

THE FIREHOUSE SCENE

is a publication of the
Harlem-Roscoe Fire Protection District

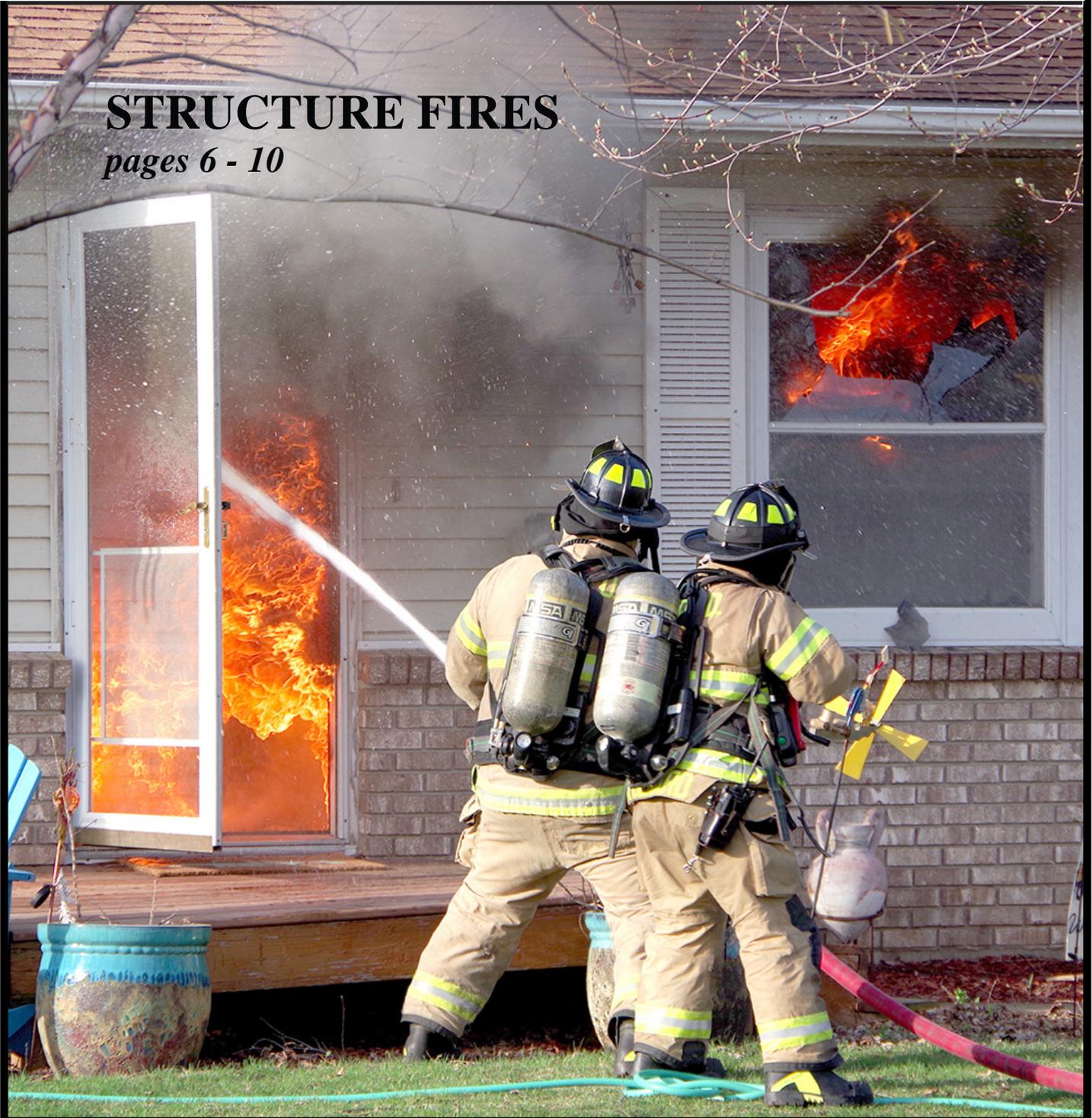
July 2023

Fire Chief Patrick Trollop

Editor Sheryl Drost

STRUCTURE FIRES

pages 6 - 10





FROM THE CHIEFS DESK
 BY FIRE CHIEF PATRICK TROLLOP

I'M FINE

I think all of us are welcoming the summer weather. The summertime is a great time in our area. The warm weather brings barbeques, weddings, concerts, and festivals. With more outdoor activities the summertime also unfortunately brings the fire service more traumatic events. Firefighters risk their own lives and health at work while trying to serve the public. Over the course of a career, firefighters will be exposed to many traumatic incidents, and those exposures can add up over time and cause increased stress.

