

# NEWS FROM DOWN UNDER

Volume III, Issue VIII

August 2009

## County of Cumberland

Emergency  
Management  
Agency

(207) 892-6785

Fax (207) 892-8617

### *Directory:*

**FEMA Administrator meets with Governors .. Cover Story**

Maine H1N1 Summit.....	2
Future Meetings.....	2
Name That Hurricane!.....	2
SCIP July 2009 Update.....	3
CCEMA Graduates CERT.....	3
Lightning .....	4
Bunker Laughs .....	4
911 Progress Report .....	6
MEMA Training Message .....	6
Training Announcements .....	6
Maine CDC H1N1 Update .....	7
What to do if you get the Flu .	7
Reporting Severe Weather.....	8
2009 Exercise Schedule.....	8
It's Hot—Pets are Not.....	9
Important Links .....	9
Community Events.....	10
Communications Test.....	10
CCEMA Staff .....	10

Public Safety, Emergency Management and Allied Organizations are invited to submit articles, events, training opportunities and news.

Send to: David B. Feeney feeney@cumberlandcounty.org

## *FEMA Administrator Meets with Governors to Discuss Emergency Preparedness*

July 22, 2009

WASHINGTON, D.C. -- This week, the Department of Homeland Security's Federal Emergency Management Agency (FEMA) Administrator Craig Fugate met with several of our nation's governors to discuss emergency preparedness and ensure that as many resources and plans as possible are in place prior to any potential emergency.

"FEMA is committed to protecting and assisting our states and citizens during disasters," said Administrator Fugate. "By working together and strengthening relationships at the state level, we can continue to build the national emergency response team which includes FEMA, as well as state, local, tribal and federal partners, the private sector and faith-based organizations. The work we are putting in now to build this team will go a long way during the next disaster."

This past Sunday Fugate addressed governors from across the country at the National Governors Association conference in Biloxi, MS, where he discussed how FEMA can best support the states and their citizens as we prepare for and respond to emergencies and disasters.

While in Biloxi, Fugate met privately with Georgia Governor Sonny Perdue as well as Iowa Governor Chet Culver. After returning to Washington, Fugate met Monday with Governor John deJongh Jr. of the U.S. Virgin Islands and Tuesday with North Dakota Governor John Hoeven.

The NGA meeting, as well as the individual meetings with governors, built on efforts already underway to strengthen the national emergency response team. FEMA's primary responsibility as a member of this team is to support governors and ensure that all members of the team work together to better prepare for and respond to all types of emergencies. As part of the meetings, Administrator Fugate stressed the key role the public plays in these preparedness efforts. The more Americans do now to prepare their families, including developing a family emergency plan, the more effective our response team will be.

Prior to this week's meetings, Administrator Fugate had already met with a number of governors from across the country, including participating in a video teleconference with governors and officials from over a dozen hurricane prone states on his first day as Administrator.

### *Emergency Management*

***Emergency Management is the assessment, analysis, planning, and assignment of available resources to prevent, prepare for, respond to, recover from, and mitigate the effects of all types of hazards or emergencies.***

***Emergency Management is a comprehensive system of policies, practices, and procedures designed to save lives, prevent injuries, and protect property and the environment if an emergency occurs.***

## *Maine H1N1 Influenza Preparedness Summit*

Dr. Dora Mills, Maine CDC Director, invites all stakeholders; School Nurses, Physicians, EMS, and Other Health Care Providers; Local and County Emergency Management Officials; Local, County and State Government Officials; Public Safety; Home Health and Social Service Agencies; Voluntary and Faith-Based Organizations; Educators; and Other Interested Parties to attend the Maine H1N1 Influenza Preparedness Summit, scheduled on, August 20, 2009, at the Augusta Civil Center.

The goal of this Summit is to help Maine prepare for the fall and to plan for a statewide H1N1 vaccination campaign.

Experts forecast that the impact of H1N1 may well worsen in the fall—when the regular flu season hits or even earlier when schools open.

Continuing Education Credits will be offered and scholarships are available upon request. For more information contact MCD Meeting Services at: [conferences@mcd.org](mailto:conferences@mcd.org) or by calling: 622-7566 ext 232.

