

THE CALL

EAST POINT FIRE DEPARTMENT MONTHLY GAZETTE

FIRST QUARTER 2020 SPECIAL EDITION

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Image: Courtesy of the Centers for Disease Control and Prevention



A MESSAGE FROM THE CHIEF

by Interim Fire Chief Corey Thornton

East Point Residents and Businesses:

We are living in extraordinary times, unparalleled in world history, with the Coronavirus pandemic shutting down schools, businesses, governments, nations and impacting economies around the globe. Additionally, it causing social distancing measures that include quarantine orders to stay at home except for essential travel. In the midst of the COVID-19 worldwide crisis, the East Point Fire Department joins the ranks of frontline Health Care professionals and First Responders around the country and globe, working hard to protect your health and safety in this time of COVID-19.

This Special Edition of THE CALL is devoted to providing information we hope will answer questions many have about this novel virus, and what you can do to protect yourself and your family. We also understand the challenge that many are now facing as they home school their children. We've included some tips that may prove helpful in that area. This time of transition is impacting people in different ways causing fear, stress and anxiety. Know you are not alone, and that it's important to protect not only your physical health, but your mental and emotional health as well.

Included in this issue is a number to a national help line, if you experience feelings of overwhelming despair. We also have links to websites that can provide information and assistance.

I encourage you to block time in your day to exercise, to take a walk and to talk with family and friends. Know that we are in this together, and that we will get through this crisis one day at a time. Be encouraged, stay safe and remain vigilant.

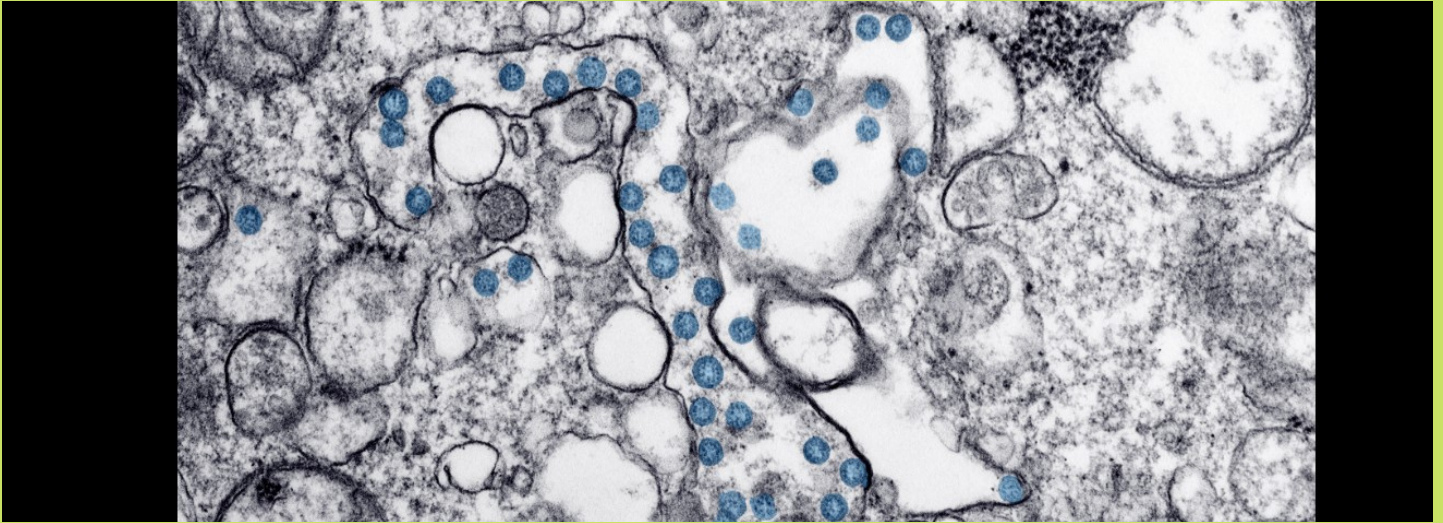
Honored to Serve You,

Chief Corey Thornton



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Know that you are not alone, and that it's important to protect not only your physical health, but your mental and emotional health as well.



