

IN CASE OF FIRE, GET OUT, THEN CALL 911

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Take an over-the-counter oral antihistamine to ease itching, swelling, and hives. Don't give this medication to children under 2 years old or to pregnant women unless your doctor says it's OK.

Treatment if You're Allergic

If you have a severe allergic sting reaction, you'll need epinephrine, which you can inject yourself before you call 911. Usually, this shot will stop a more severe allergic reaction from happening. You'll still need emergency medical care though, even if the symptoms seem to stop. You may need to stay overnight at the hospital. If you've ever had allergic reactions to an insect sting, carry epinephrine with you wherever you go.

What Are Epinephrine Kits?

These let you give yourself medicine (epinephrine) right away if you're stung, before you get to a doctor for treatment. The most common brand is an EpiPen. You should still see a doctor ASAP after being stung. You'll need a prescription from your doctor to buy one of these kits. Carry two with you at all times. In order to prevent drug interactions, tell your doctor about any medicine you take.

How Can I Prevent an Allergic Reaction?

Allergy shots may help, this is a similar process to treating seasonal allergy symptoms. They're about 97% effective. Over a series of doctor visits, you'll get gradually increasing doses of venom to train your immune system to resist to a future allergic reaction.

When your doctor is not the person to call

Any time your allergies become unmanageable with the medications and treatments listed above and severe wheezing, swelling of the lips or tongue or difficulty breathing occur call 911.

If the signs and symptoms that you experience worsen to the benchmarks underlined above, your doctor will tell you to hang up and call 911. This situation is referred to as an anaphylactic reaction and can progress to full blown Anaphylaxis. The latter is a true-life threatening event. If you have a history of this type of allergic reaction your doctor should have written a prescription for an Epi pen. Use it and call 911. If this is your first time experiencing a strong reaction as described above, do not hesitate to call 911.

In Emergency,
Call 9-1-1
All other inquiries,
call (314) 514-0900



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SPRING 2019

MONARCH

FIRE PROTECTION DISTRICT

INTEGRITY • ACCOUNTABILITY • RESPONSIBILITY

MEMORIAL DAY

Memorial Day is here once again. For many Americans that means barbeques, baseball, swimming pools, golf and parties. After the federal law changing the date to a Monday in May took effect (1971), too many of us have forgotten why we recognize Memorial Day.

Memorial Day is the day Americans have set aside to honor military personnel who gave their lives while serving in defense of our nation. Someone once said, "A veteran is someone who, at some point, wrote a blank check made payable to the United States of America for an amount up to and including their life". On Memorial Day we recognize those who paid that ultimate price.

The tradition was begun as early as 1864 in the southern states to recognize Civil War soldiers who had died, from both the Union and Confederacy. However, May 30, 1868 is the officially recognized beginning of Memorial Day. It was begun by General Logan who promoted "Decoration Day" to visit and place flowers upon the graves of the Civil War dead. He gave credit for the idea to his wife. The idea spread and, shortly after WWI, the entire nation began recognizing Memorial Day together. By then, Memorial Day honored all members of the U.S. military who died in war.

Memorial Day should not be confused with other federal holidays. We celebrate Veteran's Day (originally Armistice Day for the cease fire ending WWI) to honor all U.S. veterans for their service. Memorial Day is the time every one, including veterans, honor our fallen.

This Memorial Day, as you fire up the grill and get ready to swim, golf or go to a baseball game, make sure you take a few minutes to remember those who paid dearly to give us the freedoms we enjoy in the United States.

FROM YOUR BOARD OF DIRECTORS

You likely know the Monarch Fire Protection District as our five stations you pass by frequently or as the paramedics/firefighters who respond to emergency calls in your neighborhood. But did you know there is an entirely separate division of the Fire District charged with fire prevention, investigation and education? The Fire Prevention Bureau, headed by Fire Marshal Roger Herin, is charged with preventing fires from occurring. This is achieved by reviewing construction plans, inspecting construction and regularly inspecting businesses in an effort to be proactive in keeping fires from starting or spreading. The Fire Prevention Bureau uses an extensive set of national standards for fire prevention called "codes" to guide them in their efforts to create as safe of an environment as is reasonably possible to protect life and property. When a fire does occur, the Fire Prevention Bureau conducts an extensive investigation into the cause, many times in concert with law enforcement, to determine the cause. Finally, the Fire Prevention Bureau is charged with educating residents, especially children, about fire safety and what to do if an emergency takes place. The Board is in the process of awarding a contract for the purchase of a new "Safety House" that residents can use to learn and experience what they should do in the event of a fire or similar emergency. This training tool will be able to travel to schools and businesses as needed. The Board salutes the Fire Prevention Bureau for the excellent job they do in making us all safe.