A registration fee of \$15 is required. To Register, go to the Medical Care Development website at: [www.mcdregistration.org/signup.asp?ID=172](http://www.mcdregistration.org/signup.asp?ID=172)

---

### *Future Meetings:*

- **August 12, 2009, Wednesday—8:30 a.m.**  
Local EMA Director's Meeting  
CCEMA, 22 High Street, Windham, Maine
- **August 18, 2009, Tuesday— 6:30 p.m.**  
Cumberland County ARES Meeting  
CCEMA, 22 High Street, Windham, Maine
- **August 19, 2009, 12:00 p.m.—4:00 p.m.**  
EOC Tabletop After Action Report Conference ME-MA Classroom, Augusta - Jeremy Damren
- **September 24, 2009, 12:00 p.m.—4:00 p.m.**  
Final Planning meeting—24 hour EOC Functional  
MEMA Classroom, Augusta—Jeremy Damren
- **September 16, 2009, 6:00 p.m.—8:00 p.m.**  
Cumberland County CART Team Meeting  
CCEMA, 22 High Street, Windham, Maine
- **December 10, 2009, 12:00 p.m.—4:00 p.m.**  
EOC Functional After Action Report Conference  
MEMA Classroom, Augusta—Jeremy Damren

## *Name That Hurricane!*

July 20, 2009—MEMA article

The word "Hurricane" is derived from the Carib term for "god of Evil". In the West Indies hurricanes were originally named after the Saint upon whose holyday the storm occurred. Until 1953, the custom was to refer to storms by their year or location i.e.: "The Hurricane of 1938" or "The Galveston Hurricane of 1900", when the National Hurricane Center began using female names, in alphabetical order.

In 1979, alternating male and female names began. Six rotating lists of names are utilized for Atlantic Tropical Cyclones. An international committee of the World Meteorological Organization decides at the conclusion of each hurricane season if the name of an extremely deadly or costly storm should be retired and replaced on the list -- there will never be another Hurricane Katrina, at least in name.

As we saw in 2005, once the 21 Tropical Cyclone names are used up, additional storms take the names from the letters of the Greek alphabet: Alpha, Beta, Gamma, etc.

Without further ado, let us introduce you to the Tropical Storms/Hurricanes of 2009:

- |             |            |
|-------------|------------|
| • Ana       | • Larry    |
| • Bill      | • Mindy    |
| • Claudette | • Nicholas |
| • Danny     | • Odette   |
| • Erika     | • Peter    |
| • Fred      | • Rose     |
| • Grace     | • Sam      |
| • Henri     | • Teresa   |
| • Ida       | • Victor   |
| • Joaquin   | • Wanda    |
| • Kate      |            |

Historically, New England and Maine have experienced the most impact from hurricanes in August and September, but it's not too soon to start thinking about hurricane safety. Check out the following links to know more about hurricanes in Maine and hurricane preparedness.

[www.maine.gov/mema](http://www.maine.gov/mema) (News tab)

[www.maine.gov/mema/prepares](http://www.maine.gov/mema/prepares)

Contact:  
Lynette Miller—MEMA  
207-624-4420

## *SCIP Monthly Update July 2009*

July 10, 2009

### **State's Interoperability Vision**

The State of Maine will have a firmly established, formally managed and maintainable communications environment, based on technology, protocols, training and usage, that will provide seamless communications capability to all emergency management, first responder, and response support organizations at the local, regional and State levels, enabling them to exchange information via voice and data means, as required by standard NIMS response procedures, to provide effective, coordinated and timely all-hazards response to our citizens.

### **Maine Interoperable Communications Committee**

The Maine Interoperable Communications Committee (MICC) met in June to approve a Public Safety Interoperable Communications (PSIC) budget modification request. This request was submitted to DHS and as of July 8th has been approved.

One of the projects approved by both the Technical Team and the MICC is to fund in whole or in part, the reprogramming or replacement of the existing fire pagers.

This is to help in preparing for the narrowband conversion.

We will begin to develop a project plan for the items that was recently approved by the MICC.

If you have any questions, please do not hesitate to contact Steven Mallory—MEMA.

