

FLAGLER BOCC HEADLINES

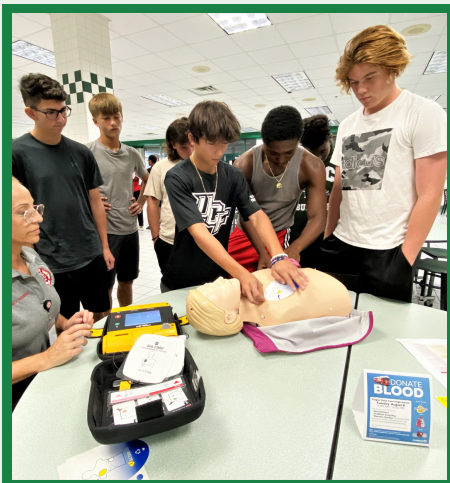


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CPR BASICS

“You don’t need a special certification or formal training to perform CPR, but you do need education,” the CDC website states. “If cardiac arrest happens to someone near you, don’t be afraid – just be prepared! Follow these steps if you see someone in cardiac arrest:

- “Call 9-1-1 right away. If another bystander is nearby, save time by asking that person to call 9-1-1 and look for an automated external defibrillator (AED) while you begin CPR. AEDs are portable machines that can electrically shock the heart and cause it to start beating again.
- “Give CPR. Push down hard and fast in the center of the chest at a rate of 100 to 120 pushes a minute. Let the chest come back up to its normal position after each push. The American Heart Association (AHA) recommends timing your pushes to the beat of the song ‘Stayin’ Alive.’ This method of CPR is called ‘hands-only’ and does not involve breathing into the person’s mouth.
- “Continue giving CPR until medical professionals arrive or until a person with formal CPR training can take over.”



FLAGLER COUNTY FIRE RESCUE PARAMEDICS TEACH FPC FOOTBALL PLAYERS HANDS-ONLY CPR



When two famous athletes suffer cardiac arrest within seven months of each other – notably NFL player Damar Hamlin and University of Southern California basketball player Bronny James (son of LeBron James) – coaches at all levels take notice.

Flagler-Palm Coast High School Football Head Coach Daniel Fish and Assistant Coach Jason Winkler invited Flagler County Fire Rescue Community Paramedics Rob Errett and Tracy Farmer to teach their players hands-only CPR, cardiopulmonary resuscitation, because of the recent incidents. Given that the team numbers about 90 athletes, firefighter-paramedics Ronald Titus, and Jaevon Jones – a 2020 FPC alumni of the Fire Leadership Academy – assisted with the training.

“This emergency procedure can help save a life when breathing or the heart stops. The American Red Cross has determined that chest compressions can be effective without breaths,” Farmer said. “You want to push hard and fast, 100 to 120 compressions a minute, with a depth of two inches.”

Farmer showed a video of a possible scenario that emphasized that the Bee Gees song “Stayin’ Alive” is precisely the right rhythm for performing CPR. The Center for Disease Control (CDC) encourages getting some education about CPR, as preparation is key. According to its website, CPR can double or triple the chance of survival if it is performed in the first few minutes of cardiac arrest.

No cause has been reported for the cardiac arrest suffered by 18-year-old Bronny James late last month. According to the American Heart Association, 25-year-old Damar Hamlin’s cardiac arrest was caused by “commotio cordis,” a rare event caused by a blow to the chest in which the impact induces a potentially lethal heart rhythm disturbance, or arrhythmia, called ventricular fibrillation.

'TUNE IN' TO MEETINGS

- SEPTEMBER 6: BOCC REGULAR MEETING AT 9 a.m.
SEPTEMBER 6: BOCC WORKSHOP AT 3 p.m.
SEPTEMBER 6: BOCC BUDGET HEARING AT 5 p.m.
SEPTEMBER 18: BOCC REGULAR MEETING AT 5 p.m.

