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EMS



Bulletin

Office of Emergency Medical Services (OEMS)
Virginia Department of Health (VDH)
Summer 2018

Virginia EMS Symposium Registration Opens This Summer!

Save the date for the 39th Annual Virginia EMS Symposium, Nov. 7 - 11, at the Norfolk Waterside Marriott in Norfolk, Va.

The largest EMS training event in the state, and one of the largest in the country, the Virginia EMS Symposium is a five-day event that offers more than 350 classes and 13 course tracks to help providers fulfill their continuing education needs.

Course topics range from lecture-style classes to hands-on training in trauma, medical, cardiac, pediatric, operations, health and safety and more. These classes are also applicable for nurses and physicians.

The Annual Governor's EMS Awards will be presented, Saturday, Nov. 10 at the Virginia EMS Symposium. Nominees from the 11 Regional EMS Councils will be recognized for their outstanding achievements and contributions to the EMS System. Winners of the regional awards will vie for a chance

to receive the 2018 Governor's EMS Award, which is comprised of 11 award categories and one \$5,000 scholarship for a high school senior.

See page 11 of this bulletin to learn more about the EMS for Children Program awarding 30 free Virginia EMS Symposium registrations.



Become a sponsor of the Virginia EMS Symposium and help to provide an "Education for Life." In order to make this program successful and to keep costs low for our EMS providers, we need your support! Learn more about the various sponsorship opportunities that are available at any budget level by visiting:
<http://www.vdh.virginia.gov/content/uploads/sites/23/2018/06/2018-EMS-Education-Sponsorship-Packet.pdf>

Registration for the Annual Virginia EMS Symposium opens online this summer. To learn more about the Virginia EMS Symposium, visit: <http://www.vdh.virginia.gov/emergency-medical-services/ems-symposium/>.

Electronic Certification Card

By: Billy Fritz, BLS Training Programs Coordinator



Coming soon, you will be able to print an electronic version of your Virginia EMS certification card directly from your portal, thus eliminating the need to call the Virginia Office of EMS to request a duplicate card.

This will significantly decrease the

time it takes for you to obtain your certification card, whether it is a new certification, recertification or simply the need to replace your card because it went through the wash. The initial rollout will be for EMS provider cards (EMR, EMT, AEMT, I99, and Paramedic.)

To verify the status of a provider who presents an electronic certification card, or one generated by the office, go to the Virginia Office of EMS website at: www.vdh.virginia.gov/emergency-medical-services, and select Educational Development from the left side menu. On the Educational Development webpage, under “Quick Links” select provider search.

This will pull, in real time, the current status of the provider. A history of the provider’s EMS certification is obtained by clicking on the provider’s last name. If the name does not appear, the provider holds no EMS certification.

After initiation of the new electronic card, the office will discontinue printing certification cards on a routine basis. If needed, a system will be established to accomplish any request received. The launch for the electronic certification card is scheduled for this year.

If you have any questions or concerns, please contact Billy Fritz, BLS training programs coordinator, at billy.fritz@vdh.virginia.gov or 804-888-9120.

Child Restraint Systems Available

By: David Edwards, Pediatric Emergency Care Coordinator, Virginia EMS for Children Coordinator

The ACR-4 Child Restraint Systems, which were purchased with EMS for Children (EMSC) grant funding are now available. The Virginia EMSC Program is developing a list by which to prioritize their distribution to eligible ground ambulances.

The ACR-4 base attaches to an ambulance stretcher and the appropriate color-coded companion harness attaches to a pediatric patient being transported, in order to provide safe restraint while still being able to access the patient.

The system covers a range of children from 4-99 pounds, as indicated below:

- Extra Small (ES) = 2-5 kg (4-11 lbs)
- Small (S) = 5-12 kg (11-26 lbs)
- Medium (M) = 10-25 kg (22-55 lbs)
- Large (L) = 20-45 kg (44-99 lbs)

This project is supported by funds from the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number: H33MC07871 (EMSC State Partnership Grant). No en-



dorsement of the products purchased should be inferred by HRSA, HHS or the U.S. Government.

State Health Commissioner Appointed

By: Virginia Department of Health

Dr. M. Norman Oliver has been recently appointed State Health Commissioner at the Virginia Department of Health.



Pictured above: M. Norman Oliver, MD, MA
State Health Commissioner

Prior to this appointment, Dr. Oliver had served as Acting State Health Commissioner, and before that as the Deputy Commissioner for Population Health at the Virginia Department of Health. Before accepting the Deputy Commissioner position, Dr. Oliver was the Walter M. Seward Professor and Chair of the Department of Family Medicine at the University of Virginia School of Medicine. As Chair, Dr. Oliver helped lead the transformation of the Department's clinic sites into patient-centered practices focused on population health. In his role as the Deputy Commissioner for Population Health, Dr. Oliver worked with others in the health department, other state agencies, and health care systems across the state to improve

the health and well-being of all citizens of the commonwealth. He remains committed to a cross-agency and multi-sector approach to implementing population health initiatives.