Above Image: Transmission Electron Microscopic image of an isolate from the first U.S. case of COVID-19. Photo Credit: Centers for Disease Control and Prevention

COVID-19

The Novel Coronavirus

The Coronavirus is a new (novel) infectious disease caused by severe acute respiratory syndrome, (SARS-CoV-2). Coronaviruses are a large family of viruses, that in some cases can cause illness in people, and according to the Centers for Disease Control and Prevention (CDC), strains of the Coronaviruses can infect a varied species of animals including cats, bats, camels and cattle.

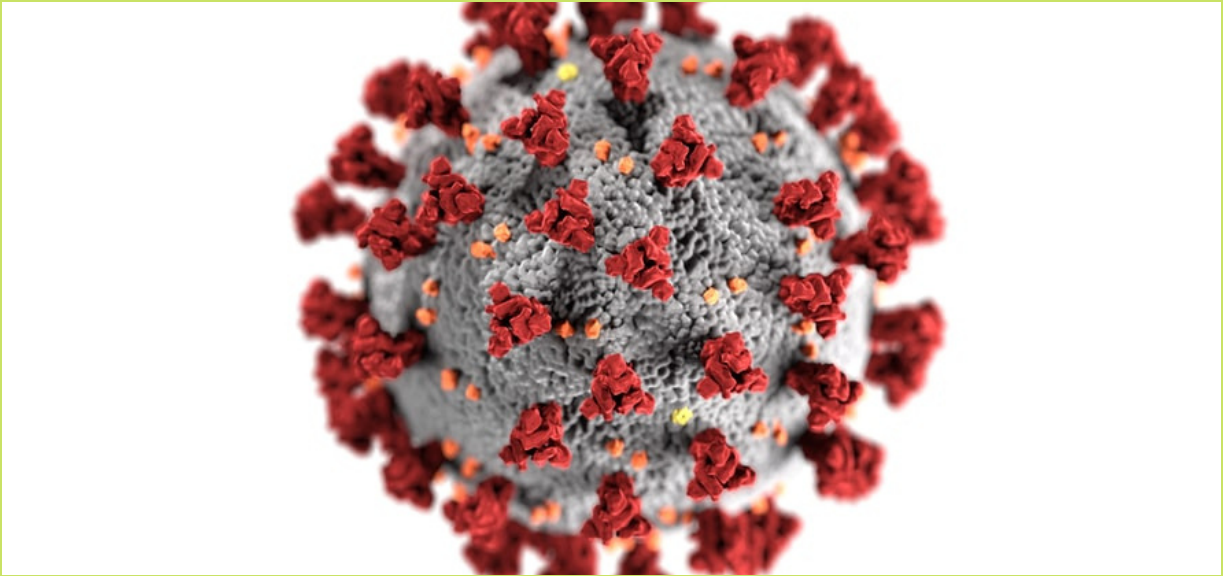
Both the virus and disease were not known prior to the December 2019 outbreak that commenced in Wuhan, China. Coronaviruses cause illness that range from a common cold to pneumonia and more serious respiratory infections such as the Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV).

COVID-19 SYMPTOMS

Some of the most common symptoms of the Coronavirus are fever, tiredness, dry cough and problems breathing. However, some people can be infected and not show any symptoms. These individuals are considered to be asymptomatic.

WHO IS AT RISK

Early reports of the disease in the United States indicated that older people and those with underlying medical conditions were at risk of contracting the disease. However, as cases spread across the U.S., the first pediatric death was reported



Above Image: Ultrastructural morphology exhibited by Coronaviruses. Spikes adorn the outer surface of the virus, which convey the look of a corona surrounding the virion, when viewed electron microscopically. Courtesy of the Centers for Disease Control and Prevention.

COVID-19 Continued

WHO IS AT RISK (continued)

in the state of Connecticut, where a seven-week-old infant reportedly succumbed to complications of COVID-19.

