

## February 8<sup>th</sup> – February 14<sup>th</sup>

During the week of February 8<sup>th</sup> – February 14<sup>th</sup> the Virginia Fire Department responded to a nice even number of one hundred calls. The breakdown of these calls is six Fire calls, thirty-five transfers, and fifty-nine 911 EMS calls. The Thirty-five Transfers only brought us to two hospitals to receive Patients but we transferred these Patients to six different locations; once to Air Medical and Fairview University Medical Center Minneapolis, twice to Essentia Health Virginia, three to St. Luke's, four to Nursing Homes, and twenty-four to Essentia Health St. Mary's. The fifty-nine 911 Medical calls took place in eight different communities; Once in Duluth and Eveleth, twice in Britt and Iron, four times in Cook, Gilbert, and Mt. Iron, and forty-one times in Virginia with eight Patients not needing Transport. We transported these Patients to four different Hospitals; once to Cook Hospital and St. Luke's, Twice to St. Mary's, and the others to Essentia Health Virginia. During this week our busiest day was Wednesday where we did eighteen calls, the number one reason for dispatch was respiratory/cardiac. We performed eighty-seven different procedures and administered fifty-four different medications. Our average age was fifty-four and we treated more women (fifty) than men (forty-four). We are hosting a training day February 29<sup>th</sup> for all local EMR and EMT personal interested it will be Trauma focused, starting at 1900. Please call the station for info and to let us know you're coming!

The Fire Marshall was busy working on the Explore program and a Knox Box ordinance which will require certain types of new and existing construction to have them installed.

### Symptoms

Asthma symptoms vary from person to person. You may have infrequent asthma attacks, have symptoms only at certain times — such as when exercising — or have symptoms all the time.

Asthma signs and symptoms include:

- Shortness of breath
- Chest tightness or pain
- Trouble sleeping caused by shortness of breath, coughing or wheezing
- A whistling or wheezing sound when exhaling (wheezing is a common sign of asthma in children)
- Coughing or wheezing attacks that are worsened by a respiratory virus, such as a cold or the flu

Signs that your asthma is probably worsening include:

- Asthma signs and symptoms that are more frequent and bothersome
- Increasing difficulty breathing (measurable with a peak flow meter, a device used to check how well your lungs are working)
- The need to use a quick-relief inhaler more often

For some people, asthma signs and symptoms flare up in certain situations:

- Exercise-induced asthma, which may be worse when the air is cold and dry
- Occupational asthma, triggered by workplace irritants such as chemical fumes, gases or dust
- Allergy-induced asthma, triggered by particular allergens, such as pet dander or pollen

Seek emergency treatment

Severe asthma attacks can be life-threatening. Work with your doctor to determine what to do when your signs and symptoms worsen — and when you need emergency treatment. Signs of an asthma emergency include:

- Rapid worsening of shortness of breath or wheezing
- No improvement even after using a quick-relief inhaler, such as albuterol

- Shortness of breath when you are doing minimal physical activity

See your doctor:

- If you think you have asthma. If you have frequent coughing or wheezing that lasts more than a few days or any other signs or symptoms of asthma, see your doctor. Treating asthma early may prevent long-term lung damage and help keep the condition from worsening over time.
- To monitor your asthma after diagnosis. If you know you have asthma, work with your doctor to keep it under control. Good long-term control helps you feel better from day to day and can prevent a life-threatening asthma attack.
- If your asthma symptoms get worse. Contact your doctor right away if your medication doesn't seem to ease your symptoms or if you need to use your quick-relief inhaler more often. Don't try to solve the problem by taking more medication without consulting your doctor. Overusing asthma medication can cause side effects and may make your asthma worse.
- To review your treatment. Asthma often changes over time. Meet with your doctor regularly to discuss your symptoms and make any needed treatment adjustments.