According to the Mayo Clinic, “Post-traumatic stress disorder (PTSD) is a mental health condition that’s triggered by a terrifying event — either experiencing it or witnessing it.” Everyone is affected differently by the stressors that are endured during their time in the fire service. It does not matter if you are a big city career firefighter, a small-town volunteer firefighter, or somewhere in between. The stress is still there. The traumatic incidents are still there, and every person reacts and handles these incidents differently. “Post-traumatic stress disorder symptoms may start within one month of a traumatic event, but sometimes symptoms may not appear until years after the event. These symptoms cause significant problems in social or work situations and in relationships. They can also interfere with your ability to go about your normal daily tasks.” (www.mayoclinic.org)

Over the past few years, mental health within the fire service has become much more of a concern, as it should be. It is at the forefront of our minds. So, what do we do as a department to combat these issues? The very first thing we do after an extremely traumatic event is we do what is called a Critical Incident Stress Debriefing (CISD). We (first responders) think it is easier to just “deal with it” and not say anything. We seemed to be programmed or wired a certain way, so much so that it is actually difficult for us to go through the process of receiving help. The process seems so different and foreign to us. Most first responders don’t know how to talk about how we feel. What we know

is that we are supposed to just keep pushing forward. These are many reasons why CISD’s are so important. “Critical Incident Stress Debriefing (CISD) is a process through which a facilitator helps a group of people work through their response to a highly stressful or traumatic event. CISD is a form of crisis intervention aimed at reducing the traumatic impact of an event by fostering a connection between people who went through the same experience, increasing effective coping, and trauma education after the stressful event. This can help provide space to process after a stressful or traumatic event occurred. Individuals who were exposed to the event can talk about their experiences and feelings in a safe environment. The goal of this process is to provide peer and professional support immediately following an incident, which may reduce the risk of developing trauma symptoms or other mental health issues.” (Marschall, 2022)

Even though there has been a bigger emphasis placed on the improvement in mental health for first responders, there is still a stigma we place on each other and ourselves. We consider ourselves to be the “Fixers”. We are the ones who are there to help. We do not see ourselves as the ones who receive help. We tell ourselves everyday we don’t need help. We are fine. I’m fine. One of the most difficult things for first responders to do is to be the patient. We tell ourselves that I signed up for this, it’s part of the job. Although those are true statements we still need to decompress. We still need to unpack everything that we bury. We, as first responders, sometimes need to put ourselves first. There are also many great resources that the department uses to assist in its members well-being and mental health. We have great resources such as the Greg Lindmark Foundation, the Jamie Cox Foundation, Rosecrance, the 100 Club of Illinois, the Illinois Fire Service Institute First Responder Resiliency Program, the Illinois Firefighter Peer Support Group, RE;ACT, and many more. We also have Chaplains in our department that assist with CISD as well as they are here for our members to confidently talk with. In 2022, the department also brought in Retired Fire Chief Patrick Kenney to speak at the Hononegah Performing Arts Center. This was open to all first responders throughout the area. Chief Kenney told his emotional story, this story is all about the importance of mental health for all first responders.

Another great resource to not only first responders but for everyone is the National suicide hot line 988. In 2020, Congress designated the new 988 dialing code to operate through the existing National Suicide Prevention Lifeline’s (1-800-273-8255) network of over 200 locally operated and funded crisis centers across the country.

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As of July 16, 2022, 988 is live on all devices across the United States.

988 is more than just an easy-to-remember number—it's a direct connection to compassionate, accessible care and support for anyone experiencing mental health-related distress – whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress. You can also dial 988 if you are worried about a colleague or loved one who may need crisis support.

This issue is much more than black and white (suicidal or not suicidal), there's stress, there's depression, there's issues with belonging. There are many emotions we go through and we are extremely tough on ourselves with many things. It can be as simple as lack of confidence, or as extreme as the feeling of am I good enough. Many first responders have these struggles daily, all under the surface. Many first responders do not allow people in. These personal struggles are all happening while responding to real life chaotic and stressful situations. Once our day is done, we tend to go home and pick apart what we could have done better. Sometimes it is how can I do better next time, how can I improve on how I said this or that to a coworker or a patient, how can I provide a better service. Sometimes it isn't that crystal clear. Sometimes you know you are struggling, but you tell yourself, "I'm fine" or "I'm just tired". Sometimes we can just be more quiet than normal that day.

Many of us deal with things through humor and lightheartedness, especially in the firehouse. This is our way to cope, it doesn't mean that those laughing and smiling don't need help. It doesn't mean that we don't care or that we don't take the calls we go on seriously. For the most part, you don't know what battles someone is fighting. Part of taking care of each other is daily maintenance. Eating right, working out, having real connections with coworkers. We realize that even the smallest little thing can make a big difference in someone's life. We often don't always know what may be brewing under the surface of a coworker. They could be struggling in their personal lives, having problems at home with a spouse or child, all while dealing with a traumatic call. Stress, depression, and suicide have no face. There isn't a tell, there isn't a look that someone has. Just because they're smiling doesn't mean they're not in pain.