Improving population health requires addressing the health-related social needs of all Virginians, including the commonwealth's most vulnerable communities. Dr. Oliver has a long record of accomplishments, studying health inequities, particularly as it affects racial and ethnic minorities, which has been the focus of his research. Most recently, his research interests lie in the area of improving our understanding of the role of racial discrimination, bias and prejudice in establishing and maintaining these health inequities, and the understanding of the interplay between race and socioeconomic position in these disparities. Improving our understanding of racial and ethnic health disparities, and developing effective interventions to reduce or eliminate them are major goals of the health department.

Dr. Oliver attended medical school at Case Western Reserve University, where he also obtained his Masters degree in medical anthropology. He trained in family medicine at Case, and he then practiced broad-spectrum family medicine in rural Alaska for two years before joining the University of Virginia Department of Family Medicine in 1998.

EMSAT SCHEDULE

July 18-19 Infection Control Update 2018

Cat. 1 BLS Area 14, Cat. 1 ALS Area

Aug. 15 Scenario-Based Application of Pulse Oximetry and End Tidal CO₂

Cat. 1 BLS Area 11, Cat. 1 ALS Area 16

Sept. 19 "Unite the Right Rally": Preparation, Response and Lessons Learned in Charlottesville

Cat. 1 BLS Area 15, Cat. 1 ALS Area 20

Oct. 17 Dealing with Dementia, Delirium and Depression

Cat. 1 BLS Area 14, Cat. 1 ALS Area 19

Nov. 21 Using Splints to Treat Orthopedic Trauma

Cat. 1 BLS Area 13, Cat. 1 ALS Area 18

Dec. 19 Securing Pediatric Patients During Transport

Cat. 1 BLS Area 15, Cat. 1 ALS Area 20

You can receive Continuing Education (CE) credits for viewing EMSAT courses at approved sites in Virginia or online. For more information, call 804-888-9120 or visit www.vdh.virginia.gov/emergency-medical-services/education-certification/emsat-schedule/.

To view EMSAT webcasts, visit: <http://unreal.whro.org/oems/>.

Hurricane Safety

By: Virginia Department of Health

Make sure you have a hurricane plan in place! It's officially hurricane season, which began June 1, 2018 and continues through Nov. 30, 2018. Colorado State University hurricane researchers are predicting a slightly above-average Atlantic hurricane season in 2018, citing the relatively low likelihood of a significant El Niño as a primary factor. The 2018 Atlantic hurricane season will be significantly more active than the overall averages from 1950 to the present, according to researchers at North Carolina State University.

Here are several steps you can take to keep yourself and your loved ones safe this hurricane season.

- Have an emergency kit prepared with supplies for your home and vehicle.
- Download the Ready Virginia mobile app to receive alerts and use a NOAA weather radio to stay informed.
- Know Your Zone. Evacuation zones designated A through D are in place across coastal Virginia. In the event of a storm or other emergency, residents of one or more zones may be directed to evacuate, depending on tides, storm intensity, path and other factors.

Understand Weather Terminology

Hurricanes are classified into five categories based on the predicted wind speed and the potential to

cause damage:

Category One - Winds 74-95 mph
 Category Two - Winds 96-110 mph
 Category Three - Winds 111-129 mph
 Category Four - Winds 130-156 mph
 Category Five - Winds more than 157 mph

During hurricane season, storms may be tracked using the following link: <http://www.nhc.noaa.gov/>.

and waves continue, even though winds may be less than hurricane force.

Hurricane Watch: A hurricane watch is issued when storm conditions appear possible in the warning area within the next 48 hours. The hurricane watch is issued 48 hours in advance of the anticipated onset of tropical storm force winds.

MAKE A HURRICANE PLAN.



Before a Hurricane

Check the contents of the emergency supply kits in your car and home and replace items that may have expired. If you do not have an emergency kit, a supply checklist with basic items that every supply kit should include is available for download at: <http://www.vdh.virginia.gov/content/uploads/sites/6/2016/01/Disaster-Checklist-1.pdf>.

Reduce Outdoor Hazards

Debris, such as signs, roofing material, siding and small

items left outside, can cause injury and damage property due to strong winds from a hurricane. Before the storm be sure to:

- Bring in lawn furniture, garbage and recycling carts and other items that are not tied down and could become airborne.
- Have trees and shrubs professionally pruned before a hurricane approaches to reduce the risk of flying debris during a storm.

Hurricane Warning: A hurricane warning is issued when a hurricane with sustained winds of 74 mph or higher is expected. Because hurricane preparedness activities become difficult once winds reach tropical storm force, the warning is issued 36 hours in advance of the anticipated onset of tropical storm force winds. The warning can remain in effect when dangerously high water or a combination of dangerously high water

Hurricane Safety Continued

By: Virginia Department of Health

Make an Evacuation Plan

Before a hurricane, it is important to know the evacuation routes in your area should you need to leave due to flooding or a storm surge. Discuss your evacuation plan with your loved ones, especially if you are in a low-lying area or within the greatest potential path of the storm. Find out if you live in an area that may be prone to flooding due to storm surge: <http://www.vaemergency.gov/prepare-recover/threats/hurricane-storm-surge-maps/>.

