Apex CERT's mission is to serve and safeguard our community through efficient and effective volunteer service, which helps protect life and property, ensuring the greatest good for the greatest number.

WELCOME!

Please sign in, even if you're not a member of Apex CERT (yet!)

amazonsmile
You Shop. **Amazon Gives.**

FEBRUARY Birthdays

Dan Blum

Samantha Royster

Lauren Caulfield

MARCH Birthdays

Jeff Jaeger

Janie Covington

Rosana Thomas

Mégane Leduc

Urmila Staudacher

Ron Brown

Steven Haire

Genevieve Lauzon

Extra-Special FEBRUARY Birthday!

Karen Delventhal

JANUARY Activities

January 2
CERT Meeting – "Know 3 Things"
Dave Bruhn
30 people attended

JANUARY Activities

January 7

SAR Meeting – "Track Awareness and Sign Reading"

Jay Royster

11 people attended
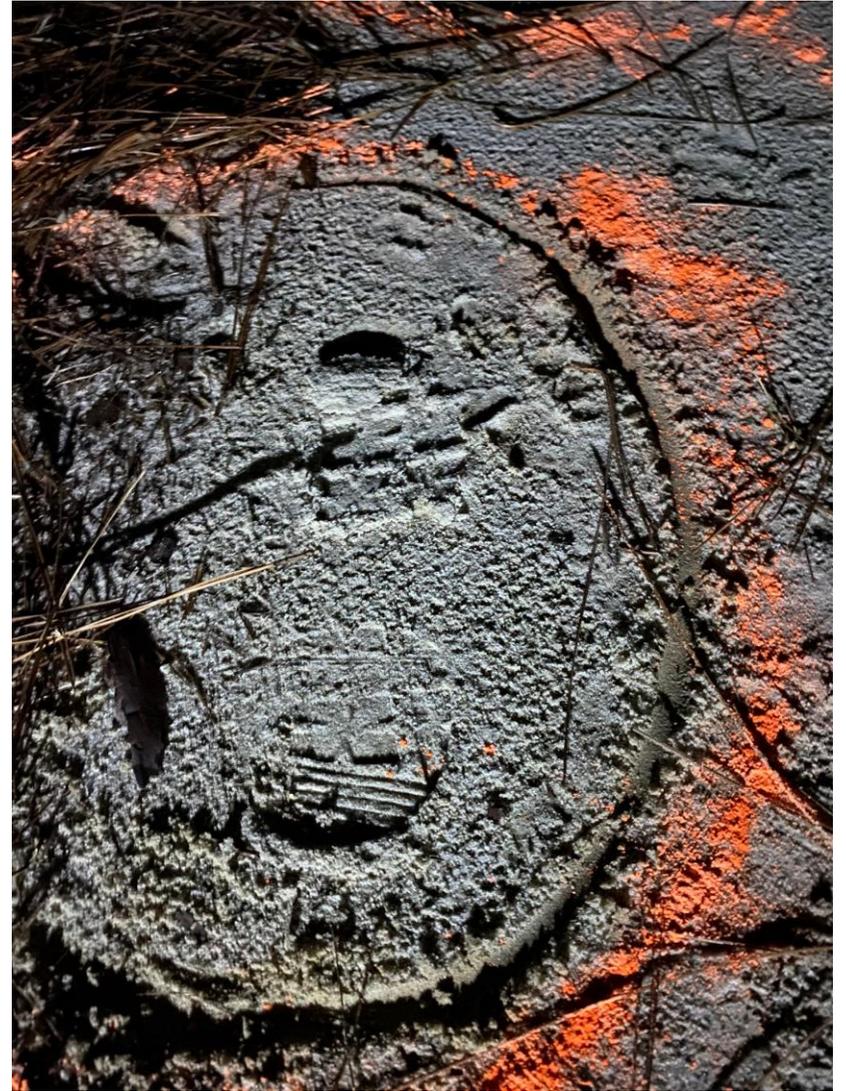
JANUARY Activities

January 10
SAR Exercise – Night Ops
16 people attended
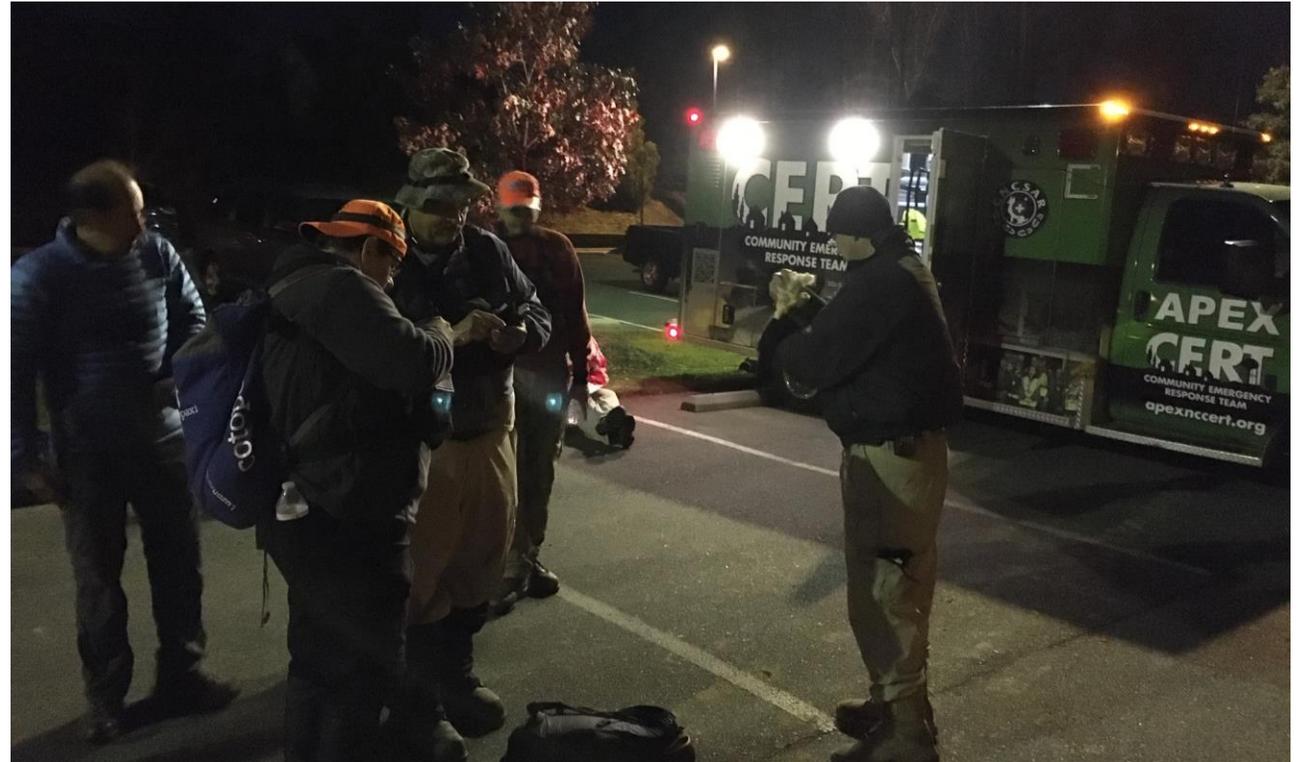
JANUARY Activities

January 11
Hydrant Painting
5 people attended
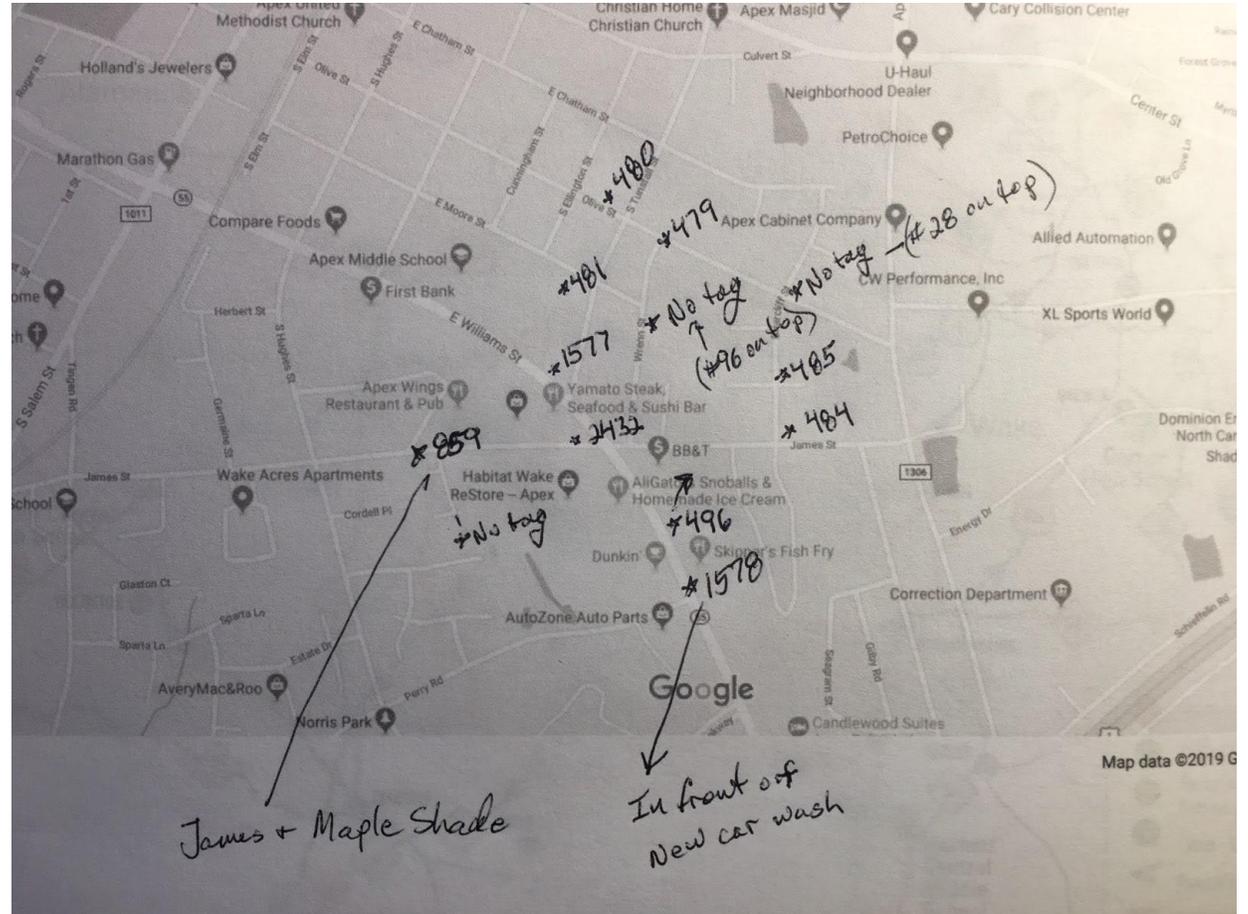
JANUARY Activities