If you know a first responder, you know that we tend to not open up about things. One of the worst things that people can ask first responders is "what's the worst thing you've ever seen". Unfortunately, as first responders, we see

things that people shouldn't ever have to see. Oftentimes after a traumatic call if you ask them if they are OK, the response you will get is I'm fine. Sometimes that's true and sometimes it's not. Sometimes we are fine for a very long time, then all of a sudden it hits us. Sometimes it is cumulative stress, not just one single event.

The safety of the members of Harlem-Roscoe Fire is and will remain a priority to me. And their safety is more than just during a fire, medical call, or traffic accident. Their safety includes their mental health. We want to make sure that when they say I'm fine, it truly means I'm fine.



Gone, But not forgotten

*Some people come into our lives,
And quickly go. Some stay awhile,
And leave footprints in our hearts.*



Retired Harlem-Roscoe Photographer Marcia Soppe passed away on April 30th, 2023 at the young age of 55. Marcia served 10 years on the department and her husband Mark is one of our mechanics.

We will miss her smiles, friendship, and her fun Facebook meme posts. Her passion was taking awesome shots of fires, fire trucks, as well as extrication competitions. Our deepest condolences and prayers for strength to Mark and her girls and all her families! Because if you knew Marcia you were her family.



One of Marcia's favorite photos she shot because it has fire, firefighters in action and a FIRE TRUCK!

PROMOTION AND NEW FIREFIGHTERS
PHOTOS BY STEFFANI HIPPI

Harlem-Roscoe Fire Trustees Bart Munger, John Donahue, and Al Bach held a Pinning Ceremony on May 22nd at Fire Station #1. Six were sworn in as new Firefighters - Mathew Reese, Tim Broderick, Justin Mayton, Jacob Jourdin, Dallas Washington, and Silas Estrada. Then Firefighter Jonathon Doyle received his black helmet for completing his probation and Firefighter Justin Harwood was promoted to the rank of Lieutenant. Congratulations to all and welcome to the family!



L-r, Fire Chief Patrick Trollop, New Lieutenant Justin Harwood, DC John Bergeron, BC John Donovan, and DC Kevin Briggs



L-r, Fire Chief Patrick Trollop, DC John Bergeron, BC John Donovan, New black helmet Jonathon Doyle, DC Kevin Briggs, and Firefighter Madison West.



L-r, DC Kevin Briggs, New Firefighter Justin Mayton, Fire Chief Patrick Trollop, New Firefighter Mathew Reese, BC John Donovan, DC John Bergeron, New Firefighters Jacob Jourdin, Dallas Washington, Silas Estrada, and Tim Broderick.



HRFD TRAINING
BY DC KEVIN BRIGGS

I can't believe that we are halfway through 2023 so far. This has been an extremely busy year for training so far. We still continue doing the Tuesday night training, however, we have allowed that on the 3rd and 5th Tuesday of every month that we have given those nights off to the guys and gals. This allows the firefighters to be able to spend more time home with family and friends.

With that being said, we have put in over 4,100 hours of training so far this year. This is anything from conversations at the table to pulling hose to working with ladders and drivers training, pretty much anything that refers to firefighting training. We have also sent over 40 firefighters to different fire classes for certification this year.

The past few months, the fire department has been spending some time on the river. Training on water rescues and operating the boat. We have also been completing Driver Operator training. We have had a few new operators that have been cleared in the last few months. FF T. Young, FF M. Craglow, FF J. Mayton and LT S. Caruana. They have put a lot of time and effort into being cleared to operate the apparatus. Congratulations and Thank You for all of your hard work.

We have 3 new firefighters who have completed the Basic Operations Firefighter Academy that was held by Illinois Fire Service Institute and was hosted by the Cherry Valley Fire Department. The 3 individuals completed over 300 hours of training in 5 months. They now begin their probationary period with us at Harlem-Roscoe Fire. Congratulations to Silas Estrada, Jacob Jourdin and Dallas Washington.

We also have 6 new firefighters who will begin the Academy on August 5th. This will be hosted by the Cherry Valley Fire Department and the students will be attending class every other weekend for 5 months.

As the "dog days of summer" approach, you can rest assured that your firefighters will be ready and training every day regardless of what the weather is doing outside.



IFSI Fire School attendees l-r, Aaron Morely, Madison West, Lucas Burbach, Matt Reese, BC Jeff Grant, and not in photo, DC Kevin Briggs.



GET SOME SLEEP! BY BC JEFF GRANT

Sleep is one of the three pillars of health, along with nutrition and exercise – it is a crucial part of your overall health and wellbeing. Sleep affects all aspects of your health and, conversely, it is affected by everything that is going on in your mind and body, as well as in your environment.

According to the National Sleep Foundation, it is recommended for an individual to get 7-9 hours of sleep per day. Anyone can experience a sleepless night for a variety of reasons, from psychological, physical, or other outside influences.