Mandatory Evacuation Order: Imminent threat to life and property exists. Individuals **MUST** relocate and seek refuge in an inland, non-evacuation area.

Voluntary Evacuation Order: A threat to life and property may be imminent. Evacuation not required, but would be advantageous, particularly for tourists, elderly and those with special needs.

If a hurricane warning is issued for your area or you are directed to evacuate the area:

- Take only essential items with you.
- If you have time, turn off the gas, electricity and water.
- Disconnect appliances to reduce the likelihood of electrical shock when power is restored.
- Make sure your automobile's emergency kit is ready.
- Follow the designated evacuation routes—others may be blocked—and expect heavy traffic.

During a Hurricane

During the storm, stay indoors during the hurricane and away from windows and glass doors. Because of the strong winds associated with a hurricane, flying debris and falling trees are possible. Seek shelter in an interior area of your home and refrain from going outside; winds often pick up strength as the eye of the storm passes.

Other tips for staying safe during a hurricane:

- Continue to monitor the radio or TV for updates.
- Stay inside and away from windows, skylights and glass doors. Find a safe area in your home (an interior room, a closet or bathroom on the lower level.)
- Ensure a supply of water for sanitary purposes, such as cleaning and flushing toilets. Fill the bathtub and other larger containers with water.
- If you lose power, turn off major appliances such as the air conditioner and water heater to reduce damage.
- Do not go outside.

After a Hurricane

Many injuries occur in the aftermath of a hurricane.

- Discard any refrigerated food that you suspect has spoiled.
- Stay out of impacted areas; do not sightsee.
- Do not operate charcoal grills, propane camping stoves or generators indoors.
- Do not drive or walk through standing water.

- Stay away from downed power lines.

Food Safety

It is important to take careful precautions to ensure food safety after a power outage. Discard any food that has been at room temperature for two hours or more, and any food that has an unusual odor, color or texture. Just remember, "When in doubt, throw it out!" Learn more at: <http://www.vdh.virginia.gov/news/public-relations-contacts/severe-weather-preparedness/food-safety/>.

Carbon Monoxide

Carbon monoxide is an odorless, colorless gas that is poisonous to breathe. Deadly levels of carbon monoxide can quickly build up when the exhaust from grills or generators is not properly vented. The gas emitted by these sources can linger for hours, even after the generator or grill has shut off. Operate all gasoline-powered devices such as generators outdoors and never bring them indoors.

Learn more hurricane safety tips at: <http://www.vdh.virginia.gov/news/public-relations-contacts/severe-weather-preparedness/hurricane-safety/>

Flood water safety: <http://www.vdh.virginia.gov/news/public-relations-contacts/severe-weather-preparedness/flood-water-safety/>

Meet Our New Staff Members

The Virginia Office of EMS (OEMS) is pleased to introduce you to the following new team members who recently joined our office.

Regulation and Compliance Manager, Division of Regulation and Compliance



Ron Passmore is the Regulation and Compliance Manager for the OEMS. Previously, Ron was the Chief of EMS at Galax-Grayson Emergency Medical Services, where he had worked for the past 10 years. He has been a paramedic since 1987, and originally attended the paramedic program in Winter Haven, Florida.

Since 2011, Ron has served as lead faculty for the EMT to Paramedic courses, which are under the paramedic program at the Southwest Virginia Community College Galax campus. Additionally, Ron has served on the State EMS Advisory Board, Executive Committee of the State EMS Advisory Board and numerous committees, including

serving as Chair of the Training and Certification Committee.

Ron will bring many years of experience to the Regulation and Compliance Division, not only through his expertise in EMS but also in Cardio-Pulmonary Perfusion and business management.

Ron is very enthusiastic about this new challenge and looks forward to working with EMS agencies and personnel across the Commonwealth. He will be a great addition to the dedicated and talented staff at OEMS and we look forward to working with him. Ron started working at OEMS April 25, 2018.

Human Resource Analyst

Keith Roberts is the OEMS Human Resource (HR) Analyst and comes to OEMS with more than 11 years of experience working with the Commonwealth of Virginia. Previously, he was employed with the Indigent Defense Commission, where he served as Office Manager for the Richmond Public Defender's Office. During his tenure there, he received his undergraduate degree in Business Administration from the University of Phoenix. He is currently working towards his Master of Science in Human Resource Development, which he plans to complete by this coming October. Keith is extremely experienced in organizing and collaborating with colleagues and other staff in order to tackle various projects. In his free time, he enjoys traveling and spending time with family and close friends. He is very excited to be on board at OEMS and we are happy to

welcome him to our team and look forward to working with him. Keith started working at OEMS March 25, 2018.

Basic Life Support Training Programs Coordinator, Division of Educational Development



William "Billy" Fritz assumed the role of Basic Life Support (BLS) Training Programs Coordinator at the OEMS. Billy has a strong background and knowledge in the EMS field and education. He comes to our office from Prince William County Fire and EMS where he was the EMS Education Program Director. His background includes working with electronic media, which will help advance the OEMS' integration with technology. Billy's previous experience includes being a volunteer and career EMS provider, a director of a nationally accredited EMS education program and operating within a number of state EMS systems. We are excited to welcome Billy to our team. Billy started working at OEMS March 12, 2018.

