

BizEurtle:Events in Monmouth



BizEurtle Bulletin

BizeTurtle:Events in Monmouth Newsletter

Greetings!

Here we go in to the another

Is this the year, you will say 2009 is MINE and I will be FINE

I hope so.

I'm sending out 2 e-mails of ways to prepare for an emergency.

I always thought I was prepared, but when that blackout occurred on Tuesday, December 9th

I realized I truly wasn't.

Hope this helps in some way.

BizeTurtle:Events in Monmouth is going through changes. Stay tuned for a new look going out on

Wednesday evening.

HAPPY NEW YEAR!!

IN CASE OF EMERGENCY

PREPARING FOR THE NEW YEAR

Here we go into another year.

What a better time to prepare for an emergency.

Here are some things to do

First inform 2-3 people, you will be making them ICE contacts

What is ICE?

The acronym ICE stands for **In Case of Emergency**. It is recognized by emergency medical technicians (EMTs), firefighters, emergency room personnel, and others who deal with accidents, fires, and other types of emergencies that could injure us or make us sick.

Prepare a card to be given only to them with the following information

Put these items on the front:

1. Name
2. Street Address
3. City, State, Zip
4. Phone (Home, Work)
5. Fax No
6. Birth date
7. Blood Type
8. Social Security No.
9. Health Insurance Carrier and Individual and Group #
10. Physicians

Put these items on the back:

IN CASE OF EMERGENCY PART 1

Featured Article

SHOULD I SHUT OFF
THE MOTOR WHEN I'M
IDLING MY CAR
HERE'S THE RULE OF
THUMB:

If you're in a drive-through restaurant/business line or waiting for someone and you'll be parked and sitting for 10 seconds or longer... turn off your car's engine.

Why??

For every two minutes a car is idling, it uses about the same amount of fuel it takes to go about one mile. Research indicates that the average person idles their car five to 10 minutes a day. People usually idle their cars more in the winter than in the summer. But even in winter, you don't need to let your car sit and idle for five minutes to "warm it up" when 30 seconds will do just fine.

But you're not going anywhere. Idling gets ZERO miles per gallon.

The recommendation is: If you are going to be parked for more than 30 seconds, turn off the engine. Ten seconds of idling can use more fuel than turning off the engine and restarting it. And when you start your engine, don't step down on the accelerator, just simply turn the key to start.

An alternative to idling is

11. Emergency Contacts
12. Conditions, Disability
13. Medications
14. Assistance Needed
15. Allergies
16. Immunization Dates
17. Communication/Equipment/Other Needs

Instructions for filling out the card:

(1-11)Self-explanatory:

Name, address, phone: home, work, fax birth date, blood type, social security number, primary physician(s), insurance carrier, local and out of town emergency contacts and personal support network.

(12) Conditions which a rescuer might need to know about (if you are not sure, list it): i.e.

diabetes, epilepsy, heart condition, high blood pressure, respiratory condition, HIV positive.

"My disability, which is due to a head injury, sometimes make me appear drunk. I'm not!"

"I have a psychiatric disability, in an emergency I may become confused.

Help me find a quiet corner

and I should be fine in about 10 minutes; if not give me one green pill, (name of medication) located in my (purse, wallet, pocket, etc.)"

"I take Lithium and my blood level needs to be checked every _____."

Multiple chemical sensitivities - these conditions may not be commonly understood therefore explanations

may need to be detailed. "I react to..., my reaction is..... do this...."

(13)Medications

If you take medication that cannot be interrupted without serious consequences, make sure this is stated clearly and include:

prescriptions

dosage

times taken

other details regarding specifications of administration/regime; i.e., insulin, etc.

Instructions: i.e.: take my gamma globulin from the freezer, take my insulin from the refrigerator.

Name, address, phone and fax numbers of pharmacy where you get your prescriptions filled.

(14) Anticipated assistance needed.

"I need specific help with: walking, eating, standing, dressing, transferring."

Walking - "best way to assist is to allow me to hang on your arm for balance."

to park your car, walk inside, do your business and then go back to your car.

Here are some other Myths associated with idling.

Myth #1: The engine should be warmed up before driving. Reality: Idling is not an effective way to warm up your vehicle, even in cold weather. The best way to do this is to drive the vehicle. With today's modern engines, you need no more than 30 seconds of idling on winter days before driving away.