Due to work schedules, certain professions are prone to altered sleep schedules thus affecting the amount and quality of sleep. Professions in the transportation industry, first responders, and health care are a few to name those that are at risk of suffering the effects of lack of sleep. Lack of sleep is a major contributing factor in the number of fatalities and injuries caused by accidents. Sleep deprivation has been a factor in some of the greatest industrial disasters such as Three Mile Island and the Chernobyl nuclear accidents. Tired workers will not be as productive as their rested counterparts which can affect job safety, impaired decision making and difficulty handling stress to name a few.

A consistent quality of sleep will provide a great health benefit, conversely lack of sleep can affect many health factors in aging adults:

Dementia: Lack of sleep can exacerbate cognitive decline.

Weakened immune system: Chronic fatigue breaks down the body's immune system, leaving it vulnerable for illnesses and infections.

Falls: Older adults with less sleep are less aware of their surroundings and prone to fall.

Cardiovascular: Shorter durations of sleep are associated with an increased risk of hypertension, stroke, coronary heart disease.

There are many good habits that can naturally improve sleep quality:

Keep moving and exercise regularly: Such as walking or swimming.

Eat well: Eating a consistent healthy diet and avoiding meals too close to bedtime can improve sleep.

Stick to a routine: Going to bed and waking up at the same time each day improves your chances of uninterrupted sleep.

Turn off everything: Your mind cannot rest if you are scrolling through emails/texts, to-do lists, social media or watching TV.



HRFA GOLF PLAYDAY BY LT. ROB LUKOWSKI

Check out our Facebook page for photos from the event.

June 30, 2023, marked the momentous occasion of the ninth annual Harlem Roscoe Fire Golf Play Day at Atwood Homestead Golf Course. This year's event surpassed all expectations and set a new benchmark for success, continuing our tradition of igniting the futures of our district schools' students.

The primary purpose of this annual golf play day is to raise funds in support of our local schools and their students. Over the past nine years, this event has proven to be a remarkable platform for generating financial resources, with a cumulative total exceeding \$150,000. Each year's success builds upon the accomplishments of the previous edition, and the 2023 event was no exception.

The turnout for this year's golf play day was overwhelming, as we oversold the event due to an outpouring of support from our community. While we are still in the process of calculating the funds raised, it is safe to say that this year's event has surpassed all previous records, ensuring an even greater impact on our schools and students.

One of the hallmarks of the Harlem Roscoe Fire Golf Play Day is our commitment to continually enhance the experience for our golfers and sponsors while simultaneously increasing the funds raised for our cause. Every year, we introduce new and exciting elements to keep participants engaged and sponsors invested. This year, it was evident from speaking to golfers and sponsors that everyone had a fantastic time and felt immense pride in being part of this campaign, which makes a tremendous difference in the lives of our schools and students.

In the past, we used to specify how the funds would be allocated. However, in recent years, we have worked closely with our schools to determine the areas where the funds can have the most substantial impact on student success. By empowering the schools to make these decisions, we ensure that the funds are utilized optimally, aligning with their unique needs and goals.

As we move forward, we remain steadfast in our commitment to host this annual golf play day. Our objective is to consistently build upon the achievements of the previous year, capitalizing on our success to further "Ignite Our Youths' Futures!" With the unwavering support of our community, sponsors, and golfers, we are confident that we will continue to make a lasting and transformative impact on our schools and the lives of our students.

Thank you to everyone who participated in the 2023 Harlem Roscoe Fire Golf Play Day. Your dedication and generosity truly exemplify the spirit of our community, and we look forward to your continued support as we strive to shape a brighter future for our youth.

HOUSE FIRE

PHOTOS BY SHERYL DROST

Firefighters responded to Brentwood Rd. on April 13th for a report of a golf cart on fire in a garage. Fire Chief Patrick Trollop first report, "The garage was fully involved and the fire had spread into the attic when first units arrived. A MABAS Box 12 to 2nd Alarm was pulled for assistance at the scene." No one was injured. The residents and their pets were safely outside when units arrived.



COMMERCIAL FIRE

PHOTOS BY SHERYL DROST

Firefighters were dispatched to a possible fork lift on fire in a commercial structure on N. Alpine Rd on May, 18th. Fire Chief Patrick Trollop reports, "While en-route to the call, units were updated that there were possible explosions in the building. Battalion 7 requested a MABAS Box 10 to the 2nd alarm. Upon arrival, light smoke was noted in the rear of the building as well as a heavy amount of structural damage to the building, but there was no active fire. After a search of the building it was confirmed that there was no one injured or stranded in the building. Units remained on scene until the building was inspected by a structural engineer. Thank you to the responding MABAS fire departments for their assistance."



COMMERCIAL FIRE PHOTOS BY SHERYL DROST

Firefighters responded to two separate fires on June 14th. First up was a fire in a garage on Harbor Oaks Dr. that was quickly extinguished. Then second was a commercial fire at Curtis Metal on N. 2nd. St. Deputy Chief Kevin Briggs reported a machine overheated and sent smoke through a vent. Firefighters used the quint (truck) to check the roof as a precaution to check for any extension.