### **Lessons Learned from the Table Top Exercise**

On, June 25, 2009, a tabletop exercise took place at the Elks Lodge in Augusta. The exercise was designed by several critical agencies who would be involved in the event of a mass power outage due to a severe ice event and solar storms. The design of this exercise was paid from a regional support grant through FEMA and Department of Homeland Security. The financial support for the exercise will be paid under the Public Safety Interoperability grant. The exercise created ideas on changes that need to take place in agency plans and prepared agencies for a functional exercise in October 2009.

As with any exercise, we identified several strengths and areas for improvement. Listed below are a few of the strengths our evaluators identified:

- Many of the counties have a working relationship with their private sector infrastructure providers.

Continued on Page 5—see SCIP Update

## *Cumberland County EMA Graduates CERT Members*

The Cumberland County Emergency Management Agency is pleased to announce that 25 members of the Community Animal Response Team (CART) and the Cumberland County ARES completed necessary training through the Community Emergency Response Team (CERT).

The CERT training currently consists of 8 classroom units of 2—3 hours each and a final hands-on demonstration and practical exercise. The training includes Search and Rescue Techniques, Disaster First Aid, Fire Extinguishing, Incident Command, and Disaster Preparedness.

On, Saturday, July 25, 2009, the practical exercise was held at CCEMA in Windham; the group was organized into teams; and each were given a scenario to make entry into a building damaged by a storm; to organize themselves in accordance with ICS; establish communications, evaluate the extent of the damage, extinguish a small fire, locate trapped victims, and administer basic first aid.

CERT training was provided by the Staff of Cumberland County EMA; Dolph Holmes with the Maine Forest Service, and with the assistance of Rory McEwen of Falmouth Fire, Bryce Rumery, Emergency Coordinator of Maine ARES, John Goran of the Mid-Coast ARES/CERT Team, and Mike Kilmartin of Cumberland County ARES.

*Continued on Page 5—CERT Training*



## Lightning

One of the most magnificent natural phenomena, lightning is often believed to be an infrequent occurrence. In actuality, lightning hits the earth an estimated 100 times per second on average, or 8.6 million times a day. It is estimated that the U. S. alone receives as many as 20 million cloud-to-ground lightning strikes per year from perhaps 100,000 thunderstorms.

Lightning is a spark that can reach over 5 miles in length, attain a temperature of approximately 50,000 degrees Fahrenheit, and contain over 100 million electrical volts.

**WeatherREADY**  *plan for it.*

According to Stu Ostro, a Senior Weather Specialist at the Weather Channel, cloud-to-ground lightning is usually caused when a negative charge at the base of a cloud is attracted to the positive charge at the earth's surface; a powerful surge of electricity descends to the ground carrying a current made up of millions of electrons. This is answered by a return stroke, which appears to us as the bright flash of cloud-to-ground lightning.

What are some of the myths about lightning?

Lightning kills or injures hundreds of people every year, mainly because the victims are not aware of the danger they face. Myths and mis-perceptions about lightning can add to the confusion.

It's important for people to know how frequently thunderstorms occur in their own areas, because no state is exempt from this danger.

## Bunker Laughs



### True or False?

Lightning always strikes the tallest objects?

**False.** *Lightning strikes the best conductor on the ground, not necessarily the tallest object. In some cases, the best conductor might be a human being.*

A car's rubber tires give protection from lightning?

**False.** *Actually, the car itself is very well insulated and offers more protection than being outside in the storm. Of course, the exception to this is the convertible, which provides virtually no protection.*

Lightning never strikes the same place twice?

**False.** *Tell that one to the Empire State Building, which is struck by lightning many times every year.*

Equate thunder with lightning, even if lightning is not visible where you are. If you can hear thunder, you are close enough to be struck by lightning.

Even if you can't hear thunder, you might nonetheless be at risk. The first bolts from a towering cloud overhead can catch you by surprise, and so-called "bolts from the blue" can extend way out from the edge of a thunderstorm and strike a point well away from where most thunder and lightning is occurring.

### How Close is the Lightning?

You can do a rough calculation this way: When you see the flash, begin to count the seconds until you hear the thunder. Divide this by 5. The number you get is the approximate distance of the lightning in miles.

For example, if you count nine seconds between the flash and the thunder, the lightning struck just under two miles away.

### How Will You be Warned?

There are no watches or warning issued for lightning per se. Through severe thunderstorms can certainly contain a lot of lightning, not all of them do, and many thunderstorms laden with lightning occur without being designated "severe" and without any watches or warning in effect.