Myth #2: Idling is good for your engine. Reality: Excessive idling can actually damage your engine components, including cylinders, spark plugs, and exhaust systems. Fuel is only partially combusted when idling because an engine does not operate at its peak temperature. This leads to the build up of fuel residues on cylinder walls that can damage engine components and increase fuel consumption.

Myth #3: Shutting off and restarting your vehicle is hard on the engine and uses more gas than if you leave it running. Reality: Frequent restarting has little impact on engine components like the battery and the starter motor. Component wear caused by restarting the engine is estimated to add \$10 per year to the cost of driving, money that will likely be recovered several times over in fuel savings from reduced idling. The bottom line is that more than ten seconds of idling uses more fuel than restarting the engine.

(15)Allergies and sensitivities:

History of skin or other reaction of sickness following injection or oral administration of:

- Penicillin or other antibiotics**
- Tetanus, antitoxin or other serums**
- Morphine, Codeine, Demerol or other narcotics**
- Adhesive tape**
- Novocain or other anesthetics**
- Iodine or methiolate**
- Aspirin, emperin or other pain remedies**
- Foods such as eggs, milk chocolate, or others**
- Sulfa drugs**
- Sun exposure**
- Insect bites, bee stings**

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(16)Immunization Dates (self explanatory)

(17a)Communication or a speech-related disability:

Specific communication needs (examples):

"I speak using an artificial larynx, if it is not available I can write notes to communicate."

"I may not make sense for a while if under stress, let me alone for 10 - 15 minutes and my mind should clear."

"I speak slowly, softly and my speech is not clear. Find a quiet place for us to communicate. Be patient! Ask me to repeat or spell out what I am saying, if you cannot understand me!"

"I use a word board, augmentative communication device, artificial larynx, etc., to communicate. In an emergency I can point to words and letters."

"I cannot read. I communicate using an augmentative communication device. I can point to simple pictures or key words which you will find in my wallet or emergency supply kit"

"I may have some difficulty understanding what you are telling me, please speak slowly and use simple language."

"My primary language is ASL (American Sign Language). I am deaf and not fluent in English, I will need an ASL interpreter. I read only very simple English."

(17b)Equipment used:

- motorized wheelchair**
- suction machine**
- home dialysis**
- respirator**

Instructions: take my oxygen tank, take my wheelchair.

(17c)Sanitary needs:

- indwelling catheter**
- trach**

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Now do this.

Create a document on your computer that includes all the details medical personnel may need to know.

Name the document ICE.

Be sure to use a basic word processor like Word or Works.

Purchase a travel drive, also called a flash drive, personal drive or a thumb drive.

Now make a copy of the ICE document you've created and save it to your travel drive.

Use a permanent marker or use a sticker to note ICE right on the drive. Then attach it to your key chain or drop it into your purse.

If something should happen to you that requires emergency medical treatment, personnel will look for a document called ICE on your travel drive.

Since you've used a basic word processor to create the document, it will be easy for them to open. The information they need will be readily accessible.

What to put on the document

Your full name

DO NOT include your address or other information that could help someone steal your identity.

A description of yourself

Include your age, height, weight, eye color, hair color, scars or other identifying marks. If you get separated from your information, they will be able to use your description to match you to the medical information.

**Your designated emergency contacts, who has the full information on you
Include their home, work and cell phone numbers.**

Your doctors and their contact information

If you have a medical condition you receive treatment for, be sure to include the names of those specialists, too.

Your blood type

**Any disease or condition you have that could affect your treatment.
A list of drugs or other medications you take on a regular basis**

An updated shot record

Some shots will influence your treatment, such as a flu shot, or a tetanus shot.

A list of allergies, especially drug allergies you know about

Basic health insurance information

Include the company name and phone number.

Do NOT include your personal identification numbers or any information that would help someone gain access to your

health insurance account if you lose your travel drive.

Other relevant information

Anything that will help someone who might provide assistance to you in an emergency

Don't forget to ICE your phone

Put the Letters ICE in front of the name of the person you want Contacted for IN CASE OF EMERGENCY

Stay Safe

Sincerely,

**BIZETURTLE-EVENTS IN MONMOUTH
NEWSLETTER**



Lynn Humphrey
BizeTurtle:Events in Monmouth

