

THE BURN SHEET

Hand washing still the best...

By Linda Kiser

At Telluride last summer I attended a session on infectious diseases and I was greatly impressed by the importance "Handwashing" has in the transmission of infections, bacteria, viruses, etc. Studies have shown that 80% of common infections are spread by hands. An Observational Handwashing Survey indicated that 95% of people say they wash their hands, while only 67% actually do. When recruits at the Naval Research Center in San Diego were ordered to wash their hands at least 5 times a day there was an amazing 45% reduction in respiratory illness.

So is there a "right way" to effectively wash your hands? You bet! Use Soap and Water. Water alone does not get rid of germs. Rub hands together for 20 seconds. Rinse for 10 seconds. Dry with a towel. Hand drying removes 42% more germs than washing alone. Hot air dryers promote bacterial growth because hands are left warm & moist.

Other interesting points to ponder:

- Plain soap does not have antibiotics, so it does not promote antibacterial resistance.
- Soap does remove dirt and grease that attract bad germs.
- Bad germs usually survive less than 24 hours.
- Bad germs are easily removed by handwashing.

What about Alcohol-based Handrubs?

- Less time consuming than handwashing.
- No dependence on sinks and plumbing.
- More effective in reducing microbial loads.
- Less irritating to the hands than soap & water.
- Do not promote antimicrobial resistance

BUT: Organic material inactivates alcohol, so you must first wash hands in soap and water to remove visible soil!

(editor's note: If you are in the habit of not gloving-up on Medical calls, you might want to re-think that...)

IV Therapy Course

The Delta Campus of the DMTC is offering an IV Therapy course starting March 20 for 3 weeks on Tuesday & Thursday evenings, 6-9 pm. You can apply to NFAA for funding, and pre-registration is required, call Chan at 874-6571.

Reminders:

NIMS

This is not an optional requirement. Please call Pam, 234-3475, to get set up to get your NIMS certification. It's not as bad as you think....

Lock Box Drop Off

Please remember to drop off your schedule at the end of the month with your activities marked on it.

8-hr CE Class March 10th

The next Saturday all-day CE will be March 10, starting at 8:00 am with a continental breakfast. Kevin Fisher from St. Mary's will speak on the following: **physiology of the respiratory system; really, why do we breathe?; oxygen – technical & practical aspects; airway case review – medical & trauma**

patient; airway management skills along with triage and MCI scenarios. Kevin spoke at the last all day CE and he was VERY well received for his insight into assisting the respiratory patient. If you were not able to make the last all day CE, please plan to attend this one.. Please call Pam at 872-3410 to sign up.

**NORTH FORK AMBULANCE
ASSOCIATION**

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NFAA

PROVIDING
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SINCE 1970

EVENTS

Board Meeting, Thursday, March 1, 7 pm,
Hotchkiss Fire Barn

Continuing Education, Saturday, February 10, 8:00 am,
Airway, airway, airway & more about MCI for our area, Chan
Clymer & others, Memorial Hall, Hotchkiss

Continuing Education, Monday, March 12, 7 pm,
Hotchkiss Fire Barn

Colorado Symposium on Emergency Care 2007, May 31 –
June 3, 2007, Telluride, Colorado

Past Conference Attendees... Your newsletter editors
anxiously await the articles and comments you committed to
writing upon your approval for funding. Please forward to:
justpeachy@tds.net Thanks!

Get this newsletter online:
northforkambulance.com

2-year Reviews

Persons scheduled for review for March are:
Pam Woods, Harry Ferrier, Conrad Kropf
If you are not able to make the board meeting, please make arrangements to be
present at the next board meeting that meets your schedule.



EMT-B class
needs help with
skills on Satur-
days! Please
call Pam (872-
3410) to help
on any of these
days. Thanks!

March 10

March 24

April 7

April 21

April 28

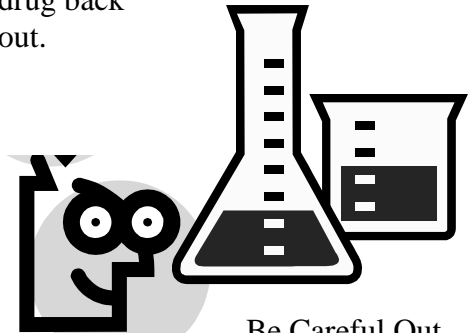
Urine trouble

Some hard-core metham-
phetamine addicts will do anything
to get high, including collecting
and drinking the urine of other us-
ers. Police in New Mexico re-
cently discovered meth users run-
ning "urine extraction" labs, re-
ported Minnesota's news station
WCCO.

The first indication of the
new trend came when deputies
opened up a smelly rented storage
locker where they found 50 1-
gallon jugs of urine. Police told the
owners to throw away the contents,
which made them physically ill. A
week later, Narcotics Sgt. Becky

Howell received the report on the
incident.

It's the newest way to access
meth. Some users drink the meth-
tainted urine to get high while others
use the cooking process to filter the
drug back
out.



Be Careful Out
There!!!