Severe thunderstorms are defined as those which produce hail 3/4 inches in diameter or larger, wind gusts 58 mph or greater, and/or tornadoes.

**Severe Thunderstorm Watch**—Conditions are conducive to the development of severe thunderstorms in and close to the watch area.

**Severe Thunderstorm Warning**—A severe thunderstorm has actually been observed by spotters or indicated on radar, and is occurring or imminent in the warning area.

Article from: *The Weather Channel* [www.weather.com](http://www.weather.com)

## *SCIP Update*

(continued from page 3)

- ARES/RACES members are already integrated in the county plans, which are a critical addition to communication capabilities.
- State and County EOC's admitted to having working generators that are tested regularly and all have adequate fuel reserves.

### Some area for improvements are as follows:

- Improved planning needs to be addressed between State and County EOC's for staff needed to fill positions if an event lasted longer than 72-96 hours.
- The relationship between some EMA's and some of the smaller private power and telecommunications partners should be more robustly developed.
- Some participants identified that standard response operations were insufficient to manage a prolonged statewide disaster.

### Mobile Repeaters Update

The first mobile repeater has arrived and been tested only to find a small defect and a few minor modifications that needed to be made. The prototype has been returned and the rest of the repeaters are being shipped to MEMA—We will keep you posted when the training dates will be.

### Interoperable Technologies Must be Used to be Learned

It's hard to know what you're missing if you have never experienced it to begin with. This is the challenge facing many of the Nation's emergency responders serving on the front lines. As a communications leader in Maine, I see the importance of practitioners needing to use interoperable technologies and apply best practices every day.

Regularly applying interoperable technologies and methodologies will help users to improve communications across disciplines when a large-scale event or emergency occurs. When a major incident like a natural disaster or terrorist attack takes place, responders who use the interoperable technologies frequently will deploy the necessary interoperable tools more readily and successfully.

For the complete MEMA—July 2009 SCIP Update, please visit: [www.maine.gov/mema](http://www.maine.gov/mema) <Programs> <Communications> Tabs.

Thoughts and/or Comments? Please email me at: [steven.mallory@maine.gov](mailto:steven.mallory@maine.gov). Steve Mallory (207) 624-4400

## *CERT TRAINING*

(continued from page 3)

A special note of appreciation to Deputy Fire Chief Mike Robitaille of Yarmouth Fire for providing the portable Fire Extinguisher Training Unit, that gave the students an opportunity for hands-on extinguisher training.

If interested in joining a CERT, CART, Search and Rescue, or Amateur Radio Emergency Services (ARES) group, please contact your local county EMA director.

For more information on CERT; please visit: [www.citizencorps.gov/CERT](http://www.citizencorps.gov/CERT)

For more information about the Amateur Radio Emergency Service, please visit the Maine ARES web site: [www.maineares.org](http://www.maineares.org).



Team 1 secures an injured victim on a long board for removal from the damaged building. Photo courtesy of D. Holmes



Joanne Gartland—Cumberland County CART, attends to the needs of canine "victims" during the CERT Training Practical Exercise. Photo courtesy of D. Holmes

## *Secretary Napolitano Releases Progress Report on 9-11*

July 22, 2009

Department of Homeland Security (DHS) Secretary Janet Napolitano today marked the fifth anniversary of the issuance of the 9/11 Commission Report by releasing a progress report outlining advancements in the Department's capabilities to protect against and respond to acts of terrorism and other threats.

The report details the progress the Department has made on a range of 9/11 Commission recommendations—providing examples of new policies, initiatives and grants while reflecting DHS' focus on enhanced science and technology, efficiency and fiscal responsibility and reinvigorated coordination with state, local, tribal and international partners.

"The 9/11 Commission's recommendations have in many ways set the course for the Department's efforts to combat security threats," said Secretary Napolitano. "We have answered these challenges by building an agency far better equipped to combat terrorism, and we will continue to expand these capabilities as we move forward in our mission to keep America safe and secure."

On Friday, Secretary Napolitano will meet with members of the National Security Preparedness Group—a bipartisan coalition of national security experts including former DHS Secretary Tom Ridge and co-chaired by former 9/11 Commission Chair Thomas H. Kean and Vice Chair Lee H. Hamilton.