Meet Our New Staff Members Continued

New Division of Community Health and Technical Resources



The OEMS is excited to announce the creation of a new division, Community Health and Technical Resources.

The manager of this new division is Tim Perkins. Prior to accepting this position, Tim worked for OEMS as the EMS Systems Planner, since 2006 and he brings his own unique perspective, knowledge and experience to the division. Tim began his new responsibilities beginning in March and recruitment for the EMS Systems Planner position is underway.

Health care is rapidly transitioning from traditional fee-for-service models to patient-centered, value-driven and outcomes-based delivery systems. EMS is uniquely positioned to support our nation's health care transformation by filling the gaps in local health care and community services with 24/7 medical resources that improve the patient care experi-

ence, improves population health and reduces health care expenditures.

This division is tasked with addressing many of the important topics that the EMS system is facing, not only in Virginia, but also across the country, including:

- Mobile integrated health care/Community Paramedicine
- Disease management and preventative health care services
- Identification of underserved populations and gaps in access to health care
- Fostering strategic partnerships and collaboration between EMS agencies, health care professionals and communities to advance population-based initiatives that will improve health outcomes
- Technical Assistance liaison and subject matter expert
- Studying and analyzing EMS workforce trends, developing recruitment and retention strategies and facilitating EMS agency resiliency and succession planning
- EMS agency leadership and management

Visit the OEMS website for updates as the new division and its programs and projects take shape: <http://www.vdh.virginia.gov/emergency-medical-services/>.

To learn more about current vacancies at the OEMS, visit: <http://www.vdh.virginia.gov/emergency-medical-services/careers-vdh-office-of-emergency-medical-services/>.

New EMS Scholarship Program

There are major changes taking place with the EMS Scholarship Program. The current scholarship application session has closed. Those who have submitted signed contracts will still have their applications processed.

For more information on the status of those who have submitted signed contracts no later than May 31, 2018, please contact incentiveprograms@vdh.virginia.gov at the Office of Health Equity (OHE) for assistance.

The new process for the EMS Scholarship Program is scheduled to open late summer 2018. Learn more at: <http://www.vdh.virginia.gov/emergency-medical-services/education-certification/ems-scholarship/>.

If you have any questions about the new process, please email Division of Educational Development Manager Warren Short or call at 804-888-9120.

Pediatric Emergency Transfer Guidelines and Agreements

By: David Edwards, Pediatric Emergency Care Coordinator, Virginia EMS for Children Coordinator

Hospital Emergency Departments in Virginia (and nationally) are currently being surveyed by the EMS for Children (EMSC) Program regarding the presence or absence of written pediatric transfer guidelines

and agreements. This assessment will conclude August 16, 2018. Aggregate results will be shared by EMSC State Managers once the national data has been compiled and processed.

For more info, please contact David Edwards at David.Edwards@vdh.virginia.gov.

Car Seat Law Changing in 2019

By: David Edwards, Pediatric Emergency Care Coordinator, Virginia EMS for Children Coordinator

Virginia's New Car Seat Law: What You Need to Know, from Safe Kids Worldwide info@safekids.org.

LAW: This spring, Virginia's legislature passed a new, more robust law on child passenger safety, and Governor Ralph Northam signed the bill into law. It makes Virginia children safer by requiring them to remain rear-facing in their car seats until they reach 2-years-old or the minimum weight limit called for by the car seat manufacturer. If your vehicle does not have a back seat, the child may sit in the front passenger seat, but only when the passenger seat airbag is deactivated. The law does not apply to taxis, school buses or limousines. The law does not go into effect until 2019, but these tips will help ready your car now.

FINE: Break the law and the fine for a first offense is \$50.

WHEN: Virginia's new car seat law goes into effect on July 1, 2019. But, you can start keeping your toddlers safer TODAY by putting your small child safely in the rear-facing position.

WHY: The law is based on current recommendations from the American Academy of Pediatrics (AAP). Infants and Toddlers are "head heavy," and the rear-facing car seat does a better job of supporting the head, neck and spine of smaller children as their bodies are still developing.



OLDER KIDS: Virginia law is unchanged for older kids. Children 7-years-old and under must be restrained in a car seat or booster seat in the back seat of a vehicle. An adult seat belt is permissible ages 8-years-old to 17-years-old, and seat belts are required for the driver and all passengers.

GUIDE: Safe Kids created The

Ultimate Car Seat Guide, which is your go-to resource for personalized car seat safety tips based on your child's age and weight. Check it out and learn what type of car seat is best for your child, and tips on how to properly install and fit the car seat. Download the guide at: <https://www.safekids.org/ultimate-car-seat-guide/>. The Guide is also available en Espanol at: <https://www.safekids.org/ultimate-car-seat-guide/es/>.