LIVE STREAM

www.youtube.com/flaglercounty/live

TROPICS BECOME ACTIVE – FOLLOW EMERGENCY MANAGEMENT ON SOCIAL MEDIA FOR DETAILS

The tropics are teeming with disturbances and while none are currently posing a threat to Flagler County, residents are encouraged to like and follow FlaglerEOC on social media as a vital part of staying informed.

Even those who are not social media users can view Emergency Management's latest updates by visiting:

- Instagram: www.Instagram.com/FlaglerEOC
- Twitter (X): www.Twitter.com/FlaglerEOC
- Facebook: www.Facebook.com/FlaglerEOC

"It's part of our mantra," said Emergency Management Director Jonathan Lord. "Always have preparedness measures in place, and make sure you are accessing accurate, verified information."

As of August 25, there is one tropical cyclones and three additional areas being monitored and likely to become depressions within seven days.

Basic disaster preparedness steps include:

- Build a disaster supply kit – that contains food, water, medications, flashlights and batteries, and clothing to live "off the grid" for a full seven (7) days.
 - Take advantage of the upcoming Disaster Supply Sales Tax Holiday from Saturday, August 26 through Friday, September 8.
- Make a plan – that includes home or business structural preparation, where to stay if evacuated (shelters will open but staying with friends or family or in a hotel should be considered first), how to communicate with loved ones, consideration of any special needs.
- Be informed – sign up for emergency notifications at www.FlaglerCounty.gov/AlertFlagler, and have a battery powered AM/FM radio, as well as following Flagler EOC on social media.
- Get involved – register for Community Emergency Response Team (CERT) training and by going to www.FlaglerCounty.gov/emergency and selecting "Volunteering & Training."

Remember, the peak of the North Atlantic Hurricane Season is still ahead, and the season runs until the end of November.

For more information about emergency preparedness, please visit www.FlaglerCounty.gov/emergency or call 386-313-4200.

'DO DATE' EVENTS

09/09/23

Friends of the Library Book Sale

Browse books, DVDs, puzzles, games, baked goods

The Flagler County Public Library

2500 Palm Coast Parkway NW, Palm Coast

Deals to be had start at 9:30 a.m.

BREAKERS

BUNNELL BRANCH LIBRARY CHANGES DAYS, HOURS OF OPERATIONS

Flagler County Public Library Bunnell Branch will have new days and hours of operation beginning in September to provide longer afterschool hours. The new hours will be from 9 a.m. to 7 p.m. Monday through Thursday, and closed Friday through Sunday.

"The Bunnell Branch Library has received many comments from library users asking us to offer our services into the evening," said Assistant Library Director Joe Saloom. "The adjusted hours will accommodate the needs of the community by providing extra evening and afterschool hours."

The new hours will begin Tuesday, September 5 – after the Labor Day holiday.

The Bunnell Branch Library is located in the Marvin's Garden Plaza, 4601 E. Moody Boulevard, Suite F1. The phone number is 386-437-7390.

Manage ALERTFlagler account for best service, overnight quiet times

Flagler County urges residents to manage their ALERTFlagler accounts to receive the best service, which includes overnight quiet times – except for when tornado warnings, and other protective action warnings are issued.

ALERTFlagler will ensure that enrolled residents and businesses receive timely notifications of significant weather and other emergencies that may impact Flagler. Customize details at the website: www.FlaglerCounty.gov/AlertFlagler.

ALERTFlagler allows enrollees to customize:

- which devices and formats (email, SMS/text, home phone, mobile phone, work phone) receive alerts;
- a chosen "quiet time" during which alerts will not be received, such as overnight (except for certain alerts like tornadoes and evacuations); and,
- which specific weather alerts they will receive by clicking on the triangle to expand the list and then selecting desired options.

It is recommended that everyone sign up for flash flood warnings, severe thunderstorm warnings, tornado warnings, and extreme wind warnings.-