At the meeting, Secretary Napolitano will discuss the Department's progress in securing the country from the challenges the Commission outlined and confronting an ever-changing array of threats to homeland security, including cybersecurity and bioterrorism. The meeting will be followed by a media availability.

Highlights from the DHS Progress Report include:

- To Ensure Transportation Security: DHS has achieved 100 percent screening for all checked and carry-on bag gage through more than 500 explosive detection systems deployed to every major U.S. airport.
- To Standardize Secure Identification: Implemented the Western Hesisphre Travel Initiative (WHTI) and developing PASS ID—a bill to enhance the security of driver's licenses while reforming and resolving many privacy concerns in the REAL ID Act.
- To Allocate Funds Based on Risk: DHS initiated a risk-based methodology to identify areas eligible for homeland security grants, accounting for threats to the area, population, economic output and prevalence of economic infrastructure.
- To Improve Collaboration and Information Sharing: DHS has established new law enforcement agreements across all levels of government—including two agreements between DHS and the DOJ signed since June to combat arms and drug trafficking—and forged international agreements with Canada, Germany, Greece, Italy, Mexico, Portugal and Spring since January to share information to combat serious crime and collaborate on science and technology. DHS has also designed 72 state and local Fusions Centers across the country to centralize intelligence gathering and share information, and provided more than \$340 million to support these centers since 2004.

To view the Department's full 9/11 Commission Progress Report, go to [www.dhs.gov](http://www.dhs.gov) and click on <Press Releases> Tab, or use the following link: <http://tinyurl.com/ProgressReport911> to open up the full 12-page .PDF document.

---

### *MEMA Message—Training*

Mark Belserene, Director, Operations Division—Maine Emergency Management Agency, reminds all; any time you are submitting an invoice for reimbursement of meals—food—refreshment, you must submit a roster from the event. The roster (attendance sheet) must have names and signatures of all who attended, as well as the date, location and type of event.

---

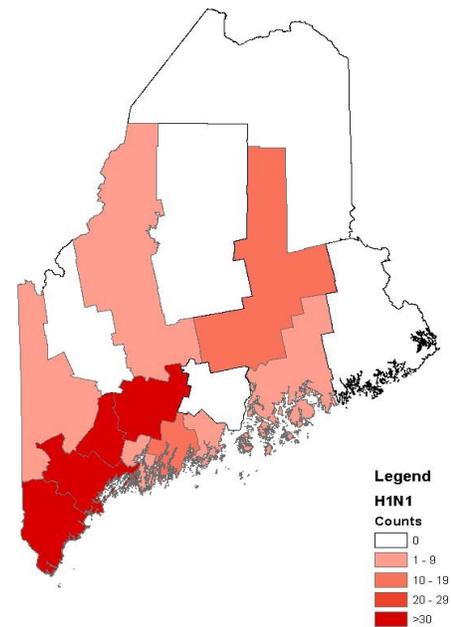
### *Training Announcements*

- September 15—17, 2009, 8:00 a.m.—4:00 p.m.  
**State Integrated Emergency Management Course (IEMC)**  
Location: MEMA—Augusta, Maine  
Contact: Jeremy Damren—(207) 624-4499
- September 19—20, 2009  
**CERT Jamboree—Hancock County**  
Location: Schoodic Education and Research Center  
Acadia National Park, Route 233 Mc Farland Hill  
Bar Harbor, Maine  
Contact: Linda Feury—Hancock County EMA  
Telephone: (207) 667-8126  
Email: [ema@co.hancock.me.us](mailto:ema@co.hancock.me.us)

## Maine CDC H1N1 Update

July 17, 2009—Maine CDC H1N1 Update: This week, we have had 42 tests confirmed positive for H1N1, with a couple dozen more still being tested. The totals thus far are: 244 total H1N1 tested and confirmed in Maine, with 135 among Maine residents, with the majority of the latter now being summer youth camp residents. Most cases of H1N1 continue to be from the southern half of Maine. Again, the vast majority of people with H1N1 are not being (and do not need to be) tested. The confirmed cases are primarily an indicator of community transmission of H1N1. Additional data: 91% of confirmed cases are under 50 years of age. We have had 10 Maine residents hospitalized, and 3 out of state residents hospitalized. We have had 33 youth residential camps with confirmed H1N1, and about 10 more who appeared to have had some H1N1 but were not tested. In New England, there have been 15 deaths from H1N1, mostly among people under age 50 and at least two pregnant women. In Massachusetts, 164 people have been hospitalized since late April, mostly people under age 50. The median age of all the confirmed in Mass is 14.

