



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – May 8, 2020

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Quote of the Week

"Every day brings a choice: to practice stress or to practice peace."

~Joan Borysenko



The Chief's Desk

Week 22 of the siege, or is it 10 – where are we??? Does anyone really know what's real anymore like what day it is? Yes, here we are still locked down but slowly being allowed to get back to life as real American citizens some with and some without toilet paper. Question, who said "Bite me 2020???" Really, Murder Hornets? They are wicked cool looking and have a nickname that invokes fear. Seems like a comic villain ☺ Murder Hornet is certainly scarier than a name like Coronavirus which led to a very funny series of Memes. I guess that's why we had to rebrand it "COVID 19" – easier to invoke fear when people can't make fun of the name.

Well, here we are in what some see as the "new normal." I sure hope that's not the case. Since March, we have become less tolerant of differing opinions, more dependent on an inept media/social media, and some remain fixated on predictive models built from horribly flawed data. Before you start, yes I have been considering the data based on scientific research and measuring that against reality. As you might have figured, epidemiologists have differing opinions. Some actually take a step back, survey the landscape, and insert some level of realism into their work. Look up the word prediction some time. It does not mean "will happen." Weather forecasts are predictions that have become more of a joke than anything - unless you are forecasting the weather in Phoenix e.g. it will be hot and sunny.

As most of you are aware, I am not in agreement with the recommendation that we all wear masks, nor am I in favor of mandating that anyone wear a mask. Interestingly, the W.H.O. recommends not wearing a mask, if you are otherwise healthy while the CDC recommends wearing a mask of some type. I don't like either organization, but I'm at a loss as to how I can rebel against both??? It's a quandary for sure, but I'll stick with the not wearing the mask concept.

In 2010, subsequent to H1N1, a study was conducted regarding the effectiveness of cloth masks as a substitute for N95 masks, or surgical masks. Apparently, the CDC model in 2009 predicted that H1N1 would require us to utilize 90 million N95 masks - they were wrong. The study concluded, in part, that:

The penetration values obtained for common fabric materials indicate that only marginal respiratory protection can be expected for submicron particles taking into consideration face seal leakage.

<https://academic.oup.com/annweh/article/54/7/789/202744>

They found immediate penetration levels of cloth masks between 40%-90%. Keep in mind as well that not all surgical masks are created equal either. Continued on Page 6

Upcoming Events:

May 11 – Policy Meeting, MAC meeting, Tape Radio Show with Phoenix FD in Phoenix
May 12 – Wage and Benefit Meeting, Meeting in Chino at 61
May 13 – SOG Meeting
May 14 – AFSI Meeting Zoom, Staff COVID Update Meeting

Board Meeting:

May 21st Admin

CVFD – 1600-1630
CYFD – 1630-1700
CAFMA – 1700-1830



I've worked the coronavirus front line — and I say it's time to start opening up

By: Daniel G. Murphy

I'm an emergency physician at St. Barnabas Hospital in The Bronx. I have been in the ER every day these last few weeks, either supervising or providing direct care. I contracted a COVID-19 infection very early in the outbreak, as did two of my daughters, one of whom is a nurse. We are all well, thank God.

COVID-19 has been the worst health care disaster of my 30-year -career, because of its intensity, duration and potential for lasting impact. The lasting impact is what worries me the most. And it's why I now believe we should end the lockdown and rapidly get back to work.

From mid-March through mid-April, the ER staff at St. Barnabas huddled in groups of about 20 every morning. We asked ourselves what had happened over the previous shift. We generated a list of action-able tasks for the following 24 hours. At first, we addressed personal protective equipment and the management of patients with mild illness who were seeking COVID-19 tests.

Then came the wave of critically ill patients in numbers none of us had ever seen. This lasted for two weeks. The number of patients on ventilators accumulated in the ER and throughout the hospital. We witnessed an unprecedented number of deaths. The tone of the huddles became more somber. We became accustomed to the morbidity; we did our jobs.

