is found all over North America, has a shiny black body and an orange hourglass shape on its underbelly. The venom (poison) in a black widow bite can cause painful cramps that show up within a few hours of the bite. The cramps can start in the muscles around the bite and then spread. The bite may also lead to nausea, vomiting, chills, fever, and muscle aches. If your child has any of these symptoms — or you know that he or she has been bitten — go to the emergency room right away.



Black Widow



Brown Recluse

BEE AND WASP STINGS

A bee will leave behind a stinger attached to a venom sac. Try to remove it as quickly as possible. (Wasps don't leave their stingers in the skin after stinging, which means they can sting more than once.) Wash the area carefully with soap and water. Do this two to three times a day until the skin is healed. Apply an ice pack wrapped in a cloth or a cold, wet washcloth for a few minutes. You can give acetaminophen or ibuprofen for pain. A sting anywhere in the mouth warrants immediate medical attention because stings in oral mucous membranes can quickly cause severe swelling that may block airways. Seek medical care if you notice a large skin rash or swelling around the sting site, or if swelling or pain persists for more than 3 days, which could indicate an infection.

Get medical help right away if you notice any of the following signs, which may indicate a serious or potentially life-threatening allergic reaction:

- wheezing or difficulty breathing
- tightness in throat or chest
- swelling of the lips, tongue, or face
- dizziness/fainting and nausea or vomiting