Lab Confirmed H1N1, by County—  
Maine Residents and Out of State Visitors, 2009



County	Maine Residents	Out of State	Total
Androscoggin	16	18	34
Aroostook	0	0	0
Cumberland	52	43	95
Franklin	0	0	0
Hancock	3	2	5
Kennebec	10	21	31
Knox	1	4	5
Lincoln	6	4	10
Oxford	1	3	4
Penobscot	10	0	10
Piscataquis	0	0	0
Sagadahoc	6	0	6
Somerset	0	2	2
Waldo	0	0	0
Washington	0	0	0
York	28	13	41
<b>Total</b>	<b>133</b>	<b>110</b>	<b>243</b>

## What to do if you Get Flu-Like Symptoms

July 8, 2009—U. S. CDC

The novel H1N1 flu virus is causing illness in infected persons in the United States and countries around the world. CDC expects that illnesses may continue for some time. As a result, you or people around you may become ill. If so, you need to recognize the symptoms and know what to do.

### Symptoms

The symptoms of novel H1N1 flu virus in people are similar to the symptoms of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with novel H1N1 flu virus also have reported diarrhea and vomiting. The high risk groups for novel H1N1 flu are not known at this time, but it's possible that they may be the same as for seasonal influenza. People at higher risk of serious complications from season flu include people age 65 years and older, children younger than 5 years old, pregnant women, people of any age with chronic medical conditions (such as asthma, diabetes, or heart disease), and people who are immunosuppressed (e.g., taking immunosuppressive medications, infected with HIV). *(continued on Page 9—Flu Symptoms)*

## Reporting Severe Weather

Tornadoes, hail, strong winds, flooding...the National Weather Service is responsible for issuing warnings for many types of severe weather. NWS has many tools to help them anticipate and warn for these hazards. However, ground truth reports of actual weather events always have, and always will, depend on reports from human observers.

That is where the National Weather Service POP (Public Observation Program) computer comes in. By calling a toll-free number in Maine, you can be an important link in the weather forecast process.



**1-877-633-6772**

Remember this phone number! It serves as a link to the Weather Service's most important source of information during severe weather...YOU!

When you call from a touch-tone phone, you will be connected to the POP computer. The computer will then ask you a series of questions. These questions will help identify the type and severity of weather which you are reporting. When your call is completed, the POP computer will alert the NWS staff to the presence of a new report.

Assuming that there are no problems, your report will then be sent out to the world...and may be heard on NOAA Weather Radio, local radio and TV stations, and who knows, maybe even the Weather Channel! It will also be seen on the Internet (see the link to "Real-time Storm Summaries" below).

One important note...the computer will ask you to input your phone number when you make a report. It is very important that the Weather Service has a way to verify the report and call you for additional information if necessary. You will NEVER be called for any purpose other than to verify a report. Also, NWS respects the importance of your privacy. Your phone number and any other personal information will NEVER leave the NWS forecast office.

When Should you call?

Call, when it is safe to do so, if you observe any of the following:

- Tornado or funnel cloud
- Strong winds (55-60 mph or greater) or wind damage (structural damage or trees/power lines down).
- Hail the size of pennies (3/4 inch diameter or larger).
- Stream flooding, street flooding, or streams approach-

- Snow fall of 3 inches or more.

Remember, first ensure that you are safe.

So next time the weather is really nasty, don't just talk about the weather, do something about it! Give the National Weather Service a call and let them know what's happening in your area.

Please remember the phone number to report severe weather anywhere in Maine:

**1-877-633-6772**

Important Note: If you are a trained Skywarn spotter, please use the toll-free number given to you at your training sessions. The POP is more appropriate for use by the general public.