Clinical experts now say that older adults and people of all ages who have serious underlying medical problems like asthma, chronic lung disease, diabetes, heart problems, chronic kidney disease, and high blood pressure and those with a weakened immune system have the potential for developing severe illness from the virus. Some states have also reported a higher percentage of deaths among African Americans and Hispanics, which authorities feel is linked to co-morbidity issues and socioeconomic status.

WHEN TO SEEK MEDICAL ATTENTION

Symptoms appear 2 to 14 days after exposure. The average incubation period of COVID-19 is reportedly about 5 days. In very severe cases, patients have developed

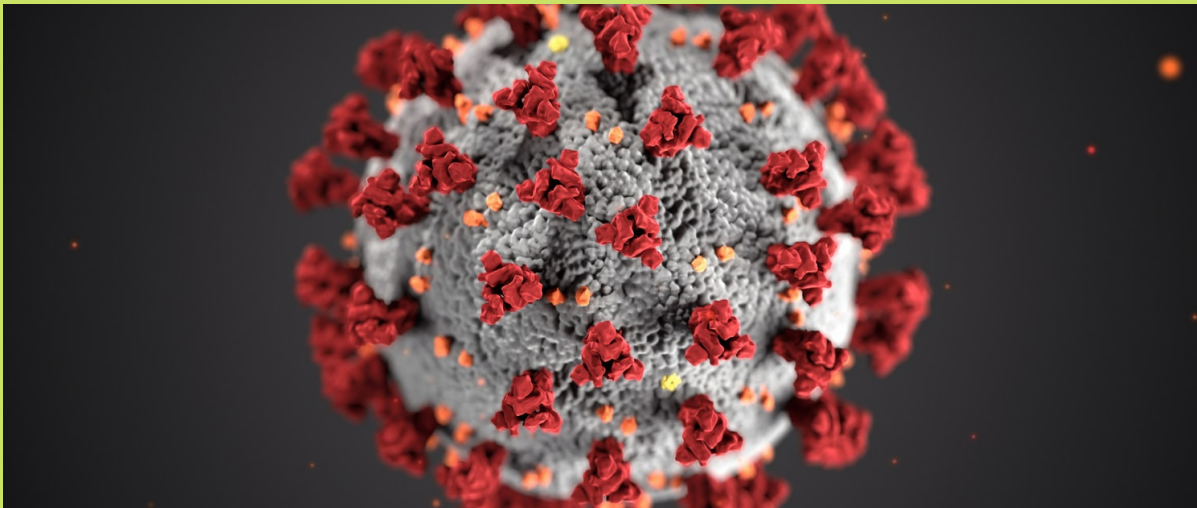
pneumonia in both lungs, and there are cases of COVID-19 that can be fatal.

CALL YOUR HEALTHCARE PROVIDER IF:

You should immediately contact your Healthcare provider if you feel sick with fever, cough or have difficulty breathing. Notify them if you have been exposed to the virus by someone who is known to have COVID-19, and if you recently traveled from an area with rampant spread of the disease.

TESTING

There are designated drive-thru testing locations in various areas. However, your healthcare provider will work with Public Health officials to determine if you need to be tested for COVID-19 and can provide information on locations.



Above Image: Ultrastructural morphology exhibited by Coronaviruses. Spikes adorn the outer surface of the virus, which convey the look of a corona surrounding the virion, when viewed electron microscopically. Courtesy of the Centers for Disease Control and Prevention.

COVID-19 Continued

TESTING (continued)

People who believe they have been exposed to COVID-19 are to call their healthcare provider before going to a provider's office, emergency department or urgent care.

HOW TO PREVENT THE SPREAD OF COVID-19

Hand-washing with soap and warm water for at least 20 seconds helps prevent spreading the virus. An alcohol based hand sanitizer is recommended if soap and water are not available. Avoid touching your nose, eyes and mouth with unwashed hands. Covering your cough or sneeze with a tissue, then discarding it in the trash, also helps to reduce spread of the disease if a person is infected. Avoiding contact with persons who have the virus is important. If you're caring for a family member in the home who has the virus, that individual should remain in quarantine, with everyone in the home following instructions provided by the Healthcare provider. Information is also provided on page 6 of this Special Report, "Procedures for Self-Quarantine."

