

January 4<sup>th</sup> - January 10<sup>th</sup>

During the week of January 4<sup>th</sup> - January 10<sup>th</sup> The Virginia Fire Department responded to fifty-one calls. During this week the call break down were seven fire calls, twenty transfers, and twenty-four 911 EMS calls. The twenty transfers brought us to four different hospitals Essentia Health Northern Pines, Cook Hospital, Fairview Range Medical Center, and Essentia Health Virginia. We transported these Patients to high level of care St. Luke's and Essentia Health St. Mary's, also back to a Nursing Home. The twenty-four 911 EMS calls brought us to six different communities; once to Canyon and Iron, twice to Embarrass, three times to Mt. Iron, and seventeen times in Virginia. We transported these Patients to two different hospitals Essentia Health Virginia and St. Mary's. During this week the number one reason for dispatch was Respiratory Distress and the busiest day was Friday. We treated more women the men twenty-three to twenty-one, with the average age being sixty-seven. This week we preformed sixty-seven different procedures, and administered thirty-four medications.

The Fire Marshal's office is now staffed Monday through Friday during normal business hours. In Fire Marshal Chris Clark's first week on daytime duty he has already conducted three separate fire investigations. Included in this was the intentionally set fire at 110 Second Street S. The State Fire Marshal's Office the Virginia Police Department and a private insurance investigator have also assisted in the investigation and been very helpful. The Virginia Fire Department would like to thank the Eveleth and Mountain Iron Fire Departments for their response to this fire and the great work they did in assisting us with searching the building for hidden fire which is known as "overhaul". The additional personnel from both of these departments allowed us to conduct a safe operation in which fire crews were rotated throughout the incident and no one crew was unduly fatigued.

The Fire Marshall would like to remind citizens that are passing our waste water treatment plant located on Southern Drive when the upgrades were done to this facility a methane burning stack was placed. This unit burns off residual methane gas at various times and frequencies. It is not uncommon to see a flame and light smoke being produced, as this is all part of safe and efficient normal operations.

Now that the cold weather is finally here the Virginia Fire Department would like to remind and everyone what to watch for when dealing with Frostbite/Frost-nip. The signs and symptoms include: cold skin and a prickling feeling, at first, followed by numbness, red, white, bluish-white or grayish-yellow skin, hard or waxy-looking skin, clumsiness due to joint and muscle stiffness and blistering after rewarming, in severe cases. Frostbite is most common on the fingers, toes, nose, ears, cheeks and chin. Because of skin numbness, you may not realize you have frostbite until someone else points it out.

Frostbite occurs in several stages:

**Frost-nip.** The first stage of frostbite is frost-nip. With this mild form of frostbite, your skin pales or turns red and feels very cold. Continued exposure leads to prickling and numbness in the affected area. As your skin warms, you may feel pain and tingling. Frost-nip doesn't permanently damage the skin.

**Superficial frostbite.** The second stage of frostbite appears as reddened skin that turns white or pale. The skin may remain soft, but some ice crystals may form in the tissue. Your skin may begin to feel warm — a sign of serious skin involvement. If you treat frostbite with rewarming at this stage, the surface of your skin may appear mottled, blue or purple. And you may notice stinging, burning and swelling. A fluid-filled blister may appear 24 to 36 hours after rewarming the skin.

**Severe (deep) frostbite.** As frostbite progresses, it affects all layers of the skin, including the tissues that lie below. You may experience numbness, losing all sensation of cold, pain or discomfort in the affected

area. Joints or muscles may no longer work. Large blisters form 24 to 48 hours after rewarming. Afterward, the area turns black and hard as the tissue dies.

**When to see a doctor**

Seek medical attention for frostbite if you experience:

Signs and symptoms of superficial or deep frostbite — such as white or pale skin, numbness, or blisters, increased pain, swelling, redness or discharge in the area that was frostbitten, fever, new, unexplained symptoms. Get emergency medical help if you suspect hypothermia, a condition in which your body loses heat faster than it can be produced. Signs and symptoms of hypothermia include: Intense shivering, slurred speech, drowsiness and loss of coordination.