



# BCCA REPORT

1. Next BCCA Meeting: Monday, March 9, 2020 @ 7 pm  
Fire Station #108

1. **CENSUS.** Census letters will be mailed out March 18, 2020. Please respond online before April 1, 2020. Suggestions welcome for outreach to the community. Postcards are available for anyone who would like to pass them out.

**2. NOISE ORDINANCE.** HB182 sponsored by Representative Wheatley of Millcreek is proposing that mufflers be included in the annual emissions inspection for cars. (Motorcycles no longer require any type of state inspection.) Please support this legislation any way you can!

### 3. CORONA VIRUS PANDEMIC PREPARATION

#### BEFORE A PANDEMIC

- Stock up on supplies to care for family members who might become ill or in case your family wishes to be isolated at home:
  - box of rubber/vinyl gloves
  - surgical face masks
  - N-95 face masks
  - sanitizer, soap
  - food for 2-6 weeks
  - sealable plastic bags
  - disposable tissue
  - books, DVDs, music
  - prescription medications for 2-6 weeks
  - plenty of over-the-counter flu medicines
  - non-perishable food items and paper goods
- Get in the habit of washing hands regularly after being in public.
- Practice sneezing into your elbow to keep from spreading germs.
- Avoid touching your face with your hands.

#### DURING A PANDEMIC

- **STAY HOME.** This flu is a viral illness with no cure. Some medicines may lessen symptoms, but they will not be easily available. Exposure to the many sick people at a hospital could actually endanger the health of your family. Call first to get guidelines. Voluntary quarantine and social distancing are the best defenses. Avoid schools, churches, offices, and malls.
- Take good care of yourself if you get sick. Drink plenty of fluids and rest. Over-the-counter flu medicines can help.
- Be prepared for emotional effects of a pandemic. When people experience stress, anger is a common feeling. Other difficult feelings might include denial, depression, confusion and exhaustion. These feelings are normal and people may have to work hard to get through them.
- Tune in to media and internet ([www.cdc.gov](http://www.cdc.gov) and [www.health.utah.gov](http://www.health.utah.gov) are good sites).
- Be aware that pandemics often occur in waves. As the first wave passes, people venture out of quarantine, and another infection occurs to begin another wave. Listen to health professionals as to when it is safe to gather in public places again.
- If you must go for supplies, wear protective gloves and mask. Flu is spread by droplets from breath, speech and sneezes of people who are carrying the virus, even if they appear healthy.
- Preparation and education helps diminish the fear of any disaster.