COMMERCIAL FIRE PHOTOS BY SHERYL DROST

Harlem-Roscoe Firefighters responded to a report of fire showing at a commercial building on Product Dr. on June 16th. First in crews were able to knock the fire down on the outside and then overhauled the area to locate any fire extension. The cause of the fire is under investigation. Thank you to our auto aid fire departments for their assistance at the scene



COMMERCIAL FIRE

PHOTOS BY SHERYL DROST

BC Mike Jones reports, "On July 4, 2023 at approximately 19:45, HRFD was dispatched for a shed fire with reports of fire/smoke showing. HRFD Battalion 7 was the first arriving unit on scene and found a 30' x 50' outbuilding with moderate smoke pushing from the roof line on all sides. The outbuilding was being utilized for a small business, which was closed for the holiday. BAT-7 requested a MABAS Box 11 to the 2nd Alarm. which brought in companies from Rockton Fire, North Park Fire, Loves Park Fire, South Beloit Fire, Lifeline Ambulance, Capron Rescue, MD1, and Change of Quarters crews from Superior Ambulance, Cherry Valley (Chief), and Boone Co. #2 (replaced by Belvidere Fire during second fire).

Crews quickly gained entry into the structure and worked diligently to get the fire under control (20:36 hrs). Approximately 50 minutes into this incident, HRFD was dispatched for a second working structure fire (residential). Two firefighters were treated on scene by HRFD Medic 3 and MD1 for heat exhaustion/overexertion and released. There were no injuries or other health related issues. Thank you to all of the mutual aid departments who assisted HRFD with the two structure fires and call(s) during these incidents."

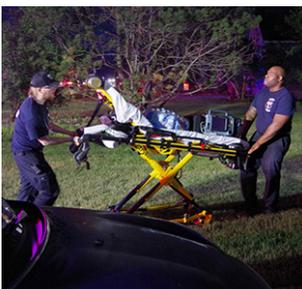


HOUSE FIRE

PHOTOS BY SHERYL DROST

On July 4, 2023 just before 9:00 p.m. while on scene of another structure fire, HRFD was dispatched for a residential structure fire on Waltham Rd. HRFD Chief Patrick Trollop reports, "During the initial dispatch we were informed that there was smoke coming from the garage of the residence. While en-route to the second fire I requested another MABAS Box (Box 12) to ensure there would be enough fire apparatus for the second structure fire. Units were informed that the occupants had evacuated the residence as well. Boone 2 (our change of quarters engine for the 1st fire) was the first arriving fire unit and reported heavy smoke and fire in the garage and back side of the residence. Upon arriving to the scene, I upgraded the alarm to the 3rd alarm. This brought units from Blackhawk, Belvidere, Capron Rescue, Cherry Valley, North Park, Northwest, Pecatonica, Rockton, Shirland, South Beloit, Stillman Valley, and Win-Bur-Sew. The engine company from Boone 2 was able to quickly get water on the fire and were able to keep it contained to the garage. Loves Park and South Beloit checked for extension of the fire both inside and outside of the residence. Unfortunately, the homeowners did lose a pet from this incident.

I would like to personally thank all of our Auto-Aid and Mutual-Aid companies that not only assisted us on both fires but the ones who provided change of quarters. Obviously that made a huge difference as we not only fought two fires but still had other medical calls that needed to be handled. It was a long hot night, and everyone worked extremely hard and they all made a huge difference. I truly appreciate their efforts and I am always happy to see the MABAS system work as well as it does."



NEW MEMORIAL BRICKS

The Rogers Memorial Park in the front of Station One has recently received a refresh with new bricks. The memorial was created in memory of Chief Howard 'Cobby' Rogers. Chief Rogers and his wife died in a tragic car/train accident in 1965. The original memorial consisted of three flag poles and a plaque at the old Station One where the Firehouse Pub is today. It was moved to the current location in 2004 with the relocation of Fire Station #1. Since then, it has grown into a memorial park that includes memorial bricks engraved with personnel's name and rank, landscaping, and a memorial bench.

Any HRFPD personnel that pass and have served over 10 years or have died in the line of duty as an active member will receive one. Any donation is accepted towards the memorial. Stop by and take a look at the updated look!



NEW BABY

Congratulations to Firefighter/Paramedics Tyler and Cecilia Young on the birth of their daughter, Everly Rose Young. Everly arrived on June 14th, 2023 measuring in at 8lbs. 13oz. and 21 inches long. Congratulations again Tyler and Cecilia, she is adorable!



The Firehouse Scene

The Firehouse Scene is now a quarterly newsletter produced by the Harlem-Roscoe Fire Prot. Dist.

Fire Chief - Patrick Trollop
Editor & Layout - Sheryl Drost

The Firehouse Scene is available at Station One - 10544 Main Street in Roscoe and on the department's website after the second Sunday of April, July, October, and January.

