

# WVFC

Join the team by contacting Chief Bill Ellis at (530) 472-3245 or Assistant Chief Sara West at (530) 472-3990 for more information.

## The Time Is Now

Now is a good time to get those projects done. Keep your home and property firesafe by trimming, clearing, thinning and disposing of any trees or brush that pose a fire hazard. A safe and effective way to dispose of this material is with a small, controlled and properly monitored burn pile. Get your burn permit in just a few minutes by visiting the CALFIRE burn permit website.

[www.burnpermit.fire.ca.gov](http://www.burnpermit.fire.ca.gov)

You'll also find information & tips on preparations to keep



### SPECIAL EDITION

#### COVID-19

There are no words to describe how this physically very small bug has made tremendous physical changes in the world. Suddenly our worries about bills, vacation plans, or putting on our face, became our

worry about our very survival. For the Fire company, there are new protocols to follow on medical calls to protect everyone. Whitmore Volunteer Fire Company #31, all the other volunteer fire companies, ambulances, medics, and Cal-Fire continue to respond and serve the public during the pandemic.

As a Shasta County employee, I am deemed an essential worker. But I think everyone of us is essential to the situation, with different roles to play. As of April 4th, when I was writing this, we are to stay home. Even though we are to be socially distant, we are all together as part of the solution. I'll be going into the office limited days per week, otherwise working from home so children and families can continue to receive mental health services. Some of the citizens of Whitmore work in health care, and will be directly in harm's way every minute of every shift, everyday. I have faith that with each one of us doing our part, we will come out of this crisis. The people of Whitmore have come together to help each other from early on, raising money and food for those in need.

If I can be of service please call or email me. I'll do the best I can for you, just as each of you are doing for our community.

More than ever, take care,

Brian Abbott

530-604-9933

[bsabbott@frontiernet.net](mailto:bsabbott@frontiernet.net)



## **WHITMORE GENERAL STORE**

Due to the COVID-19 Pandemic, we will be temporarily be offering

## **COUNTER or CURBSIDE SERVICE ONLY**

**Call Ahead & We'll Have Your  
Items Waiting For You!**

**We Appreciate Your Business!!!**

**PLEASE HELP US KEEP OUR COMMUNITY  
HEALTHY BY FOLLOWING THESE GUIDLINES**

- If you do not live or work in the Whitmore Area, **PLEASE DO NOT COME INSIDE.**
- If possible, do not bring children inside the store.
- Practice Social Distancing
- After placing a food order, wait outside until it is completed.
- Do not stay to socialize after your purchase.

## **Thank You!!!**

**Questions? Give Us A Call (530) 472-3216**

This is an unprecedented time in our world right now. People are worried and necessarily so. We will get through this and come out stronger on the other side. That being said the Community of Whitmore has come together in order to help each other to get through this. We have a Facebook **fundraiser** happening right now that folks can donate to, or you can drop off your donation at the Whitmore Store. We also received a **grant** from the *United Way of Northern California* for food and sanitation. Between the fundraisers we will be able to help those in the community during these difficult times. If **you** or **anyone** you know has a need for **food or sanitation** supplies, please let us know. We have some supplies laid in right now and the ability to procure more.

We are also planning a **Community Garden** at the Whitmore School with the help of *Vishnu Washburn* and are currently asking for donations of lumber, soil, as well as folks to help out. We can all benefit from this. Please contact me for more information or ask Tania at the Whitmore store.

If you would like to help out by **sewing some cloth masks**, please let me know so we can coordinate our efforts. Our volunteers need them as well as our firefighters and first responders.

***If you would like to donate time to the garden or helping to do some shopping, run errands, or to take folks who need some assistance to appointments, please contact me. Chris Withey, WCC Chairman***

472-3337 or 945-2130 Email: cwithey@yahoo.com

Hello friends and neighbors , I hope this letter finds each of you well. As Fire Chief and long time resident of Whitmore I want to give you a little assurance in these unsettled times . First, ...'This too will pass'... and secondly , your resiliency and willingness to pull together and help your neighbor is indispensable to the strength of our community. We can view the current situation as a chance to look within and become a more caring and loving people. As in all hardships in life we have a choice of how to think about our situation- either in fear and despair - or with courage and resolve to make a good difference. Your Fire Company is committed to maintaining our level of service to Whitmore . Many of you are staying home from your regular jobs and finding an excess of time on your hands. This is a perfect opportunity to prepare your property for the upcoming sunny California summer! Use these days to cut and burn brush around your buildings and driveway so that if needed , fire trucks and crew can defend your house against wildfire. Plan ahead; summer will arrive and the window of opportunity to expand your defensible space will close. If you need help with deciding what needs to be cleared I am able to meet with you and look at your property. Thank you for your willingness to make Whitmore a more fire safe community. **Chief Bill Ellis. 472 3245.**



**WHAT IS CORONAVIRUS/COVID-19?**

Coronavirus disease 2019 (COVID-19) is an infectious disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2).

**HOW LONG DOES IT TAKE FOR SIGNS & SYMPTOMS TO PRESENT?**

Average time for symptoms to present is 2-14 days. One site reported a 24-day incubation period in China.

**HOW LONG WILL AN INFECTED PERSON HAVE IT?**

Unknown. CDC reported may be detected in upper or lower respiratory system for weeks.