CLEAN SURFACES

It is believed that a person can get COVID-19 by touching a contaminated object or surface, then touching their mouth nose or eyes. Routine cleaning of surfaces with bleach, or soap and water is critical.

HOW THE VIRUS IS SPREAD:

The virus is believed to spread primarily from person-to-person through respiratory droplets of an infected person who coughs, sneezes or talks. The droplets can enter the nose or mouth of persons nearby and be inhaled into the lungs.

WEARING A MASK

Wearing a mask is advised when out in public.

SOCIAL DISTANCING

Medical experts say keeping a 6 foot social distance is important in preventing spread of the disease.

Procedures for Self-Quarantine under Covid-19

Self-quarantine is recommended for individuals who have been directly exposed to the new Coronavirus or have history of travel in infected or heavily populated areas.

Stay at home.

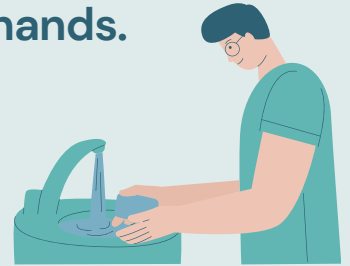
Limit all your non-essential travels.

Unless you're going out for food, medicines or other essentials.



Wash your hands.

Practice good hand hygiene by washing your hands with soap and water or using alcohol or hand sanitizer.



Check your temperature.

Check your temperature at least two times a day.



Watch for other symptoms.

Aside from fever, Covid-19 symptoms include cough, difficulty breathing, and fatigue.



Stay in a specific room.

If you're sick or suspect yourself to be sick, it's best to stay in a designated room or area away from others.

If possible, have a designated toilet and bathroom as well.



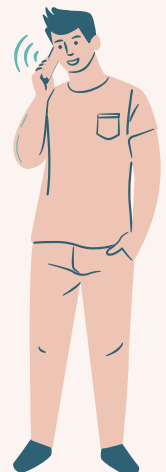
Practice social distancing.

If you need to go out, maintain at minimum a 6 foot distance from others.



Call your doctor or hospital before visiting.

If you need to seek medical attention whether for viral symptoms or other medical care reasons, contact your doctor or hospital ahead of time so they can prepare and take precautions for your arrival.



PREPARING FOR THE COVID-19 PANDEMIC



Photo Above: Dr. John Lloyd, East Point Fire Department Medical Director, provides a COVID-19 presentation to City of East Point Employees

Fire Department Hosts Coronavirus Information Sessions for East Point Employees

The Fire Department held a COVID-19 information session for City of East Point employees, prior to the virus being named a pandemic in early March. The Fire Department's Medical Director, Dr. John Lloyd, teamed with Fire Department Training Chief, Timothy Evans, to present information about the etiology of the disease and discuss how to prevent spread.

The event was part of a series of COVID-19 information sessions organized by the Fire Department in preparation for the disease entering the United States.

Handwashing 101

#StopTheSpread

Proper hygiene stops the spread of the virus.

Source:
World Health
Organization

01

Wet your hands before applying soap.



02

Bring your palms together and rub soap all over the palms and backs of your hands, including between the fingers.



03

Wash your hands for at least 20 seconds.



04

Wipe your hands with a clean towel or paper towel and avoid rubbing too vigorously.



ARE YOU FEELING DEPRESSED?

IT'S OKAY TO NOT BE OKAY.

*Call the National Suicide Prevention Lifeline at
1-800-273-TALK (8255)*

**COUNSELORS ARE AVAILABLE
ANYTIME, DAY OR NIGHT.**

Visit the website:

<https://suicidepreventionlifeline.org>



HELP IS AVAILABLE

FIGHT DOMESTIC VIOLENCE

Help end the silence. Report it if you see it.