It is precisely what I have witnessed that now tells me that it's time to ease the lockdown. Here's why.

nypost.com

4 Ways to Remain Centered Amid All of Life's Chaos

By: Jennifer Marut

Right now I'm in a tight squeeze. I'm in the process of making some big changes, and it's bringing a lot of chaos, uncertainty, insecurities, and fears into my life, as changes will do.

One of my deepest desires is to be able to look chaos in any form, of any magnitude, square in the eye, and levitate up to the next level of not letting any of the anarchy affect my inner homeostasis. Whatever the drama—work, family, friends, worldly, financial, school, natural disasters—I don't want any of it to harsh my mellow.

My desire is for peace or bust, on the inside and all around me.

When we recognize that life is our mirror, we begin to understand that the outer chaos merely represents our mental state. If we can quiet our inner chaos, our outer chaos will simmer.

However, too often we get this process backward, and that is why it takes us so long sometimes to tame all of the ruckus: We don't take the time to first quiet our mental noise.

I often say that I desire to be the glowing yogi in a mosh pit, untouched and at ease. My biggest fear is someone knocking me off balance and getting trampled.

tinybuddah.com

April Call Statistics

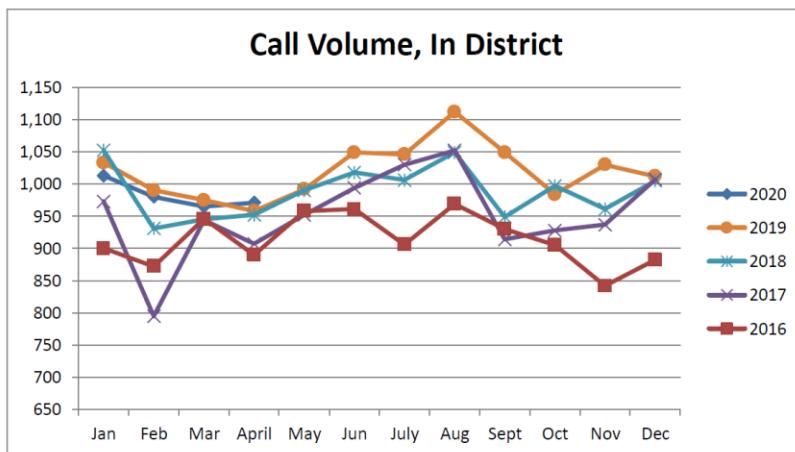
By: GIS/Statistician Michael Freeman

CALL VOLUME HISTORY (IN-DISTRICT INCIDENTS; INCLUDING AID-RECEIVED)

	2016	2017	2018	2019	2020
Jan	900	973	1,052	1,033	1,013
Feb	872	795	931	990	980
Mar	946	944	945	975	965
April	890	907	952	958	971
May	958	952	990	992	
Jun	961	994	1,018	1,049	
July	906	1,030	1,006	1,046	
Aug	969	1,052	1,049	1,112	
Sept	930	914	949	1,049	
Oct	905	928	997	984	
Nov	842	937	961	1,030	
Dec	882	1,007	1,005	1,012	
AVG	913	953	988	1,019	982
TOTAL	10,961	11,433	11,855	12,230	3,929

INCIDENT RESPONSES BY CAFMA

(INCIDENTS IN-DISTRICT, INCLUDING AID GIVEN & OUT-OF-DISTRICT)





April Response Report - 2020

Land Area: 365 sq. miles Population: ≈100,000 Fire Stations: 10 Full-Staffed

Responses in District

TOTAL FIRE INCIDENTS	11
STRUCTURE FIRE	1
STRUCTURE FIRE; CONFINED	1
MOBILE HOME/PORTABLE BLDG	1
VEHICLE FIRE	2
BRUSH/GRASS/WILDLAND FIRE	4
OTHER/TRASH FIRE	2