E-mail submissions to: Sheryl at: sdrost@harlemroscoefire.org



5/24/23 - HRFD members assisted with welcoming home VetsRoll.org Veterans Honor Trip to Washington DC. Crews staffed apparatus on 3 bridges and also raised the flag with our neighbors North Park Fire Protection Dist. Welcome home vets and thank you for your service!



05/19/23 Station No.1 tour with Ms. Ericksons' class from Kinnikinnick School.



04/24/23 Girl Scout Cookie Donation.



Out in the Community



05/15/23 Prairie Hill School Field Day



05/18/23 Miss Raelynn won a ride with her 2 besties to Stone Creek



05/15/23 Mr Hayden won a ride to Prairie Hill School



05/06/23 - Spring Lunch at Station #1





BY LT. TAYLOR LARSON

Summer is a time for fun and adventure. While it is easy to get caught up in the moment, it is important to stay alert and remember to implement safety precautions during all activities.

Among the most dangerous summer activities are those involving water. Whether you are in a pool, river or lake is pertinent to take action that can prevent injury or disaster from striking. Here are some tips and tricks to keep in mind while having fun in the sun.

- Before heading out, ensure that you apply sunscreen to every part of your body. According to SkinCancer.org, sunscreen that is at least SPF 30 should be applied at least 30 minutes before sun exposure. It is important to remember to reapply every 2 hours. Don't forget to apply sunscreen to any skin that will be in contact with sunlight. This includes your head, ears, neck, arms, body, legs and feet. Additionally, UV protection clothing, hats and sunglasses should be worn to protect yourself from the sun's harmful rays.
- When choosing a swimsuit, bright colors are encouraged as they have been shown to be more visible when under water. Visibility is important so that lifeguards or individuals supervising swimming can see where swimmers are at all times.
- Life jackets are also recommended for swimmers, even those that are considered good swimmers. This especially applies when boating, tubing or any activities on open water. The National Safety Council recommends that life jackets are U.S. Coast Guard approved. Life jackets should be specifically sized for the individual wearing them and fully secured at all times while worn. A good way to test if a life jacket is properly fitting is by pulling up on the tops of the life jacket and ensuring that it stays in place. Life jackets should not be able to pull up over your neck or face.

- While life jackets are an important precaution, it is always pertinent to have someone supervising all swimming activities. Even with lifeguards present you should be in visual contact with children swimming at all times.
- It is important to keep distractions such as phones or reading materials put away when you are the designated water watcher.

By implementing all of these tips into your summer routine it will prepare you for a safe, fun time. Don't let a good day turn sour by not preparing or protecting yourself as much as possible.

SIGNS OF DROWNING

1. FACING SHORE

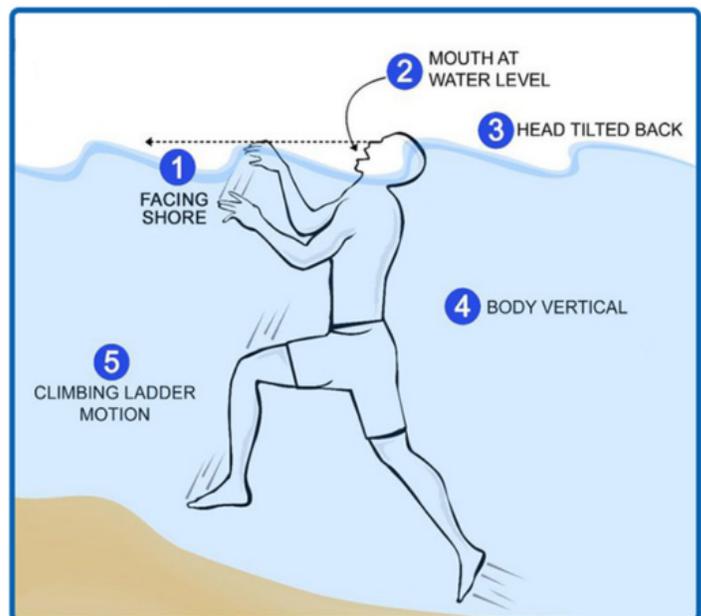
2. MOUTH AT WATER LEVEL

3. HEAD TILTED BACK

4. BODY VERTICAL

5. CLIMBING LADDER MOTION

DROWNING IS SILENT





BY DC JOHN BERGERON

When winter comes, all we can think about is how nice it will feel when the weather is warm again. However, there is a major difference between warm weather and intense heat. In this article, we explain how to determine the difference and how you can combat intense heat this summer.

It is summer and it is hot. That is usually a good thing. People living in the northern states spend long winter months looking ahead to their break from the cold. They are happy to relieve the discomfort of hot summer days by cooling down with dips in the pool and picnics in the shade. But there's hot, and there's really hot. And it looks as if really hot, the dangerous and deadly kind, is the type of heat we can expect for the foreseeable future.