CHECK IT OUT: You can get your child's car seat inspected by a certified technician. Contact your local Virginia Safe Kids Coalition to find out how or visit: <https://www.safekids.org/coalition/safe-kids-virginia>.

The National Highway Traffic Safety Administration also has a feature to find car seat technicians, at: <https://www.nhtsa.gov/equipment/car-seats-and-boosters#install-inspection>.

For more info, please contact David Edwards at David.Edwards@vdh.virginia.gov.

EMS Week and Fire and EMS Memorial Week



As proclaimed by Governor Ralph Northam, May 20 – 26, 2018, was observed as Emergency Medical Services (EMS) Week in Virginia. This special week honored EMS responders' commitment to providing a high level of prehospital care and services to the community. EMS for Children Day, May 23, focused on the pediatric patient and the specialized care required when providing treatment for them.

"As health care changes, so does the EMS provider's role in delivering medical care and resources to improve the patient care experience, 24 hours a day, seven days a week," said State Health Commissioner Norman Oliver, MD, MA. "I am honored to work alongside these heroes who help bridge the gap and move us toward healthy, connected communities, and I thank them for dedicating their time to protecting the health of

all people in Virginia."

"EMS Week is a great time to recognize the sacrifice that EMS providers make

every day to save lives. They do it because they are the helpers during a harrowing experience and because it's their calling to make a difference in other people's lives," said Gary Brown, director of the Virginia Department of Health Office of EMS. "It is my great privilege and honor to thank some of the best prehospital health care providers in our country, Virginia's EMS providers, comprised of 35,195 EMS providers and 600 agencies that deliver emergency care in the commonwealth."

Learn more about EMS in Virginia at: <http://www.vdh.virginia.gov/emergency-medical-services/>.

In honor of Virginia's fallen firefighters and EMS personnel, the annual Virginia Fallen Firefighters and EMS Memorial Service was held June 2, at the Richmond International

Raceway.

This year's service paid tribute to Senior Firefighter Kevin Frye of City of Manassas Fire Department, Firefighter/Paramedic Willard Meiggs of City of Chesapeake Fire Department, Captain Darrell Hamlett of City of Lynchburg Fire Department and Firefighter Roger Dale Johns of Eagle Rock Volunteer Fire and Rescue.

As proclaimed by Governor Ralph Northam, Fire and EMS Memorial Week was observed June 3-9, 2018. This event, in conjunction with the Annual Virginia Fallen Firefighters and EMS Memorial Service, honored fire and EMS providers who died in the line of duty. It also recognized those who risk their lives daily to serve and protect the citizens of the commonwealth.

Learn more about the Virginia Fallen Firefighters and EMS Memorial Service at: <http://www.vdh.virginia.gov/emergency-medical-services/2018-fire-and-ems-memorial-week/>.

2018 Virginia EMS Assessment of EMS Agencies

By: David Edwards, Pediatric Emergency Care Coordinator, Virginia EMS for Children Coordinator

The 2018 national assessment of EMS agencies to determine baseline data for the new EMS for Children (EMSC) Performance Measures (PM) EMSC 02 (coordination of pediatric care) and EMSC 03 (use of pediatric-specific equipment) was completed as of February 28, 2018. Virginia was part of Cohort 10, which was

surveyed from December 1, 2017 - February 28, 2018.

From the group of eligible agencies, Virginia submitted 435 surveys, the sixth largest number of any state. Our final response rate was 73 percent, slightly below our target of 80 percent, but representative of an

enormous effort made by individual agency leaders, EMS regional councils, Operational Medical Directors and OEMS Program Representatives.

Thank you for your participation and effort in this assessment; it is very much appreciated by the Virginia EMSC program.

Be Food Safe This Summer

By: Virginia Department of Health

Summer has begun, which means that many people in Virginia will be taking out their grills and spending more time outdoors. Follow these tips for your cookout for safe and enjoyable outdoor cooking all summer long!

Bringing perishable or raw foods to a picnic or cookout?

Bacteria grows faster in warm temperatures. Be sure that these foods don't spend more than:

- one hour sitting out when the temperature is above 90°F or
- two hours when temperatures are below 90°F.

Use an insulated cooler to help keep foods cold. Foods that need to be kept cold include:

- raw meat, poultry and seafood;
- deli and luncheon meats or sandwiches;
- summer salads (tuna, chicken, egg, pasta, or seafood);
- cut up fruit and vegetables; and
- perishable dairy products.

To help keep your food cooler for longer:

- keep your cooler full,
- place the cooler in the shade, and
- avoid opening the cooler.

Cooking on a grill?

Keep your food safe by remembering these four steps: clean, separate,

cook, and chill.

- **Clean:** Start with clean surfaces and clean hands.
- **Separate:** Keep raw meat and poultry separate from your veggies. Keep cooked foods away to avoid potential cross-contamination.



- **Cook:** Your food thermometer is your grill's most important tool! Check the temperature of your meats, poultry, seafood and other cooked foods before taking them off the grill to make sure they have reached a safe internal temperature.

- **Chill:** Bacteria grow most rapidly in the temperature "danger zone," between 40°F and 140°F. It's essential to keep hot foods hot and cold foods cold. Hot foods can be kept on the grill and cold foods can always be chilled with packs of ice or in a cooler.