Fire is 1.13% of call volume

TOTAL RESCUE & EMS	643
<i>EMS is 66.22% of call volume</i>	

EMS is 66.22% of call volume

OVERPRESSURE / OVERHEAT	0
HAZARDOUS CONDITION	14
SERVICE CALL	191
GOOD INTENT	93
FALSE ALARM/OTHER	19

Other is 32.65% of call volume

TOTAL INCIDENTS IN DISTRICT	971
INCIDENT RESPONSES BY CAFMA	1,060

Residential Fire Loss	\$1,300
Commercial Fire Loss	\$0
Vehicle Fire Loss	\$5,000

Calls in Town of Chino Valley	162
Calls in Town of Prescott Valley	504
Calls in Town of Dewey-Humboldt	38
Calls in District, Unincorporated Areas	261
Calls Out of District	10

Average total # of calls per day	32.37
Average fire calls per day	0.33
Average EMS calls per day	21.43
Average all other calls per day	10.57

Aid Given to Prescott	107
Aid Received from Prescott	55
Mutual Aid Given	0
Mutual Aid Received	0

Unit Responses		
	In District	Total
E50	105	117
E51	34	140
E53	176	177
E54	120	122
E57	42	42
E58	146	148
E59	118	120
E61	98	101
E62	107	108
E63	45	48
T50	4	4
B3	37	40
B6	19	23

Call Volume at PRCC		
	MONTH	YTD
PFD	640	2,816
CAFMA	971	3,929
GCFD	10	35
OD	11	21
WKFD	3	10

Top 5 Call Types

597	EMS
102	Assist Invalid
61	Cancelled en Route
32	Public Service
18	No Incident Found on Arrival

Move Ups by Station

50:	32	57:	0
51:	36	61:	9
53:	13	62:	0
54:	0	63:	25
58:	0	59:	4
TOTAL: 119			

Chief's Desk Continued

One of the limitations to the 2010 study was that they did not test all cloth materials. In 2020, another study was conducted that indicated better results using silk, chiffon, cotton batting, and tightly woven cotton. This study concluded that tightly woven materials can provide “significant” protection, *if* the mask is properly fitted. Leakage can degrade effectiveness by as much as 50%. Additionally, they did not test for long-term effectiveness e.g. repeated use, or effectiveness when introduced to humidity caused by breathing. It’s a good study that does support the use of certain types of cloth masks; however the results do not seem to support making a mask out of just any cloth material, and stresses the importance of proper fit. Remember, they did not test for repeated use or other things that may degrade the filtering effects of the cloth. Here’s the link, if you would like to read it for yourself: <https://pubs.acs.org/doi/10.1021/acsnano.0c03252>. Also, bear in mind that the test did not actually include a real test subject. The N95 masks worn by our responders must be fit tested to ensure a proper seal. How many in the public are fit tested for their masks?

I completely understand the theory behind recommending people wear a mask. However, when we assess the theory versus the reality of regular people donning masks in public we find that the largest majority do not fit, are not being worn properly, and have been rendered wholly ineffective. My concerns are echoed by others who are medically and/or scientifically trained i.e. masks worn by non-trained people using alternative materials not properly fitted to their face are not effective. In fact, they may provide a false sense of security that could lead to increased spread not decreased. They may work in the lab, but in the grocery store they do not appear to work. In the first study, they hypothesized that wearing a mask would remind people not to touch their face, but they stated that they would need to test their hypothesis. There was no additional information indicating that they tested the theory. However, I would be happy to provide the results.....

Here is one example: I witnessed an elderly woman wearing a mask at Simon Med last week. She fiddled with her mask incessantly pulling it up and down leading her to touch her face 20+ times in less than five minutes. So, I guess the mask did not remind her not to touch her face. Touching a mask further contaminates the material and renders it even less effective. Wearing it below your nose provides zero protection. In the end, from what I have witnessed in the real world, people are touching their face more with a mask than without. And, they seem inclined to get closer to people, especially when scolding a non-mask wearer. Stay back and go about your business, thank you.

There are people who should wear masks, and those who simply feel more comfortable wearing a mask. Personally, I’m in neither category. However, if you choose to wear a mask, make sure you understand there are limits to how effective they are based on material, fit, storage, decontamination, how they are worn, and how often you fiddle with them.

If you choose to wear a mask, please review the below information concerning how to properly fit, wear, and care for one.

