



PKS Squad #65

The beneficial use of Ice Therapy may help you relieve the aches and pains that can accompany a spring clean up or to reduce swelling from sprains and strains.

Ice is useful in that it reduces inflammation (swelling) by constricting blood vessels. Ice also reduces pain by cutting off the signals of pain nerve fibers.

The first sensation you will feel is cold for several minutes. You will then feel about one minute of an uncomfortable pain (hang in there). After that you will feel numbness and eventually your body will accommodate to this and all you will feel is the cold again.

If you do not have an ice pack a bag of frozen peas, corn or mixed vegetables will do. Place on the affected area for 15 minutes on and 45 minutes off and are able to do a minimum of three applications in a row. This treatment is for the first 72 hours after that heat should be applied.

Mark your calendars as a reminder to join us on May 22nd 12:00 noon to 3:00 p.m. at Brock Basin to celebrate "EMS Awareness Day."

EMS activity for the month of March included 11 runs, 3 transports and 1 fire call.

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Mosquitoes



Mosquitoes are carrier of many diseases around the world. Malaria, yellow fever, dengue fever, and filariasis are some of the most common. While these diseases occur overseas, they are not currently spread by mosquitoes in North Carolina. Malaria was once found throughout the southern United States but has been stopped in this country as a result of mosquito control, medical treatment, and improved living conditions. Occasionally, cases of mosquito-borne encephalitis occur in humans in North Carolina. Dog heartworm is a common disease of dogs carried by mosquitoes.

Mosquitoes breed in all kinds of water, from small containers such as treeholes and tin cans to large bodies of water like lakes or marshes. Mosquito breeding water may be salty or fresh, polluted or clean, standing or slow moving. All these breeding places create a variety of mosquito problems. Mosquitoes can be controlled either as adults or larvae. Adult mosquitoes can fly from the breeding site and become difficult to find. Controlling mosquitoes after they have become adults requires expensive and complicated equipment. This equipment is usually run by a city or county. These machines create a very fine mist of insecticide that kills adult mosquitoes flying into it. Wherever possible, it is best to use larval mosquito control. This prevents adult mosquito problems before they get started. There are many ways to perform larval control. They may include eliminating or changing the breeding sites, using insecticides, or introducing predators such as fish. Many times the mosquitoes that are a problem to homeowners result from breeding sites in their own backyards! Water-holding containers such as tree holes, tires, tin cans, uncovered boats, leaf clogged rain gutters, and planters may breed mosquitoes. Emptying the water from these places can be a quick and effective way to control mosquito problems around the house.