

Be Prepared for Flu Season by Understanding the disease

With flu season just around the corner, the following information was copied from the American Red Cross' Website. Access it at <http://www.redcross.org/prepare/disaster/flu>

Influenza, also known as the flu, is a contagious respiratory disease caused by different strains of viruses. Flu viruses spread from person to person when people who are infected cough or sneeze. Adults may be able to infect others 1 day before getting symptoms and as long as 5 days after getting sick.

Know the Difference: Types of Flu Outbreaks

Seasonal Flu—A contagious respiratory illness caused by influenza (flu) viruses occurring every year. It affects an average of 5 percent to 20 percent of the U.S. population by causing mild to severe illness, and in some instances can lead to death.

Epidemic—The rapid spread of a disease that affects some or many people in a community or region at the same time.

Pandemic—An outbreak of a disease that affects large numbers of people throughout the world and spreads rapidly.

H1N1 Influenza (swine flu)—H1N1 influenza is a respiratory disease of pigs caused by type A influenza viruses that cause regular outbreaks in pigs. People do not normally get H1N1 influenza, but human infections can and do happen. H1N1 influenza viruses have


been reported to spread from person-to-person.

Avian Influenza—Commonly known as bird flu, this strain of influenza virus is naturally occurring in birds. Wild birds can carry the virus and may not get sick from it; however, domestic birds may become infected by the virus and often die from it.

Are you considered high risk for flu-related complications?

You are at an increased risk if you are:

- Age 50 or older
- Pregnant
- Living with a chronic medical condition
- A child, age 6 months and older
- Living with or caring for anyone at high risk

If you are at high risk, have your vaccinations updated every year, as directed by your physician. 



From the Editor

I really hope that everyone took advantage of the Be Sun Savvy contest organized last month by Sun Ovens International. There were a lot of great entries, including photos, shared during National Emergency Preparedness Month.

I know that many people have purchased a Sun Oven and later placed it next to their emergency preparedness supplies. While it's great to have that resource handy in an emergency, don't neglect the fact that it can be used all year long.

The first time I was introduced to a Sun Oven was February 2009. In Utah, that is considered the dead of winter, with the number of days hovering at or below freezing. I decided to conduct my own winter's day test.

After whipping up some brownies, I placed my Sun Oven on my patio table, after wiping a foot of snow off the table. It was surprised my Sun Oven reached 325 degrees. The temperature for the day was in the upper 30s.

So just because winter is upon us, doesn't mean I am keeping my Sun Oven inside. I'm gonna keep testing it in the snow and enjoying some solar-baked dinners and desserts - but not necessarily in that order. :-)



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Do you have something you would like to share in an upcoming issue? Email it to us at newsletter@sunoven.com

Coping with Stress After an Emergency

Everyone—adults, teens, and even children—experiences stress at times. Stress can be beneficial by helping people develop the skills they need to cope with and adapt to new and potentially threatening situations throughout life. However, the beneficial aspects of stress diminish when it is severe enough to overwhelm a person's ability to cope effectively. Getting the right care and support can put problems in perspective and help stressful feelings and symptoms subside.

Sometimes after experiencing a traumatic event that is especially frightening—including personal or environmental disasters, or being threatened with an assault—people have a strong and lingering reaction to stress. Strong emotions, jitters, and sadness or depression may all be part of this normal and temporary reaction to the stress of an overwhelming event. But when the symptoms of stress are intense or last too long, it can cause people to feel overwhelmed and reduce their ability to cope.

Common reactions to a stressful event can include:

- Disbelief and shock
- Tension and irritability
- Fear and anxiety about the future
- Difficulty making decisions
- Feeling numb
- Losing interest in usual activities
- Loss of appetite
- Nightmares and reoccurring thoughts about the event
- Anger
- Increased use of alcohol and drugs
- Sadness and depression
- Feeling powerless
- Crying
- Sleep difficulties
- Headaches, back pains, and stomach problems
- Difficulty concentrating

Feeling emotional and nervous or having trouble sleeping and eating can all be normal reactions to stress. Getting the

right care and support can put problems in perspective and help stressful feelings and symptoms subside in a few days or weeks.

Here are some tips for getting the right care and support in difficult times.

- **Avoid drugs and alcohol.** Drugs and alcohol may seem to help with the stress temporarily; in the long run they create additional problems that compound the stress you are already feeling.
- **Find support.** Ask for help from a parent, friend, counselor, doctor, or pastor. Talk with them about the stress you feel and problems you face.
- **Take care of yourself** by eating a healthy, well-balanced diet, exercising on a regular basis and getting plenty of sleep.
- **Give yourself a break** if you feel stressed out



TIPS FOR PARENTS

It's natural for children to worry, especially when scary or stressful events happen in their lives. Talking with children about these stressful events when they happen, and monitoring what children watch or hear about the events, can help put frightening information into a more balanced context. The CDC offers parents these suggestions to help

children through their questions:

- **Reach out and talk.** Create opportunities to have your children talk, but do not force them. Tell your children you are there to listen to their thoughts and feelings. After a traumatic event, it is important for children to feel like they can share their feelings and to know that their fears and worries are understandable.
 - **Express yourself.** Your children may be feeling different emotions at different times. Sadness. Anger. Fear. Confusion. These feelings are normal reactions to stressful events. Encourage your children to appropriately express how he or she feels. Acknowledge that you may have these feelings too, and model good coping.
 - **Watch and listen.** Be alert for any change in behavior. Are they withdrawing from friends or family? Are they behaving in any way out of the ordinary? Any changes in behavior, even small changes, may be a red flag that the child is having trouble coming to terms with the event.
 - **Reassure.** Stressful events can challenge a child's sense of physical and emotional safety and security. Take opportunities to reassure your child about his or her safety and well-being and discuss ways that you, the school, and the community are taking steps to keep them safe.
- The CDC offers additional tips for parents, kids, teens and school personnel to help manage stress. **E**