Also, be sure to check out My Meal Detective for short videos on all four of these steps and learn how to prevent foodborne illness.

For more information on general and summer food safety, visit: <http://www.vdh.virginia.gov/blog/2018/06/01/start-a-food-safe-summer-this-memorial-day/>

- VDH Food Safety page at: <http://www.vdh.virginia.gov/environmental-health/food-safety-in-virginia/food-regulations/>

- CDC- BBQ IQ at: <https://www.cdc.gov/foodsafety/communication/bbq-iq.html>

- USDA- Grill It Safe at: <https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/teach-others/fsis-educational-campaigns/grill-it-safe/grill-it-safe>

- Foodsafety.gov at: <https://www.foodsafety.gov/keep/events/summer-vacations/index.html>

A New EMSC State Partnership Grant

By: David Edwards, Pediatric Emergency Care Coordinator, Virginia EMS for Children Coordinator

After nearly being erased from the federal budget, a new four year grant period began April 1, 2018, for the EMS for Children (EMSC) State Partnership Grant, which helps fund the Virginia EMS for Children Program.

Some of the plans for the new grant cycle, April 2018 - March 2022, are as follows:

- Continue purchasing ambulance child restraint systems, as funds allow, for distribution to Virginia ground ambulances that can benefit from them.
- Collaborate to support pediatric disaster planning and preparedness for hospitals, EMS agencies and governmental entities.
- Provide no-cost pediatric capability on-site evaluations for hospital emergency departments (EDs). There would be six the first year and eight annually going forward.
- Support/manage a dedicated pediatric track at each annual Virginia

EMS Symposium.

- Actively support a National Association of State EMS Officials initiative to develop specific ANSI-accredited ambulance and pediatric equipment standards to guide future manufacture and crash testing of equipment.
- Support regional pediatric training and Emergency Nursing Pediatric Courses (ENPC) wherever possible.
- Participate in two major Quality Improvement (QI) collaboratives.
- Support and provide resources for outreach programs like “Stop the Bleed” and injury and illness prevention initiatives.
- Assist in producing two EMS Approved Training (satellite) pediatric topics each year.
- Develop ready-to-use resources for “provider level pediatric skills checking.”
- Continue efforts to promote pediatric dosing accuracy.
- In years two, three and four, roll out an EMSC Boot Camp to:
 - o Support and train EMS agency

Pediatric Coordinators.

- o Roll out pediatric skills check Continuing Education modules.
- o Provide pediatric medication dosing best practices.
- o Demonstrate child safe transport alternatives.
- o Champion Virginia’s participation in the 2019 National Pediatric Readiness Assessment.

The Virginia EMS for Children Program is housed within the Office of Emergency Medical Services, and is supported in part by a grant through the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS).

Learn more about the Virginia EMSC program at: www.vdh.virginia.gov/emergency-medical-services/other-ems-programs-and-links/ems-for-children/.

EMSC Awarding 30 Symposium Registration Fees

By: David Edwards, Pediatric Emergency Care Coordinator, Virginia EMS for Children Coordinator

This November, 30 Virginia EMS providers may have their basic Virginia EMS Symposium registration fee provided by the Virginia EMS for Children (EMSC) Program!

Attendees registering for at least three pediatric-related continuing education courses are eligible for this award. The intent is to support attendance for at least two students

from each Regional EMS Council region and eight “at-large” students.

Those interested in this award will need to apply to the EMSC Coordinator David Edwards by mail or email with their contact information and Regional EMS Council affiliation.

Please mail to: David Edwards,

EMSC Coordinator, 1041 Technology Park Drive, Glen Allen, VA 23059 or email to: david.edwards@vdh.virginia.gov.

To learn more about the Virginia EMS Symposium, please visit: <http://www.vdh.virginia.gov/emergency-medical-services/ems-symposium/>.

Extreme Heat and Heat-Related Illnesses

By: Virginia Department of Health

Extreme heat is the leading cause of weather-related deaths in the United States. Heat stress ranges from milder conditions like heat rash and heat cramps to the most common, heat exhaustion. The most serious heat-related illness is heat stroke. Your best defense against heat-related illness is prevention. Staying cool and making simple changes in your fluid intake, activities and clothing during hot weather can help you remain safe and healthy.

Here are some tips to avoid heat-related illness during the summer:

Drink water. When the temperature rises, it is important to drink plenty of water. Drinks that contain caffeine, large amounts of sugar or alcohol should be avoided because they can cause you to become dehydrated.

Keep cool indoors. On hot days, prevent illness by keeping cool indoors. If your home is not air conditioned, try to spend the hottest hours of the day in a cool public place such as a library, movie theater or store.

Dress for the heat. Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella. Always apply sunscreen to exposed skin.

Limit physical activity. Avoid excessive physical exertion in hot temperatures, especially in the middle of the day. If you must work outdoors, stay hydrated by drinking 2-4 glasses of water each hour and take frequent breaks in a cool

place. Even a few hours in an air-conditioned environment reduces the danger of heat-related illness.

