

# Southern Paramedic Service

## Quarterly NEWS

*The team to count on  
when life is on the line.*



### **A Message From: Southern Paramedic Service CEO, Gary Padget**



As you know summer is well upon us here in Arkansas, and I would like to take a moment to address how the EMS system becomes impacted during the summer. There is always an opportunity for tornados, an increase in flash flooding, extreme heat and humidity, and increased traffic due to vacationing travelers. There is also an increase in the number of kids and teens who are unsupervised and out of school.

Another thing to remember that there is an ever-increasing number of homebound senior citizens who must wait out the hot months with limited cooling resources. We are prepared for emergency calls relating to all these dynamics and then some.

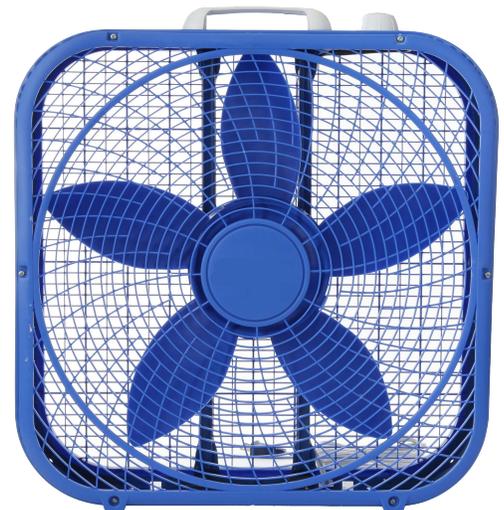
At Southern Paramedic Service/ Southern Ambulance we are dedicated in the lifesaving role we play in the communities we serve. I am so pleased and grateful for the dedication and commitment of our paramedics and EMTs who will be serving citizens all summer long at their homes, workplaces and on our highways and roads. This summer offers plenty of fun and events and we would hate to see anyone's summer fun spoiled by a medical emergency like heat exhaustion or heat stroke.

I am here to tell you that Southern Paramedic Service /Southern Ambulance has a unique capability and credibility as being your 9-1-1 provider to be able to educate and inform all the residents living in our service areas about how they can easily prevent summer-related emergencies.

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### **Community Service/Fan Drive**

Heat stroke or heat exhaustion is a common occurrence in this region of the country and is particularly dangerous for the elderly, the ill and small children. Regrettably, many citizens have to survive through the summer months without any form of cooling in their homes. In an attempt to prevent cases of heat stroke among our citizens this summer, Southern Paramedic Service/Southern Ambulance will be hosting a Summer Fan Drive starting June 10th and running through July 10th.



## Learn How to Avoid Heat-related Illnesses and Death

Referenced from the National Safety Council; The human body is normally able to regulate its temperature through sweating, until it is exposed to more heat than it can handle. Heat exhaustion and heat stroke can escalate rapidly, leading to delirium, organ damage and even death. In 2018, 162 people died in the U.S. from exposure to excessive heat.

### People most at risk include:

- Infants and young children, especially if left in hot cars
- People 65 and older
- People who are ill, have chronic health conditions or are on certain medications
- People who are overweight

### Heat Exhaustion

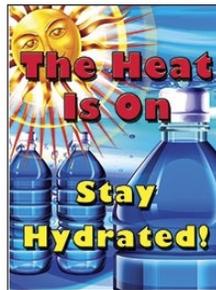
- When the body loses excessive water and salt, usually due to sweating, heat exhaustion can occur. According to the free NSC First Aid Quick Reference app, signs and symptoms include:
- Sweating
- Pale, ashen or moist skin
- Muscle cramps (especially for those working or exercising outdoors in high temperatures)
- Fatigue, weakness or exhaustion
- Headache, dizziness or fainting
- Nausea or vomiting
- Rapid heart rate

Uncontrolled heat exhaustion can evolve into heat stroke, so make sure to treat victims quickly:

- Move victims to a shaded or air-conditioned area
- Give water or other cool, nonalcoholic beverages
- Apply wet towels, or have victims take a cool shower

### Heat Stroke

- Seek medical help immediately if someone is suffering from heat stroke. Signs include:
- Body temperature above 103 degrees
- Skin that is flushed, dry and hot to the touch; sweating has usually stopped
- Rapid breathing
- Headache, dizziness, confusion or other signs of altered mental status
- Irrational or belligerent behavior
- Convulsions or unresponsiveness