**CAN SOMEONE WHO'S HAD IT BE RE-INFECTED?**

Unknown. CDC reported it is not completely known, but one is not likely to be re-infected.

**WILL ANTIBIOTICS WORK?**

NO. Antibiotics will not work on viruses. There are some cases where a person also has a bacterial infection and, in that case, antibiotics may be considered.

**IS THERE AN ANTIVIRAL MEDICATION OR ANY MEDICATION TO TREAT IT?**

NO. There are no medications to treat the Coronavirus. The only meds available are for treatment of fever, respiratory distress and other signs/symptoms secondary to Coronavirus infection.

**IS IT DROPLET OR AIRBORN?**

DROPLET. CO-19 generally travels in your mucoid secretions. This is why 6 ft social distancing and proper disinfecting is crucial. When an infected (or suspected) person is getting an aerosolized treatment (such as a nebulizer) the virus should be considered AIRBORN during this time and an N95 mask should be used by the caregiver.

**SHOULD I WEAR A MASK?**

YES. CDC now recommends wearing a fabric mask whenever leaving home, especially when going to public places where social distancing is difficult (grocery stores, etc.). N95 and surgical masks are for caregivers of infected people/patients.

**HOW LONG DOES IT LIVE ON SURFACES?**

Unknown. Reports from hours to days, depending on surface material, environmental conditions such as heat and humidity. Use COVID -19 appropriate disinfectants and use according to directions.

**WHAT IS THE TREATMENT?**

Not all people infected require medical care. Many can support themselves at home, in quarantine, with rest, hydration and fever control. Medical care is necessary when breathing becomes difficult. Hospital treatment may include supportive oxygen, advanced respiratory failure treatments, septic shock treatment and multi-organ failure treatment.

# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



[cdc.gov/COVID19](https://www.cdc.gov/COVID19)

# SARS COV-2, COVID-19 DISINFECTANTS

Viruses are surrounded by a protective layer, either Protein or Lipid (fat).

Proteins are tough, fats are more vulnerable.

COVID-19 is fat-encapsulated

You can kill this virus with vigorous scrubbing, breaking the fatty protection and spilling its guts out=death to virus.

Soap & water is very effective.

## DO NOT MIX CHEMICALS, EVER!

Especially Bleach & Ammonia or Bleach & Alcohol.

## CHEMICALS NOT EFFECTIVE ON COV-19:

(per Consumer Reports)

VINEGAR      VODKA      TEA TREE OIL

WET TIME= surface is visibly wet for this time.

KILL TIME= time for this chemical, used appropriately, to kill the virus.

\*these times are often the same

## ACCORDING TO CDC & EPA, COVID-19 Killer Chemicals include:

### ISOPROPYL OR ETHYL ALCOHOL 60-70%

10-30 second wet & kill time

Spray or wipe & air-dry.

### HYDROGEN PEROXIDE 3%

Spray undiluted onto surface, air-dry.

1minute wet time. 6-8 min kill time.

May bleach or discolor fabric.

### SODIUM HYPOCHLORITE

3-5 min kill time

### QUATERNARY AMMONIUM

30 sec kill time

### CHLORINE BLEACH (HOUSEHOLD STRENGTH)

Dilute: 1/3 cup bleach per 1 gal water, or,

4 tsp bleach per quart of water.

CAN ONLY KEEP FOR 24 HRS before starts to deteriorate.

Pre-clean surface w/water & detergent/soap

Let dry 10 mins. or detergent chemicals may deteriorate the bleach.

4 minute wet & kill time.

Will discolor fabric.

## Hand washing technique with soap and water

1. Wet hands with water
2. Apply enough soap to cover all hand surfaces
3. Rub hands palm to palm
4. Rub back of each hand with palm of other hand with fingers interlaced
5. Rub palm to palm with fingers interlaced
6. Rub with back of fingers to opposing palms with fingers interlaced
7. Rub each thumb clasped in opposite hand using a rotational movement
8. Rub tips of fingers in opposite palm in a circular motion
9. Rub each wrist with opposite hand
10. Rinse hands with water
11. Use elbow to turn off tap. If no elbow tap available use paper towel to turn off tap!
12. Dry thoroughly with a single-use towel
13. Hand washing should take 40-60 seconds

Issued by [www.debgroup.com](http://www.debgroup.com)

World Health Organization  
Adapted from World Health Organization Guidelines on Hand Hygiene in Health Care 2009  
HEALTHY02014



## Waterless Alcohol-based Hand Sanitizer

- **When to Use**
  - Substitute when soap and water are not available.
  - Ineffective for cleaning hands that are visibly dirty.
  - Do not substitute when handling or preparing food.
  - Do not overuse; traditional handwashing is best.
  - Supervise children while they use hand sanitizer.
  
- **Two necessary components**
  - Alcohol-based hand sanitizer
  - Friction

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# COVID-19 Prevention Recommendations



**Wash your hands for 20 seconds**



**Cover your mouth with a tissue or sleeve when coughing or sneezing**



**Avoid touching your face**



**Use tissues and throw them away**



**Clean items around you like doorknobs, tables, and phones**



**Know the risks of traveling to other towns, states, and countries**



**Stay home if you are feeling sick**



**Stay home if you have family members who are sick**



**Call before visiting your doctor**



WHITMORE VOLUNTEER  
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