Do not keep children or pets in cars. Temperatures inside a car with windows up can reach over 150 degrees quickly, resulting in heat stroke and death.

Check on your neighbors. Although anyone can suffer heat-related illness, some people are at greater risk than others. People aged 65 or older are particularly susceptible to heat-related illnesses and complications that can result during periods of high temperatures and humidity.

Heat-Related Weather Terms:

Understanding heat-related weather terminology can help you and your family prepare for hot weather.

Heat Index: is a measure of how hot it feels when relative humidity is added to the air temperature.

Excessive Heat Outlooks: Issued when the potential exists for an excessive heat event in the next 3-7 days.

Excessive Heat Watches: Issued when conditions are favorable for an excessive heat in the next 24 to 72 hours.

Excessive Heat Warning/Advisories: Is-

sued when excessive heat is expected in the next 36 hours.

Signs & Symptoms of Heat-Related Illness:

Several heat-related health conditions

CLIMATE CHANGE & EXTREME HEAT

Extreme heat events, or heat waves, are a leading cause of **EXTREME WEATHER-RELATED DEATHS** in the United States and the number of heat-related deaths is rising!

WHO'S AT RISK?

Adults over 65, children under 4, people with existing medical problems such as heart disease, and people without access to air conditioning

WHAT CAN YOU DO?

STAY COOL

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device

STAY HYDRATED

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water

STAY INFORMED

- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness

LEARN MORE!

Visit CDC's Environmental Public Health Tracking Network to learn more about climate change and extreme heat at www.cdc.gov/ephtracking

Logos for the U.S. Department of Health and Human Services, CDC, and the Environmental Protection Agency are at the bottom.

Extreme Heat and Heat-Related Illnesses Continued

By: Virginia Department of Health

can cause serious health problems. When temperatures are on the rise, watch for the following symptoms:

Dehydration - Dehydration is caused by the excessive loss of water and salts from the body due to illness or from prolonged exposure to heat. Severe dehydration can become a life-threatening condition if not treated.

Heat Cramps - Heat cramps are painful, involuntary muscle spasms that usually occur during heavy physical activity in hot environments. Muscles most often affected include those of your calves, arms, abdominal wall and back. If you are suffering from heat cramps, rest for several hours and drink clear juice or an

electrolyte-containing sports drink.

Heat Exhaustion - Heat exhaustion occurs when the body loses too much water and salt from sweating during hot temperatures. The elderly, people who work outside and people with high blood pressure are most at risk of heat exhaustion. Continued exposure may lead to heat stroke, which is life-threatening.

Heat Stroke - Heat stroke is caused by prolonged exposure to high temperatures or by doing physical activity in hot weather. Sweating has usually stopped and your body temperature becomes too high; body temperatures can reach as high as 106 degrees in 15 minutes.

Heat stroke is a life-threatening condition and you should seek immediate medical attention if you or someone you know is suffering from heat stroke.

Learn more about extreme heat and heat-related illnesses at: <http://www.vdh.virginia.gov/news/public-relations-contacts/severe-weather-preparedness/extreme-heat-and-heat-related-illnesses/>

CDC Extreme Heat: <https://www.cdc.gov/disasters/extremeheat/index.html>

Virginia EMS Portal to Launch New Dashboard Feature

By: Warren Short, Training Manager, Division of Educational Development

The Virginia EMS Portal is taking on a new look as it continues to grow and become more robust. In the next few months, users will notice a new format upon logging in to the portal.

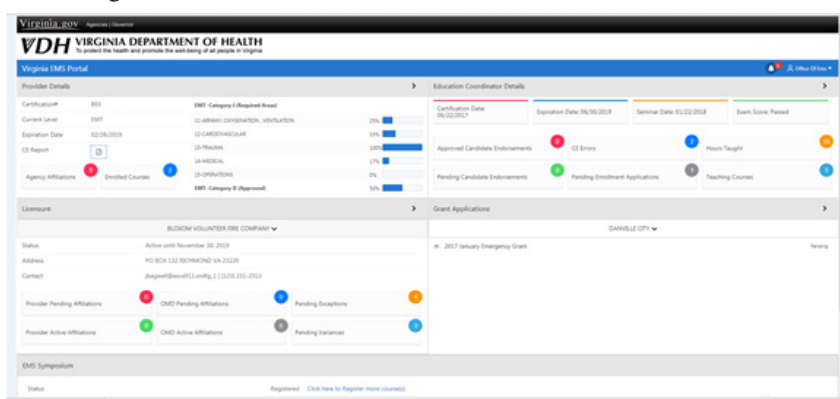
Users will see a dashboard, which will become a part of the homepage. The dashboard will provide an overview of the user's Virginia EMS status from which they can navigate to more specific information and data on the selected frame. The dashboard will vary slightly, based upon the user's credentials, such as provider, educator, agency superuser, etc.

As the OEMS moves to a new web-

based platform, there will be improved access to EMS information, not only through a user's personal portal but also through the OEMS website. The new dashboard is scheduled for launch this fall.