If you or someone you know needs immediate help please contact the one of the following crisis hotlines:

Disaster Distress Helpline: 1-800-985-5990

National Suicide Prevention Lifeline: 1-800-273-TALK (1-888-628-9454 for Spanish-speaking callers)

Youth Mental Health Line: 1-888-568-1112

Child-Help USA: 1-800-422-4453 (24 hour toll free) Coping With Stress

October's Solar Cooking Recipe: Solar Pumpkin Frittata

It's October and pumpkin is popping up everywhere – including my Sun Oven. This fall flavored frittata served with a tossed salad makes a nice light lunch.

INGREDIENTS

- 4 bacon strips
- 4 eggs
- 1 cup canned pumpkin
- 1 cup steamed leafy greens (swiss chard, kale, or spinach), excess water squeezed out
- 2 ounces sharp white cheddar cheese, shredded
- salt and pepper

PREPARATION

Set Sun Oven out to preheat. Spray a dark pie pan or cake pan with cooking spray, set aside.

Place a rack over a rimmed toaster oven sized baking sheet. Arrange the bacon strips in a single layer on the rack. Cook the bacon in the Sun Oven until browned, about 30 minutes. Leave



the Sun Oven out. Let the bacon cool slightly then chop into 1/2-inch pieces. Set aside.

In a large bowl, beat the eggs. Beat in the pumpkin until well blended. Stir in the greens, the chopped bacon, and the cheese. Season with salt and pepper to taste. Pour the mixture into the

prepared pie pan. Cover and cook in the Sun Oven until set, 35 to 40 minutes. Remove the lid and continue cooking in the Sun Oven until evenly browned, about 10 more minutes. Serve warm or at room temperature.

Makes 2 to 4 servings. **E**

Rescuing Someone from Broken Ice

As winter approaches and temperatures drop, bodies of water may start to freeze over. This can cause dangerous situations for people who choose to walk out on the ice. If someone has fallen through the ice, here are three methods to a safe ice rescue, which will keep you out of danger.

FIRST, CALL 9-1-1

REACH

If the person is too far from the shore to reach by hand, find a pole, tree branch, oar or even a ladder and slide it across the ice to the person to grab. That will help them pull themselves out of the water as you pull the other end of the item, too.

THROW

If you have a rope, tie a loop in the end (using a bowline knot) that is large enough for the person to slip over their shoulders so it is under the arm pits. This will help you pull them out of the icy water if they are too cold to do it themselves. It also allows you to keep your distance from the thin ice.

GO

This is the last option to try, and once that must be carefully considered. Move spread eagle across the ice. If there are multiple people present, make a human chain laying across the ice, with the furthest out person holding a branch or another object the person in the ice can grab.

The branch will also keep as few people on the ice as possible.

CONCLUSION

Hypothermia is likely to set in, so get the person into warm dry clothes and inside to a warm area as soon as possible. The best method would be to keep off of ice, or move cautiously if you're ice fishing or ice skating to prevent ending up on thin ice. **E**



Understanding Facemasks and Respirators

Knowing the purposes of facemasks and respirators can help you be prepared for emergencies where your lungs need protecting.

FACEMASKS

Facemasks are typically used in the hospital setting and are meant to protect the wearer from blood and body fluids. They are not meant to protect against small airborne particles or gases. They are also only to be used once, then discarded.

RESPIRATORS

Respirators are specifically designed to protect against chemical, biological, or other airborne contaminants. Respirators fit more snugly against the face than the facemasks. They also are available in single-use disposable or reusable models that have replacement cartridges.




RESPIRATOR



FACEMASK

When selecting a respirator, be sure you know the limitations so you don't achieve false protection. For example, some respirators only filter air particles and are not effective against gases or vapors.

Respirators are also available in child sizes. Be sure the respirator fits snugly over the mouth and nose, so it can provide optimal protection. For additional information about particulate filtering respirators, visit www.CDC.gov. 

Group Buys Save You AND Your Friends Money

Have you ever shopped at places like Costco or Sam's Club? If so, then you understand the idea of shopping in bulk. The concept is simple - buy multiple quantities all at once and save per unit purchased.

Sun Ovens International has put this same concept in place to help families, neighborhoods, and church and community groups save money.

If you are interested in purchasing a Sun Oven, and think you know others who would be, too, simply

request group buy information from Sun Ovens International and see how simple it is to save.


Here are some examples of group buys that have been organized.

- Families have organized group buys for holiday presents so their family and posterity have a dependable resource for cooking food in the event of a disaster.
- Church Groups have held emergency preparedness fairs and organized a group buy from fair

visitors who were interested in owning a Sun Oven.

- Neighborhoods have done a Sun Oven Drive, and then coordinated a Solar Cooking Day for a neighborhood party.

With so many ways and reasons to organize a group buy, why not find strength in numbers and save a little dough at the same time?

Click the graphic below to access the Sun Oven's group buy webpage to get more information. 

Do you know anyone
who would like
a SUN OVEN?

Get together
and SAVE!