**CALL THE NATIONAL DOMESTIC VIOLENCE HOTLINE
FREE AND CONFIDENTIAL.
CALL 1-800-799-SAFE (7233)
TTY 1-800-787-3224
CHAT THEHOTLINE.ORG**

FOR MORE INFORMATION VISIT
[HTTPS://WWW.THEHOTLINE.ORG/IS-THIS-ABUSE/](https://www.thehotline.org/is-this-abuse/)



FAO Jason Turner applied the AED pads to the patient and administered a shock as the machine advised. Firefighter Lynn continued compressions as FAO Turner and Firefighter Capers prepared to administer oxygen.

The patient was transferred to an ambulance, and Firefighter Lynn jumped in and rode with the patient during transport to Grady Hospital. Upon his return to the station, Firefighter Lynn told the crew that the patient became alert and responsive on the ride to Grady.

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*Mission focused.
Trained and ready.
This is our pledge
and commitment to
you. It's also what
drives and defines us
and sets us apart.*

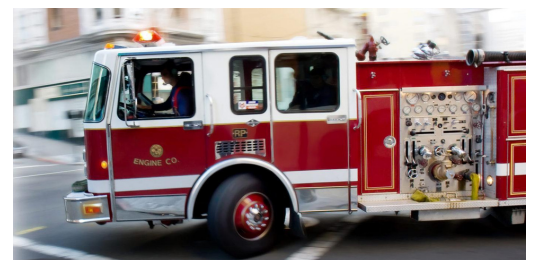
*Chief Corey Thornton
Interim Fire Chief*

THE CALL: JANUARY 31, 2020

Engine 3 had just returned to service after extinguishing a car fire on Interstate 285 when within a short time a call went out for them to respond to another incident. While en route, 911 radioed all units that a person “was down not breathing” on Camp Creek Parkway. Engine 3 being closer in proximity, radioed back, “Engine 3 en route.”

Upon arrival, the crew on Engine 3 witnessed a woman in emotional distress, frantically stating that her daughter was in the rear of the car not breathing. She explained they were at a red light when her daughter suddenly stated that she was not feeling well, before slumping over in her seat.

After a quick assessment, Firefighters discovered the 54-year-old female had no pulse and was suffering “agonal” (labored) breathing. Firefighter Coleman Lynn sprang into action, entering the vehicle from the rear to immediately begin compressions, while Firefighter Kadeem Capers grabbed the AED.



HOMESCHOOL ADVICE

Some tips for teaching your kids at home

Plan the day with your child

Even if you're following a lesson plan, it's good to brainstorm with your child about their day ahead.

Give them options. Ask them what they feel about doing tasks in certain ways. Give them time to adjust to the schedule.

Involve the family

Homeschooling involves integrating your child's educational schedule with your family's regular routine.

Have a chat with your family and know what their expectations are with the home school setup—and what is expected of them.

Keep in touch with teachers

Ask the teacher if you have to strictly follow the curriculum given, or if you have the freedom to adjust the schedule.

Teachers can also give you tips on how to effectively facilitate your kids' learning. They can also get you in touch with other parents.

Use free resources

The school will provide the lessons, but you can also make use of other resources like worksheets available online to support or expand it.

Take breaks

It's a simple advice - and you can't underestimate the power of breaks.

Add it to your schedule and make it fun—or be spontaneous and flexible and take it when you can.

Be flexible

Learning from can be difficult, new, and frustrating.

Facilitate your child's study schedule closely, but be flexible to change it up based on your child's learning tendencies and emotional state at the time.



Know the **COVID-19** **SYMPTOMS**

The following symptoms may appear 2-14 days after exposure:

- Fever
- Cough
- Shortness of Breath

Seek medical advice if:

- You develop worsening symptoms
- You have been in close contact with a person known to have COVID-19
- You live in or have recently been in an area with ongoing spread of COVID-19



FOR MORE INFORMATION, VISIT [CDC.GOV](https://www.cdc.gov)



Photo (left to right): Chief Charles Kendrick, AT&T Store Manger Kevin Watson, AT&T Principal Solutions Consultant Felicia Edwards, East Point Fire Logistics Specialist Sidney Gooden, East Point Fire Interim Fire Chief Corey Thornton

CONNECTIVITY DURING TIMES OF CRISIS

When emergencies happen, time is critical and so is the ability to communicate. This was proven with the terrorists' attacks of September 11th. The events that day also unveiled significant problems with systems of communications relied upon by First Responders.