The Risk: The human body can experience considerable physical stress when temperatures and humidity rise. Everyone is at risk to some degree, but extreme heat, more than any other type of severe weather, can impact the health of vulnerable members of a population. The very old and the very young are at increased risk, as are overweight people and those whose health is already compromised by sickness or disease. In recent years, excessive heat has caused more deaths than all other weather events, including floods. However, with a bit of knowledge of the risks, and a little advance preparation, the odds of surviving are greatly improved.

PREPARING FOR A HEAT WAVE:

1. Listen to local news and pay attention to weather conditions; be aware of both the temperature and the heat index. The heat index is the temperature the body feels when the effects of heat and humidity are combined. Exposure to direct sunlight can increase the heat index by as much as 15° F.

2. Understand the following terms you might hear during a weather forecast:

Excessive Heat Watch - Conditions are favorable for an excessive heat event to meet or exceed local Excessive Heat Warning criteria in the next 24 to 72 hours.

Excessive Heat Warning - Heat Index values are forecast to meet or exceed locally defined warning criteria for at least 2 days (daytime highs = 105 -110° F.

Heat Advisory - Heat Index values are forecasting to meet locally defined advisory criteria for 1 to 2 days (daytime highs = 100 -105° F.

3. If you have any type of air conditioner (window unit or central air) make sure it is in working order.

4. Make sure your home is well insulated – this helps keep heat in during the winter and heat out during the summer.

DURING A HEAT WAVE KEEP YOUR HOUSE AS COOL AS POSSIBLE:

- Place temporary tin-foil reflectors in the windows to reflect sunlight.
- Cover the windows in your home that receive morning and afternoon sun. (Closing drapes during the day will make a difference, but outside awnings and louvers will stop the heat before it hits the window.)
- If the temperature drops in the evening, open all doors and windows to promote as much air circulation as possible. When the sun rises, close everything again to keep the indoors cool for as long as possible.
- Eliminate extra sources of heat such as incandescent light bulbs, computers, or appliances left running. Eat foods that do not require you to use the oven or stove to prepare.

KEEP YOURSELF COOL:

- Stay indoors to reduce your exposure to the heat. Head downstairs. Hot air rises, so the lower levels of a home will be cooler than the upper levels.
- If you do not have air conditioning, consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, or shopping malls. Many cities extend the hours of public buildings during a heat wave. Some cities also set up neighborhood cooling centers to help people cool down.
- Use fans to promote air circulation through your home. Circulating air can cool the body by increasing the perspiration rate of evaporation.
- For a homemade “air conditioning” system, sit in the path of a fan that is aimed at a pan filled with ice or water. Soak your feet, wear a wet bandana or towel around your neck, or take cool showers or baths throughout the day.

KEEP YOURSELF HEALTHY AND SAFE:

- Stay well hydrated; you will need to consume more water than you usually do when it is hot. Drink enough fluids before you feel thirsty to prevent dehydration. Avoid alcoholic beverages and caffeine, as these can act as diuretics and promote dehydration.
- Eat appropriately. It is important to keep eating but adapt you're eating habits. Eat well-balanced and light meals regularly, rather than two or three large meals. Large or protein-packed meals take more work to digest which could cause your body temperature to increase.
- Heat can kill by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation slows down, and the body must work extra hard to maintain a normal temperature. Understand the difference between heat cramps, heat exhaustion, and heat stroke.

Heat Cramps: A type of heat illness, are muscle spasms that result from loss of large amount of salt and water through exercise. Heat cramps are associated with cramping in the abdomen, arms, and calves. This can be caused by inadequate intake of fluids or electrolytes.

Heat Exhaustion: A heat-related illness that can occur after you have been exposed to high temperatures, and it often is accompanied by dehydration.

Heat Stroke: A condition marked by fever and often by unconsciousness, caused by failure of the body's temperature-regulating mechanism when exposed to excessively high temperatures. Heat stroke is a severe medical emergency and can be life threatening.

FOR SENIORS - YOU CAN BEAT THE HEAT:

As we get older, our body cannot adjust to changes in air temperature — especially heat — as quickly as it did when we were younger. That puts us at risk for heat-related illnesses. You also may be at greater risk for heat-related illnesses if you have a chronic health condition or take certain medicines that interfere with normal body response to heat. Some medicines also restrict the body's ability to sweat. But you can still enjoy a safe summer by taking a few precautions when it gets hot. Unless your healthcare provider has told you to limit your fluids, drink plenty of cool liquids like water or fruit and vegetable juices. Do not wait until you are thirsty. Do not drink alcohol, because you'll lose much of the fluid it offers.

Ways to keep cool If you cannot afford air conditioning:

- Open your windows at night.
- Create a cross breeze by opening windows on opposite sides of the room or house.
- Cover windows when they are in direct sunlight. Keep curtains, shades, or blinds drawn during the hottest part of the day.
- Dampen your clothing with water and sit in the breeze from a fan.
- Spend at least 2 hours a day (the hottest part, if possible) in an air-conditioned place like a library, senior center, or friend's house.
- Ask your local area agency on aging if there is a program that gives window air conditioners to seniors who qualify. If you cannot afford to run your air conditioner, ask your local area agency on aging or senior center if they know of programs that can help you with cooling bills.