If you are interested in becoming a trained Skywarn spotter, contact the National Weather Service Forecast Office nearest you. Links to the Gray and Caribou Forecast Offices are listed below. Skywarn spotters receive special training, and agree to provide local weather data to the NWS on a regular basis.

For More Information:

NWS: Real-time Local Storm Summaries for Maine

<http://www.erh.noaa.gov/gyx/lsr/index.php?wfo=gyx>

National Weather Service Forecast Office—Gray, Maine

<http://www.erh.noaa.gov/gyx/>

National Weather Service Forecast Office—Caribou, Maine

<http://www.erh.noaa.gov/car/>

(Article extracted from: [www.maine.gov/mema/prepare](http://www.maine.gov/mema/prepare))

## 2009 Exercise Schedule

- September 19, 2009  
**Lake Region School Administrative District TTX**  
Contact: David B. Feeney—CCEMA
- October 2009 (Proposed)  
**Wild Fire Tabletop Exercise**  
Cumberland, York and Oxford Counties
- October 29—30, 2009, 7:00 a.m.—7:00 a.m. (24 hrs)  
**MEMA EOC Functional Exercise**  
Contact: Jeremy Damren—MEMA

## Flu Symptoms

(continued from Page 7)

### **Avoid Contact with Others**

If you are sick, you may be ill for a week or longer. Unless necessary for medical care, you should stay home and minimize contact with others, including avoiding travel and not going to work or school, for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer. If you leave the house to seek medical care, wear a facemask, if available and tolerable, and cover your coughs and sneezes with a tissue. In general, you should avoid contact with others as much as possible to keep from spreading your illness. With seasonal flu, people may be contagious from one day before they develop symptoms to up to 7 days after they get sick. Children, especially younger children, might potentially be contagious for longer periods.

### **Treatment is Available for Those Who are Seriously Ill**

It is expected that most people will recover without needing medical care. If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care. Your health care provider will determine whether flu testing or treatment is needed. Be aware that if the flu becomes widespread, less testing will be needed.

Antiviral drugs can be given to treat those who become severely ill with influenza. These antiviral drugs are prescription medications with activity against influenza viruses, including novel H1N1 flu virus.

There are two influenza antiviral medications that are recommended for use against novel H1N1 flu. The drugs that are used for treating novel H1N1 flu are called oseltamivir (trade name Tamiflu®) and zanamivir (Relenza®). As the novel H1N1 flu spreads, these antiviral drugs may become in short supply. Therefore, the drugs may be given first to those people who have been hospitalized or are at high risk of severe illness from flu. The drugs work best if given within 2 days of becoming ill, but may be given later if illness is severe or for those at a high risk for complications.

Aspirin or aspirin-containing products (e.g., bismuth subsalicylate – Pepto Bismol) should not be administered to any confirmed or suspected ill case of novel influenza A (H1N1) virus infection aged 18 years old and younger due to the risk of Reye's syndrome. For relief of fever, other anti-pyretic medications are recommended such as acetaminophen or non steroidal anti-inflammatory drugs. For more information about Reye's syndrome, visit the National Institute of Health Website.

## *It's hot! Make sure your pets are not.*

July 26, 2009—Maine Prepares

Make sure your pets have a safe, cool area to relax in on hot days, with plenty of water available. NEVER leave your pet in a parked car, even for a few minutes, even with the windows cracked. Temperatures in a car can reach fatal levels for pets (and children) within minutes.



## *Important Links*

### **Cumberland County Emergency Management Agency**

Home: [www.cumberlandcounty.org/EMA](http://www.cumberlandcounty.org/EMA)

### **Maine Emergency Management Agency**

Home: [www.maine.gov/mema](http://www.maine.gov/mema)

Library: [www.maine.gov/mema/mema\\_library.shtml](http://www.maine.gov/mema/mema_library.shtml)

### **Maine Prepares**

Home: [www.maine.gov/mema/prepare](http://www.maine.gov/mema/prepare)

### **Federal Emergency Management Agency (FEMA)**

Home: [www.fema.gov](http://www.fema.gov)

Training: <http://training.fema.gov>

Grants: [www.fema.gov/government/grant/index.shtm](http://www.fema.gov/government/grant/index.shtm)

Assistance: [www.DisasterAssistance.gov](http://www.DisasterAssistance.gov)