According to the 9/11 Commission, radio systems utilized by fire, police and EMS agents, did not operate well across agencies, and the surge in call volume overwhelmed land and mobile devices. The Commission recommended the development of an interoperable, broad

communications platform, dedicated to Public Safety. The result was the creation of FirstNet, a high-speed, nationwide wireless broadband network built by AT&T that's devoted to fire, police and EMS providers.

Recently, members of the East Point Fire Department met with representatives of AT&T to discuss FirstNet services. Since that time, some Fire personnel have acquired the service for their personal cellphone usage. In some circles, FirstNet is described as the HOV lane of mobile service, which Chief Thornton says is

When emergencies happen, time is critical and so is the ability to communicate

"Being connected is critical for all Public Responders during an incident ..."



City of East Point Fire Department

Connectivity During Times of Crisis (continued)

invaluable during times of emergency. "Being connected is critical for all Public Responders during an incident, and having the ability to make certain our families are safe is also a top priority," Chief Thornton said. "To have a guaranteed communication line that is up and running when other cellular networks are or may be down can make the difference in response times and even in saving lives when seconds matter," the Fire Chief said.

FirstNet is available for eligible public safety organizations, individual First Responders and their family members. To find out more, visit www.firstnet.com



THANK YOU!



During times of emergency we have witnessed the strength of our nation through individuals and companies that have stepped forward to extend a helping hand when there was great need. The same has occurred during this time of COVID-19, when we have seen across the United States people applauding Healthcare workers, and performing random acts of kindness in varying degrees.

There has been no exception here in East Point, with companies voluntarily rushing to the frontline to provide N-95 masks, goggles, gowns, Clorox Wipes and disinfectants to our department.

On behalf of the men and women of the City of East Point Fire Department, I thank the following East Point companies:

Brenntag Mid-South, Incorporated

PPG Industries, Incorporated

The Clorox Company

and

The Clean Control Corporation in Warner Robins, GA.

Their provision of the essential items named, has helped our personnel to prevent further spread of the Coronavirus, and work toward changing the course of this viral pandemic. For this we are extremely grateful. Together we will get through this.

Chief Corey Thornton
City of East Point Fire Department



Photo Credit: Atlanta Journal
Constitution Newspaper



Photo Credit: Los Angeles Daily Newspaper



Photo Credit: Seattle Times
Newspaper

IMPORTANT WEBSITES

Visit the following websites to stay up to date on news and information about COVID-19, as well as services and resources available.

If you are viewing this page online, hover your mouse over the web address listed below, then click to go directly to the site.

- The United States President's Coronavirus Guidelines for America:
https://www.whitehouse.gov/wp-content/uploads/2020/03/03.16.20_coronavirus-guidance_8.5x11_315PM.pdf
- The White House Coronavirus Task Force:
<https://www.coronavirus.gov/>
- Find Answers About the Coronavirus:
<https://faq.coronavirus.gov/>
- City of East Point COVID-19 Information & Resources:
<https://www.eastpointcity.org/covid-19/>
- Centers for Disease Control and Prevention COVID-19:
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Centers for Disease Control and Prevention COVID-19: (Communities, Schools, Workplaces, Events)
<https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>
- QUICK FACT SHEET by CDC on COVID-19:
<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>
- Georgia Department of Public Health on COVID-19:
<https://dph.georgia.gov/novelcoronavirus>
- National Suicide Prevention Lifeline:
<https://suicidepreventionlifeline.org/>
- National Domestic Violence Hotline:
<https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/>
- Partnership Against Domestic Violence:
<https://padv.org/>
- The Atlanta Community Foodbank:
<https://acfb.org/>

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REGARDING COVID-19

**REMEMBER,
TOGETHER WE
WILL GET
THROUGH
THIS.**

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The City of East Point Fire Department