ISO RATING MILESTONE

The Board of Directors and Chief Spiegel are pleased to announce that the District's Insurance Standards Office rating has improved dramatically from the longtime rating of 4 to a new rating of 2* (this is on a 10-point scale with a 1 being the highest and 10 being the lowest). To put this in perspective, the rating of 2 puts Monarch in the top 5% ranking nationally out of 41,159 departments that are rated.

What does this mean for our residents and especially our businesses? This rating is used by many insurance companies to determine risk and set premiums. In other words, fire districts and departments with better ratings, like Monarch, should experience reductions in property insurance.

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REPLACE SMOKE ALARMS OLDER THAN 10 YEARS

ISO RATING MILESTONE ... *(continued from page 1)*

This achievement is also significant because it validates the commitment your Board, Chief Officers and rank and file have dedicated to making this happen. Many factors go into this rating, including evaluating training, number and age of fire trucks, 911 dispatch operations (which Monarch partially owns), supervision and planning. Board President Gans, the longest serving member of the Board, commented, “We have been working on improving to a rating of 3 since I came on the Board in 1998, and this improvement to a rating of 2 is spectacular for our staff and for the residents and businesses the Board represents” Details about this process are available from the District by contacting Deputy Chief of Operations Long.

**= the rating of 2 covers 99.95% of the District with the balance being the areas that are more than five miles from a fire station.*

FROM THE CHIEF'S DESK

It is with great pleasure that I announce the promotions of Deputy Chief Bill Long (left) and Battalion Chief Russ Adams (right), effective February of 2019.

Deputy Chief Long comes from a Public Service background as his father, Tom Long, is the former Chief of the St. Louis Fire Department. DC Long started his career with the Fire District in August of 1988. He was promoted to Engineer in 1999, Captain in 2000, Battalion Chief in 2012, and Deputy Chief in 2019. Chief Long is a Missouri Division of Fire Safety Certified Fire Officer II and Instructor II and he holds an Associate Degree in Fire Protection Technology. DC Long is a tactical Emergency Scene Manager and he is a great fit as Deputy Chief of Operations.



Battalion Chief Adams has worked in emergency services for more than 35 years, but he started as a Firefighter/Paramedic in 1987 with the Robertson Fire Protection District. In 1990 he was hired by the Chesterfield Fire District, now Monarch Fire District. Battalion Chief Adams has come through the ranks as a promoted Engineer, Captain, and most current, Battalion Chief. Russ brings an impressive resume as a Command Officer, he is an accomplished Fire and EMS instructor, and he is an active member of USAR-3 (Urban Search and Rescue Team). BC Adams is currently working to complete his Bachelor Degree in Fire Service Management.

Take the time to say hello when you see these gentlemen in our community; they welcome the opportunity to visit, answer questions, and share the mission and vision of the Monarch Fire Protection District.

WHEN FLOODED, TURN AROUND DON'T DROWN

From 2015 through 2018, 34 of Missouri's 39 flooding deaths – 87 percent – were people who had been in vehicles. In 2015, alone, flooding killed 27 people in Missouri, more than the previous seven years combined and the highest total since 1993. Twenty-three of the 27 people who died had been in motor vehicles. Flash flooding is the leading cause of flooding deaths and historically more than half of the people killed by flooding were in motor vehicles.

Flooding is the leading cause of severe weather-related deaths in the U.S. claiming on average nearly 100 lives a year. Most of these deaths occur in motor vehicles when people attempt to drive through flooded roadways. Many other lives are lost when people walk into or near flood waters. This happens because people underestimate the force and power of water, especially when it's moving. The good news is it is preventable with the right knowledge and tools.

A mere six inches of fast-moving flood water can knock over an adult. And it only takes 12 to 18 inches of flowing water to carry away most vehicles including large SUVs. If you come to an area that is covered with water, you will likely not know the depth of the water or the condition of the ground under the water. This is especially true at night, when your vision is more limited. Play it smart, play it safe. Whether driving or walking, any time you come to a flooded road, follow this simple advice: Turn Around Don't Drown.

Here are a few more tips to keep you safe during flooding:

- Always plan ahead and know the risks before flooding happens. Monitor NOAA's All-Hazards Radio, or your favorite news source for vital weather-related information before, during and even after a disaster.
- If flooding is expected or is occurring, get to higher ground FAST! Leave typical flood areas such as ditches, ravines, dips or low spots, and canyons.
- Avoid areas already flooded, especially if the water is flowing fast. Do not attempt to cross flowing streams. Turn Around Don't Drown.
- NEVER drive through flooded roadways. Road beds may be washed out under flood waters. Turn Around Don't Drown.
- Do not camp or park your vehicle along streams and washes, particularly during threatening conditions.
- Be especially cautious at night when it is harder to recognize flood dangers.
- Never cross any barriers that are put in place by local emergency officials. Not only is this dangerous, but many states and communities levy steep fines for people that ignore barricades or other road closure indications.
- Play it safe, Turn Around Don't Drown.