Cover Yourself



Fit matters



Wash your Hands

- 1 before putting on a mask, wash hands or use hand sanitizer to avoid cross-contamination
- 2 don't touch your mask once it's on
- 3 put the mask on by picking it up by the ties, loops or rubber ear bands
- 4 when adjusting the mask, clean your hands first
- 5 remove by the ties and avoid touching front of mask (wash hands before removal)
- 6 don't take it off to make a phone call or touch phone to mask

Keep it Clean

disposable masks:

you can throw out after wearing them in public areas (don't rewear)



cloth masks:

should be washed after each use

cloth masks:

Ideally wash them with warm, soapy water (or washing machine) after each use and dry (in dryer or line-dry)

So, here is something else to consider: the fact that I and others choose not to wear a mask does not mean we want people to die, nor does it mean we are spreading death and destruction. It may mean, at least in my case, that I researched the information using legitimate scientific studies, observed the world around me, and made a decision. Because my decision is different than yours does not make me a bad person. Just as your choice to wear a mask does not make you paranoid. As Bill and Ted so wisely said, "Be excellent to each other." Or, Dude be nice. Maybe just maybe, it's okay to have a different opinion and co-exist. Yes, the number of cases is rising as more tests are conducted. That is to be expected. However, the percentage of severe cases and mortality rate decrease dramatically as the overall number of cases rise.

I am reading *Team of Teams* by General Stanley McChrystal for an upcoming leadership program. In the book he describes the difference between complex and complicated. If you want to know more about the differences, I'd highly recommend you read his book, it's fascinating.

I believe COVID 19 presents a complex issue. It's not something for which predictive models have proven particularly useful because there are too many variables and not enough data to produce any type of accurate result. Yet, decisions to shut down an entire economy were based on these seriously flawed predictive models. Think about this for a moment, if there are now seven strains of COVID 19, how do you develop one vaccine? The influenza vaccine given each year is based on a best scientific guess as to which strain will affect the country. There is no one vaccine, or cure. Each year, health care professionals adjust and treat symptoms the best they can. The expectation that we will have one vaccine or cure for COVID 19, based on our experience with the flu, HIV, H1N1, the common cold, etc. is not realistic. COVID is here, how do we co-exist?

A question I would pose to you is this: Do we as citizens and leaders of the United States of America want to build a resilient, robust, and anti-fragile society (concept from *Team of Teams*)? Alternatively, do we want to build a fragile society that lacks resiliency and strength? To build the first, we need exposure enough to create a level of herd immunity, and we need to get out from under home quarantine and back into our social world. We also need to be nice to each other. If we want the latter, we need to live in a bubble for a year so we compromise our immune systems making us susceptible to any type or level of virus, completely kill our economy, small businesses, our communities, and our families. Which do you want?

I know some may look at me as someone who should set an “example” by wearing a mask. It makes sense given my position that people might look at it that way. However, I prefer to evaluate the situation, review the information, consider opposing views, observe the environment around me, and make an informed decision. That is what I have done in this situation. Ultimately, based on my research and observations, I have made the determination that I am not going to wear a mask, nor will I mandate CAFMA employees wear a mask outside of calls requiring appropriate PPE. I agree with the concept of recommending a mask if a person is considered at risk, or if it makes them feel safer. However, I believe mandating masks is illogical based on reality. In addition, I will not don a mask for a photo op, as I believe it sends the wrong message. I’m setting the example for what I strongly believe is the right path.

What did I learn this week? I learned about nanometers (nm), not that I ever really wanted to know about them. Additionally, through careful observation of people, I learned people wearing masks are touching their faces more than ever, and that most are not wearing their masks properly. I’ve learned that there are increasing incidents of people being unpleasant to each other – stop doing that. That is not what Bill and Ted advised! We are American’s living in the greatest country the world has ever seen with some of the best medical care available. So, be better to each other. Make your own choices, be responsible, and be respectful. If you want to wear a mask, go for it. If you do not want to wear a mask, don’t. It is a free country, or at least it was last I checked.