

Washington County Sheriff's Office

Neighborhood Watch Newsletter



Fred Newman, Sheriff

276-676-6000

276-669-7134

Captain Blake Andis

Neighborhood Watch Coordinator
neighborhoodwatch@washso.org

Toll Free 1-888-461-0414

"Take the Time to Prevent a Crime"

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Statistics for October

ASSAULT (SIMPLE)	23	
BURGLARY/BREAKING & ENTERING	33	
COUNTERFEITING/FORGERY	4	
CREDIT CARD FRAUD	5	
DESTRUCTION/DAMAGE/VANDALISM	24	
DUI	11	
DRUG/NARCOTIC VIOLATIONS	8	
DRUNKENNESS	7	
FALSE PRETENSE	5	
INTIMIDATION	1	
LARCENY (ALL OTHER)	45	
MOTOR VEHICLE THEFT	2	
RUNAWAY	2	
SHOPLIFTING	12	
STOLEN PROPERTY OFFENSES	1	
TRESPASS OF REAL PROPERTY	1	
ALL OTHER OFFENSES	85	
TOTAL OFFENSES	269	
TOTAL ARRESTS	129 ADULTS	12 JUVENILE
TOTAL WARRANTS	1865 CIVIL	258 CRIMINAL

SHERIFF'S MESSAGE

This month's Neighborhood Watch newsletter topic will be about the H1N1 virus, how it is spread, signs and symptoms, and how to protect you and your family.

Each one of us knows someone who has been diagnosed with H1N1. It is a concern to everyone to help control this in the best possible manner.

During the holiday season we need to be particularly careful when we come into contact with people who are sick, or if we are sick we need to use caution when having contact with others, family and friends included.

I hope that each of you have a safe, happy, and healthy holiday season and as always if you have any questions or concerns please contact our department. Merry Christmas
Sheriff Fred Newman

Monthly Meeting Schedule

12-01	HIGH POINT/ High Point E. S.	7PM
12-07	BURSONS CORNER Goodson-Kinderhook Fire Department	6:30 PM
03-16	HIGHLANDER PARK Noonkester Field Park	7PM
01-21	ZION COMMUNITY/Zion Church	7PM
03-15	MELVIN HILLS Pleasant View Methodist Church	7PM
12-22	HAYTERS GAP Hayter's Gap Community Center	10:30AM
01-28	KONNAROCK Konnarock Community Center	7PM

Quarterly Meeting Schedule

12-01	EAGLE RIDGE/ High Point ES	7PM
12-03	MENDOTA/Mendota Community Center	7PM
12-07	CLAYMAN VALLEY Goodson Kinderhook Fire Department	7PM
12-08	HAYTERS GAP EVENING GROUP Clinch Mountain Fire Dept.	7PM
03-11	QUAIL RIDGE/Ely Residence	7PM
12-12	WORTHINGTON WAY Worthington Way Road	5PM
12-14	CROWEVILLE /GLADE SPRING 110 Town Square, Glade Spring	7PM
12-15	EVERGREEN HILLS/LOWRY HILLS Noonkester Field Park	7PM
12-17	RAMBLEWOOD/WIDENER'S VALLEY/ Zion Church	7PM
12-21	WYNDALE COMMUNITY Pleasant View Methodist Church	7PM
12-28	GREEN SPRINGS/CLEVELAND/ HARBOR LIGHT COMMUNITY Cleveland Community Center	7PM

Reminder: If schools are closed due to weather, contact your coordinator for last minute changes on your meeting.

Meeting Topic
H1N1 Virus

What is 2009 H1N1 (swine flu)?

2009 H1N1 (sometimes called “swine flu”) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the World Health Organization (WHO) signaled that a pandemic of 2009 H1N1 flu was underway. Why is 2009 H1N1 virus sometimes called “swine flu”? This virus was originally referred to as “swine flu” because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs (swine) in North America. But further study has shown that this new virus is very different from what normally circulates in North American pigs. It has two genes from flu viruses that normally circulate in pigs in Europe and Asia and bird (avian) genes and human genes. Scientists call this a “quadruple reassortant” virus.

How does 2009 H1N1 virus spread?

Spread of 2009 H1N1 virus is thought to occur in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth or nose.

What are the signs and symptoms of this virus in people?

The symptoms of 2009 H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may have vomiting and diarrhea. People may be infected with the flu, including 2009 H1N1 and have respiratory symptoms without a fever. Severe illnesses and deaths have occurred as a result of illness associated with this virus. How severe is illness associated with 2009 H1N1 flu virus? Illness with 2009 H1N1 virus has ranged from mild to severe. While most people who have been sick have recovered without needing medical treatment, hospitalizations and deaths from infection with this virus have occurred. In seasonal flu, certain people are at “high risk” of serious complications. This includes people 65 years and older, children younger than five years old, pregnant women, and people of any age with certain chronic medical conditions. About 70 percent of people who have been hospitalized with this 2009 H1N1 virus have had one or more medical conditions previously recognized as placing people at “high risk” of serious seasonal flu-related complications. This includes pregnancy, diabetes, heart disease, asthma and kidney disease. Young children are also at high risk of serious complications from 2009 H1N1, just as they are from seasonal flu.

What can I do to protect myself from getting sick?

A flu vaccine is the first and most important step in protecting against flu infection. There are also everyday actions that can help prevent the spread of germs that cause respiratory illnesses like the flu.

Take these everyday steps to protect your health:
Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.*
Avoid touching your eyes, nose or mouth. Germs spread this way. Try to avoid close contact with sick people.
If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.
Other important actions that you can take are:
Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
Be prepared in case you get sick and need to stay home for a week or so; a supply of over-the-counter medicines, alcohol-based hand rubs * (for when soap and water are not available), tissues and other related items could help you to avoid the need to make trips out in public while you are sick and contagious.

More information may be obtained from the Center for Disease Control website.

Chaplain's Corner

I remembered this story I used in a youth bible study some years ago, and thought it to be appropriate:
One snowy evening, a woman and her children were leaving to attend a church Christmas celebration. Her husband, who was not a Christian, remarked that he couldn't see how her faith in Christ was going to save her. “Why,” he asked, “would God choose a method like this to reach people?”
“Someday you'll understand,” she told him. He stayed home while they went to celebrate Christ's birth.
After they left, the man noticed some birds in his yard that were about to freeze in the snow. He tried to herd them into his barn, but they scattered. Then he made a pathway of bread, hoping they would follow it to safety and warmth. The birds did not realize they were in danger of freezing to death. The man tried everything he could think of to help them and finally thought, “If I could just become a bird, I could communicate to them what they are doing to themselves.”
Only then did he realize why God came to earth in the form of a man, Jesus Christ: to communicate His love and rescue people from their sin.

Therefore God exalted Him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father. Philippians 2:9-11

*Merry Christmas <><
Erik Hinchey
Chaplain WCSO*