For additional information about the new Virginia EMS Portal dashboard

feature, please contact the Division of Educational Development at 804-888-9120.





Free Research Supported CAR SAFETY RESOURCES For Professionals

Car Safety Now

www.carsafetynow.org

Car Safety Now is comprised of three evidence based programs for improving car safety among school-age children and teens. The theory-driven programs were designed with input from teachers, safety experts, researchers, and children to create the most effective and motivating interventions. The materials are research supported to inform and motivate behavior change, and are designed for easy dissemination and replication in a variety of settings. Each program is conveniently packaged in a free downloadable toolkit for use in your car safety education efforts. Visit www.carsafetynow.org.

Boost 'em in the Back Seat

Video Intervention for Parents

The Boost 'em in the Back Seat video conveys the power of crash forces to motivate parents to use booster seats for their children. The research-supported video illustrates the danger of prematurely transitioning children to an adult seat belt before they are 4'9" tall. Visit www.boosterseats4safety.org.



Make It Click

Participative Education for Tweens

The Make it Click program includes games and activities for 8- to 12-year-old children to build knowledge about car safety, promote a positive attitude for passenger safety, and encourage booster, belt, and back seat use. The free, research-supported toolkit available on the website provides a menu of activities for both school and community settings. Visit www.umakeitclick.org.



In Control: Beyond Distraction

Participative Education for Teens

The In Control: Beyond Distraction program promotes the norm to be in control when behind the wheel. The research supported distracted driving program for teens includes a series of posters, social media discussion topics, contests encouraging creativity, and more. Visit www.incontrolprogram.org.



Program Contact: Kelli England Will, Ph.D., Eastern Virginia Medical School, 757-446-5799; carsafetynow@evms.edu
Materials are free for educational, nonprofit use; Proper citation in reports is appreciated. This program was supported by a series of grants from the Virginia DMV Highway Safety Office (Principal Investigator: Kelli England Will, Ph.D.). The contents are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Department of Transportation, Virginia DMV, Virginia Highway Safety Office, or Eastern Virginia Medical School. (2018)

Calendar of Events

| July | | | | | | |
|------|----|----|----|----|----|----|
| Su | M | T | W | Th | F | Sa |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

- July - Virginia EMS Symposium Registration Opens
- July 4 – Independence Day, state holiday observed
- July 11 - Training and Certification Committee
- July 12 - EMS for Children Committee
- July 12 - Medical Direction Committee
- July 18-19 - EMSAT Infection Control Update 2018
- July 23 - Transportation Committee

A complete listing of the State EMS Advisory Board's Committees and Meeting dates can be found at: <http://www.vdh.virginia.gov/emergency-medical-services/state-ems-advisory-board-and-committees/>

| August | | | | | | |
|--------|----|----|----|----|----|----|
| Su | M | T | W | Th | F | Sa |
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

- Aug. 1 - Sept. 17, RSAF Grant Cycle
- Aug. 1-4 - Virginia State Firefighter's Association Conference/Expo
- Aug. 2 - State EMS Advisory Board Executive Committee
- Aug. 2 - Emergency Management Committee
- Aug. 2 - Financial Assistance Review Committee (FARC)
- Aug. 2 - Workforce Development Committee
- Aug. 2 - Medevac Committee
- Aug. 2 - Regional EMS Council Executive Directors Group
- Aug. 2 - Rules and Regulations Committee
- Aug. 3 - Provider Health and Safety Committee
- Aug. 3 - Legislative & Planning Committee
- Aug. 3 - VAGEMSA
- Aug. 3 - Communications Committee
- Aug. 3 - State EMS Advisory Board
- Aug. 15 - Scenario-Based Application of Pulse Oximetry and End Tidal CO2
- August - National Immunization Awareness Month

Meeting dates are subject to change at any time. Visit the OEMS website for the latest event information.

Connect With OEMS

OEMS Customer Satisfaction Survey

The Office of EMS instituted a customer satisfaction survey, beginning January 1, 2017.

Please tell us how we're doing! Let us know what a great experience you've had with our office or improvements that can be made in order to help make your customer experience better.

We want to hear from you, please take our survey at: www.surveymonkey.com/r/FPP8YRL.

Connect With OEMS Online!

Facebook: www.facebook.com/Virginia-Office-of-Emergency-Medical-Services-153545858005772/

Twitter: www.twitter.com/virginiaems

YouTube: www.youtube.com/user/VirginiaEMS/

Product Recalls and Safety Notifications:

www.vdh.virginia.gov/emergency-medical-services/other-ems-programs-and-links/product-recalls-and-safety-notifications/

Final Edition of the EMS Bulletin

This will be our final edition of the EMS Bulletin. We will be changing the format of future updates to a more frequent and briefer communication style, so that we can get information out to our readers more readily and succinctly.

Please stay tuned for more information, which will be shared on the OEMS website and social media pages in the near future.

The Virginia Department of Health Office of Emergency Medical Services publishes the *EMS Bulletin* biannually. If you would like to receive this publication via email, please send your request to emstechasst@vdh.virginia.gov.

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