### **Domestic Preparedness Support**

U. S. Department of Homeland Security [www.dhs.gov](http://www.dhs.gov)

NIMS Resource Center <http://www.fema.gov/emergency/nims>

Lessons Learned Information Sharing System

[www.llis.gov](http://www.llis.gov)

Homeland Security Exercise and Evaluation Program (HSEEP)

<http://hseep.dhs.gov>

**Ready America** [www.ready.gov](http://www.ready.gov)

### **National Weather Service—Gray, Maine**

[www.erh.noaa.gov/gyx](http://www.erh.noaa.gov/gyx)

### **2-1-1 Maine**

Home: [www.211maine.org](http://www.211maine.org)

### **5-1-1 Maine (Maine DOT Travel Information)**

Home: [www.511maine.gov](http://www.511maine.gov)

### **American Red Cross of Southern Maine**

Home: <http://southernmaine.redcross.org>

### **PROP**

Home: [www.wherepeoplecomefirst.org](http://www.wherepeoplecomefirst.org)

### **Southern Maine EMS**

Home: [www.smems.org](http://www.smems.org)

### **Volunteer Maine**

Home: [www.volunteermaine.org](http://www.volunteermaine.org)

### **Greater Portland Council of Governments (GPCOG)**

Home: [www.gpcog.org](http://www.gpcog.org)

### **Southern Maine Regional Resource Center (SMRRC)**

Home: [www.smrrc.org](http://www.smrrc.org)

## Community Events (Large Gatherings)

- **July 31—August 3, 2009**  
City of Portland  
USS Eagle—U.S. Coast Guard Sailing Vessel
- **August 1, 2009 (Saturday)**  
Beach2Beacon 10K Race  
Cape Elizabeth, Maine
- **August 9—15, 2009**  
Topsham Fair 2009
- **August 9, 2009 (Sunday) 10:00 a.m.**  
2nd Annual Tri for a Cure  
Maine Cancer Foundation  
SMCC Campus  
(Expo/Registration 08/08/09)  
FMI: [www.mainetriforcure.org](http://www.mainetriforcure.org)
- **August 13—16, 2009**  
40th Annual Cumberland Arts and Crafts Show
- **August 15, 2009 (Saturday)**  
Brunswick Outdoor Arts Festival—Maine Street
- **August 15, 2009 (Saturday)**  
Town of Scarborough—Summerfest
- **August 22—23, 2009**  
Sidewalk Art Festival—City of Portland
- **September 26, 2009 (Saturday)**  
Conquer Chiari Walk Across America
- **September 27—October 3, 2009**  
Cumberland Fair [www.cumberlandfair.com](http://www.cumberlandfair.com)
- **October 4—11, 2009**  
Fryeburg Fair [www.fryeburgfair.org](http://www.fryeburgfair.org)



CERT Team No. 1 observing Instructor Rory McEwen demonstrate the safe use of fire extinguishers during the hands-on simulation—  
Photo by D. Holmes

## Monthly Communications Test

August 13, 2009, at 1330 hours.

- Log onto WebEOC
- HAN Notification—1330 hours
- Conference Call—1345 hours
- Radio Check—1400 hours

## Cumberland County EMA Staff:



**DIRECTOR**

James E. Budway

[budway@cumberlandcounty.org](mailto:budway@cumberlandcounty.org)



**DEPUTY DIRECTOR**

Anne-Marie Brett

[brett@cumberlandcounty.org](mailto:brett@cumberlandcounty.org)



**PLANNER**

Bonnie Canfield

[canfield@cumberlandcounty.org](mailto:canfield@cumberlandcounty.org)



**PLANNER**

David Brion Feeny

[feeny@cumberlandcounty.org](mailto:feeny@cumberlandcounty.org)



**ASST. PLANNER/LEPC**

Eric N. Sawyer

[esawyer@cumberlandcounty.org](mailto:esawyer@cumberlandcounty.org)



**CLERK**

Lori J. Roth

[roth@cumberlandcounty.org](mailto:roth@cumberlandcounty.org)



**PROJECT COORDINATOR**

Ron Jones

[jones@cumberlandcounty.org](mailto:jones@cumberlandcounty.org)



**THE BUNKER**

22 High St

Windham, ME

207.892.6785

(F) 207.892.8617