January 14
Board of Directors Meeting
10 people attended

JANUARY Activities

January 22
Johnston County Pandemic Exercise
3 people attended

JANUARY Activities

Assisting TSA K-9 Officers at RDU Airport

2 people attended

FEBRUARY Activities

February 8

Winterblast @ Apex Friendship High School

6 people attended

FEBRUARY Activities

February 15

Humonguous Exercise

21 people attended

Upcoming Events

- **Mar 7: Fire Hydrant Painting**

- **Mar 10: Jersey Mike's Fundraiser (5:00 – 8:00 PM) Next Tuesday**

- **Mar 10: Board of Directors' Meeting**

- **Mar 14: State CERT Conference**

- **Mar 15: POD Ops, Raleigh**

- **Mar 20 & 21: Management of Spontaneous Volunteers in Disasters**

- **Mar 21 & 22: Local Volunteer and Donations Management**

- **Mar 28: POD Ops, Fayetteville**

CORONAVIRUS

MGN

FACTS

- 2000 Y2K is going to kill us all.
- 2001 – Anthrax is going to kill us all.
- 2002 – West Nile Virus is going to kill us all.
- 2003 – SARS is going to kill us all.
- 2005 – BIRD Flu is going to kill us all.
- 2006 – E.COLI is going to kill us all.
- 2008 – The bad economy is going to kill us all.
- 2009 – Swine Flu is going to kill us all.
- 2013 – North Korea is going to kill us all.
- 2014 – Ebola Virus is going to kill us all.
- 2015 – Disney Measles and ISIS are going to kill us all.
- 2016 – Zika Virus is going to kill us all.
- 2020- Corona Virus is going to kill us all.
- **BUT** really **FEAR** is killing you...Turn off the TV News – Facebook - Twitter

World Health Organization (WHO)

- Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). A novel coronavirus (nCoV) is a new strain that has not been previously identified in humans.

- Common signs of infection include <u>respiratory symptoms, fever, cough, shortness of breath and breathing difficulties</u>. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

- Standard recommendations to prevent infection spread include **regular hand washing, covering mouth and nose when coughing and sneezing**, thoroughly cooking meat and eggs. <u>Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing</u>.

Influenza

- There are 4 types of seasonal influenza viruses, types A, B, C and D. Influenza A and B viruses circulate and cause seasonal epidemics of disease.

- Seasonal influenza is characterized by a sudden onset of fever, cough (usually dry), headache, muscle and joint pain, severe malaise (feeling unwell), sore throat and a runny nose. The cough can be severe and can last 2 or more weeks. Most people recover from fever and other symptoms within a week without requiring medical attention. But influenza can cause severe illness or death especially in people at high risk.

Prevention of Influenza

- Apart from vaccination and antiviral treatment, the public health management includes personal protective measures like:

- Regular hand washing with proper drying of the hands

- Good respiratory hygiene – covering mouth and nose when coughing or sneezing, using tissues and disposing of them correctly

- Early self-isolation of those feeling unwell, feverish and having other symptoms of influenza

- Avoiding close contact with sick people

- Avoiding touching one's eyes, nose or mouth

Prevention Summary

- **Regular hand washing**

- **Cover mouth and nose when coughing and sneezing.**

- **Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing.**

Please sign up for meetings!

- Helps us plan for:
  - How to set up the room
  - How many handouts/materials are needed
  - You could win amazing prizes!

Field-Level Communications

Greg Hauser

SWIC

North Carolina Emergency Management