### Immediately take action:

- Call 911
- Move the victim to a cool place
- Remove unnecessary clothing
- Immediately cool the victim, preferably by immersing up to the neck in cold water (with the help of a second rescuer)
- If immersion in cold water is not possible, place the victim in a cold shower or move to a cool area and cover as much of the body as possible with cold, wet towels
- Keep cooling until body temperature drops to 101 degrees
- Monitor the victim's breathing and be ready to give CPR if needed

#### DO NOT:

- Force the victim to drink liquids
- Apply rubbing alcohol to the skin
- Allow victims to take pain relievers or salt tablets

The best way to avoid a heat-related illness is to limit exposure outdoors during hot days. According to the Centers for Disease Control and Prevention:

Air conditioning is the best way to cool off

- Drink fluids, even if you don't feel thirsty, and avoid alcohol
- Wear loose, lightweight clothing and a hat
- Replace salt lost from sweating by drinking fruit juice or sports drinks
- Avoid spending time outdoors during the hottest part of the day, from 11 a.m. to 3 p.m.
- Wear sunscreen; sunburn affects the body's ability to cool itself
- Pace yourself when you run or otherwise exert your body

***In your community, please check in on neighbors who are elderly, house-bound or otherwise may be reluctant to ask for help. You can offer to host them in the air-conditioned comfort of your living room on hot days, drive them to a local cooling center, or call relatives or city services to arrange for them to stay cool.***

# Supporting community events and business in areas we serve



The Greater Berryville Area Chamber of Commerce, in conjunction with the City of Berryville, held a press conference and photo opportunity to announce a new partnership associated with the 35th Annual Berryville Ice Cream Social. The event was held at the Berryville Community Center Auditorium.

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The Chamber and Mayor Tim McKinney were proud to announce a big...very big, investment in our community as a whole and specifically for the 35th Annual Berryville Ice Cream Social. Tyson, who is celebrating their 50th year of operation in Berryville comes in as the Presenting Sponsor at \$10,000 to support our event as we celebrate 35 years of tradition on the square.

Pictured is Paramedic Courtney Mellein-Mosier and EMT Ethan Lentz

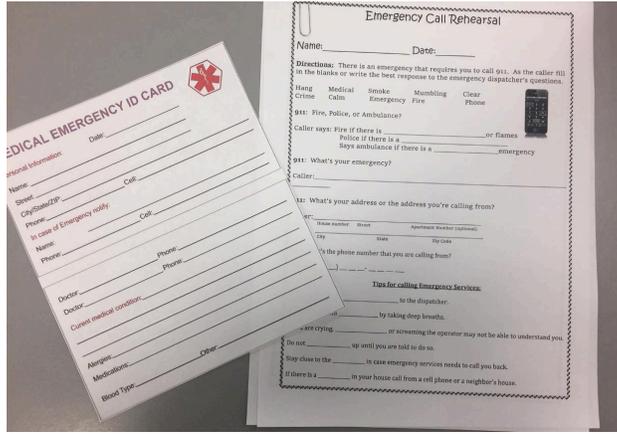


## Dispatchers of the Month!

(L to R) Kristi Adcock(April), Brandy Taylor(May) and Alysia Walton(June)



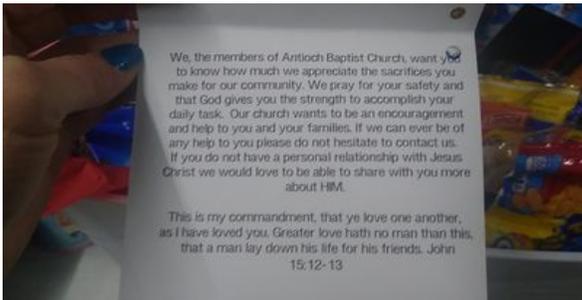
Our Ward crew (Paramedic-William Tremaine, EMT- Donavan Cox) Went to Sister's Care Day Care Center and spoke during " Career Day" at their Summer Program. They talked about being a Paramedic and EMT and some of the stuff they do along with showing them the ambulance and answering any question they might have had. Before leaving the crew handed out coloring book, crayons and a ruler to the kids.



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Thank you Ashley Morris with Arkansas Emergency Dispatch for coming by today and talking about the importance of knowing our information when calling 9-1-1. It was great to see you. Thank you for the gifts- first aid kits, medical emergency cards, and the Center kit.

Thank you and appreciation



# ! WARNING

## DON'T LEAVE CHILDREN & PETS IN HOT CARS



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Dial 9-1-1 in an emergency.