Other ideas:

- Ask a friend or relative to drive you to a cool place on very hot days if you don't drive. Many towns or counties, area agencies, religious groups, and senior centers also supply these services. Don't stand outside waiting for a bus.
- Dress for the weather. Some people find natural fabrics like cotton to be cooler than synthetic fibers. Light-colored clothes feel cooler than dark colors. If you aren't sure what to wear, ask a friend or family member for help.
- Do not try to exercise, walk long distances, or do a lot when it is hot.
- Avoid the sun.
- Take cool baths or showers.
- Do not go to crowded outdoor places when it is hot outside.
- Listen to weather and news reports. In times of extreme heat, there will often be local sites where people can go to cool down.

WHO IS AT RISK?

Your health and lifestyle may raise the threat of a heat-related illness. These health factors may increase your risk

- Poor circulation, inefficient sweat glands, and changes in the skin caused by normal aging
- Heart, lung, and kidney diseases, as well as any illness that causes weakness or fever
- High blood pressure or other conditions that need changes in diet. For example, people on low-salt diets may face an added risk (but don't use salt pills without asking your health care provider)
- The inability to sweat caused by some drugs. These include diuretics, sedatives, tranquilizers, and certain heart and blood pressure medicines
- Taking several drugs at once for various conditions. Do not just stop taking them: Talk with your health care provider
- Being substantially overweight or underweight
- Drinking alcoholic beverages

HOW TO HANDLE HEAT ILLNESSES

Heat stroke, heat cramps, and heat exhaustion are all forms of hypothermia, the general name for a range of heat-related illnesses. Symptoms may include:

- Headache
- Nausea
- Skin that is dry (no sweating), hot, and red
- Muscle spasms
- Extreme tiredness after exposure to heat

If you suspect someone is suffering from a heat-related illness, call 911 and do these things:

- Get the victim out of the sun and into a cool place — preferably one that is air-conditioned.
- Offer fluids, but not alcohol or caffeine.
- Encourage the person to sponge off with cool water.
- Urge the person to lie down and rest, preferably in a cool place.

CALL 911 IF YOU SUSPECT HEAT STROKE!

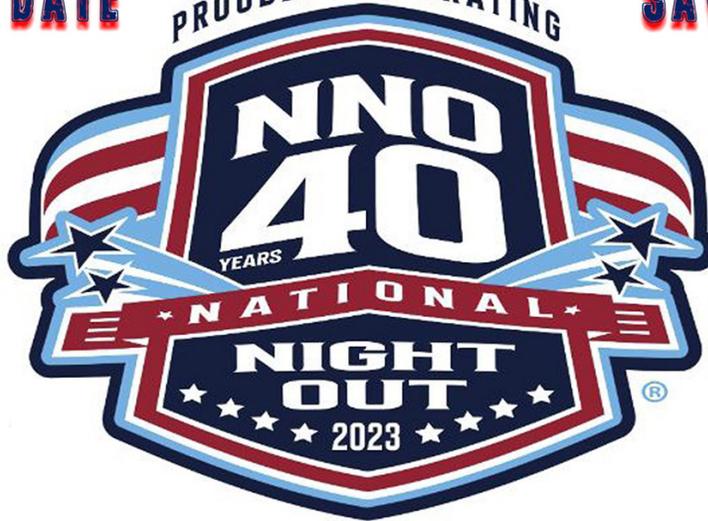
Possible symptoms of heat stroke include:

- Headache
- Dizziness
- Confusion or agitation
- Sluggishness or extreme tiredness
- Seizure
- Hot, dry skin that is flushed but not sweaty
- High body temperature
- Loss of consciousness
- Rapid heartbeat
- Hallucinations

SAVE THE DATE

PROUDLY CELEBRATING

SAVE THE DATE



**MUSIC
KIDS AREA
GIVEAWAYS**



**CAR SHOW
VENDORS
FOOD**

Join us for our annual National Night Out August 1st, 2023
"Block Party" on Main St. (between Bridge and River St.) Roscoe, IL
Donations, Sponsors, and Vendors Needed: Please contact Kelly at
815-543-2895 or aweber7890@roscoepolice.com

Classic Car, Truck & Bike Show



Sponsored by Harlem-Roscoe Fire

Registration will begin at 5 p.m. at Harlem-Roscoe Fire Sta.No.1

"Registration Fee": Minimum of 2 cans of
Nonperishable dog or cat food (for our local animal shelter)

Contact: Butch Taylor at 815-985-4366 or Jenny
Anderson at Harlem-Roscoe Fire at 815-623-7867

HRFD will also be joining the
Winnebago Co. Sheriff Deputies at
Harlem High School for Machesney Park's NNO
1 Husky Circle, Machesney Park