Visit [noaa.gov](https://www.noaa.gov) for more Turn Around Don't Drown resources and visit www.weather.gov for the latest weather forecast information.

TEST SMOKE ALARMS MONTHLY

APRIL SHOWERS BRING MAY FLOWERS...AND POLLEN

If you're one of the millions of people who have seasonal allergies, it also means sneezing, congestion, a runny nose and other bothersome symptoms. Seasonal allergies — also called hay fever and allergic rhinitis — can make you miserable. But before you settle for plastic flowers and artificial turf, try these simple strategies to keep seasonal allergies under control.

Reduce your exposure to allergy triggers

- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- Delegate lawn mowing.
- Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.
- Don't hang laundry outside.
- Wear a pollen mask if you do outside chores.

Take extra steps when pollen counts are high

Seasonal allergy signs and symptoms can flare up when there's a lot of pollen in the air. These steps can help you reduce your exposure:

- Check your local TV or radio station, your local newspaper, or the Internet for pollen forecasts and current pollen levels.
- If high pollen counts are forecasted, start taking allergy medications before your symptoms start.
- Close doors and windows at night or any other time when pollen counts are high.
- Avoid outdoor activity in the early morning when pollen counts are highest.

Keep indoor air clean

There's no miracle product that can eliminate all allergens from the air in your home, but these suggestions may help:

- Use the air conditioning in your house and car.

Try an over-the-counter remedy

Several types of nonprescription medications can help ease allergy symptoms. They include:

- **Oral antihistamines:** Antihistamines can help relieve sneezing, itching, a runny nose and watery eyes. Examples of oral antihistamines include Claritin, Xyzol, Zyrtec Allergy and Allegra. Some allergy medications combine an antihistamine with a decongestant. Examples include Claritin-D and Allegra-D.
- **Nasal spray:** Cromolyn sodium nasal spray can ease allergy symptoms and doesn't have serious side effects, though it's most effective when you begin using it before your symptoms start.

When home remedies aren't enough, see your doctor

For many people, avoiding allergens and taking over-the-counter medications is enough to ease symptoms. But if your seasonal allergies are still bothersome, don't give up. A number of other treatments are available. If you have bad seasonal allergies, your doctor may recommend that you have skin tests or blood tests to find out exactly what allergens trigger your symptoms. Testing can help determine what steps you need to take to avoid your specific triggers and identify which treatments are likely to work best for you. For some people, allergy shots (allergen immunotherapy) can be a good option.

If you get stung by a bee, wasp, yellow jacket, hornet, or fire ant, would you know if you had an allergic reaction? Those are the insect stings that most often trigger allergies. Most people aren't allergic. By knowing the difference, you can decide if you need to see a doctor.

3 Types of Reactions

The severity of symptoms from a sting varies from person to person. But in general:

A normal reaction sets off pain, swelling, and redness around the sting site.

A large local reaction causes swelling that extends beyond the sting site. For example, a person stung on the ankle may have swelling of the entire leg. While it often looks alarming, it's usually no more serious than a normal reaction. Large local reactions peak at about 48 hours and then gradually get better over 5 to 10 days. The most serious reaction is an allergic one. You'll need to get it treated right away.

What Are the Symptoms of an Insect Sting Allergy?

A mild allergic reaction may cause one or more of these symptoms at the site of the sting:

- Pain
- Mild to moderate swelling
- Redness
- Warmth
- Pimple-like spots
- Itching

Severe allergic reactions (also called an anaphylactic reaction) are not that common. But when they happen, they're emergencies. Seek emergency treatment as soon as possible.

How Common Are Insect Sting Allergies?

About 2 million Americans have allergies to the venom of stinging bugs. Many of these people are at risk for life-threatening allergic reactions.

Treatment if You're Not Allergic

First, if you're stung on the hand, remove any rings from your fingers immediately.

If stung by a bee, the bee usually leaves a sac of venom and a stinger in your skin. Remove the stinger within 30 seconds to avoid receiving more venom. Gently scrape the sac and stinger out with a fingernail or a stiff-edged object like a credit card. Don't squeeze the sac or pull on the stinger, or more venom will get into you. Wash the stung area with soap and water, then apply an antiseptic. Apply a soothing ointment, like a hydrocortisone cream or calamine lotion, and cover the area with a dry, sterile bandage. If swelling is a problem, apply an ice pack or cold compress to the area.

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