

ARROYO CITY NEWSLETTER

March 2020



Saint Patrick's Day March 17, 2020

How to Prepare If a Pandemic Strikes

Here in Arroyo City, we are lucky because we are isolated. Staying away from sick people is the number one consideration to avoid getting sick. So, what should we do if the corona virus comes to the Valley?

Recognize the symptoms. The Novel Corona virus attacks people according to the strength of their immune symptoms. Some people only exhibit cold-like symptoms: sniffles, sneezing, fatigue. Some exhibit flu-like symptoms: fever, nausea, fatigue, raised temperature. Those with the most serious symptoms can exhibit all-of-the-above plus problems breathing. Shortness of breath, the onset of pneumonia-like symptoms is what set this virus apart from other Corona viruses. The Center of Disease Control and Prevention (CDC), under the umbrella of the Department of Health and Human Services, is charged with tracking public health trends and has as its mission statement, "To promote health and quality of life by preventing and controlling disease, injury, and disability."

What can you do to remain well?

1. Should a pandemic be declared, stay home if you are not sick. Stay away from crowded locations such as the grocery store, library, or doctor's office. If you feel ill and you have come into contact with someone who you suspect is ill, call the doctor or hospital and tell them so they can take appropriate actions to keep others from getting the infection when you come in.
2. If your kids are sick, keep them home from school. If you are sick, stay home. Check with your boss to see if there are any options for working from home. If you have a temperature, do not return to work until your temperature has been normal (98.6) for 24 hours.
3. Now, before a pandemic, check your regular prescription drugs to ensure you have a continuous supply in your home if needed. Also, it could be helpful to get copies and maintain electronic versions of health records from doctors, hospitals, pharmacies and other sources and store them, for personal reference. Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.

If you need to go to the doctor, call first and tell them your symptoms to see if safety precautions need to be put into place to keep everyone safe from contagion. Talk to your doctor's office about telehealth options. Your doctor likely offers the option to conduct an appointment over the phone or via video conferencing, and if not, your doctor could recommend a physician who does.

Cont. page 2



Free Entry 1st Sunday of the Month

Visit Laguna Atascosa for a free entry, a savings of \$3 per vehicle fee. For more information, call (956)244-2019. Visitor Center Hours: Sunday-Saturday 8am-4pm

Bird Tours

Fri- Wed 8am-noon;
\$4 adults (16+) \$3 seniors (62+).
Reservations required: call (956)244-2019

Habitat Tours

Sat & Sun 1pm-3:30pm
\$4 adults (\$16+) \$3 seniors (62+), under 16 free.
Reservations required: call (956)244-2019.

Learn to Fish-First Catch Center

New free classes available monthly from Jan-Mar. with valid fishing license from parent or guardian. For questions and to register, contact Ranger Chris Quezada at (956)245-1101.

March Special Events

Humming Bird Cove RV Park will be hosting events in the Recreation Center as follows:

- Gospel Jam, open to the public, the 2nd and 4th Sundays of the month from 2-4pm.
- Dance class each Monday from 9-10am.
- Chair Yoga each Monday at 10 am.

Circle L

- Dance Class T-W-Th 8:30-9:30am
- Chair Yoga Wed at 9:30am.

Bits and Pieces

Wednesdays are the designated waste pick up days. Bulk and yard waste pick up is during the 2nd week of the month, March 9-13.

The ACVFD Report: For February: 3 medical, 0 fires.

Curb Address Service: For \$10, get your address painted on your curb to help law enforcement and emergency services find you in your time of need. Call (956)245-6028.

Code Enforcement- Residents can report code violations of grasses higher than 18" or unkempt grasses and shrubbery taller than 48" to Cameron County Code Enforcement. (956)361-8244

Regional Water Resource Planning Committee involving Cameron, Hidalgo, and Willacy counties has been formed to identify problem areas and reduce risks and impacts of future water even disasters. A survey for Cameron County individuals' concerns is available on Facebook. Access the survey at Cameron County Emergency Management & Fire Marshall Service. Scroll to February 24 post to access the survey by selecting Hazard Mitigation Plan by SurveySparrow or Goggle the website:

<https://sprw.io/stt-c82563> Thank you to residents who have submitted letters to Commissioner Garza regarding about flooding issues and county road conditions.

TXDOT: thanks for recent pothole repairs along FM 1847 from FM 106 to FM 2925.

Laguna Atascosa National Wildlife Refuge: Thanks for sharing information about the controlled prescribed burns.

Novel Corona Virus

5. As of now, the CDC is not recommending masks. However, they do recommend using the same precautions used during cold and flu season:
 - a. Avoid touching your eyes, nose and mouth
 - b. Cover your cough or sneeze with a tissue and throw the tissue away
 - c. Clean and disinfect frequently touched surfaces and objects
 - d. Wash your hands often with soap and water for at least 20 seconds, especially before eating, after going to the bathroom and after blowing your nose, coughing or sneezing.
 - e. Avoid close contact with people who are sick
 - f. When you are sick, keep your distance from others to protect them from getting sick too
 - g. Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
6. Store a two-week supply of water and non-perishable food figuring at least 1 gallon of water per person per day.

Get the Vote Out March 3

Las Yescas Elementary, 23413 FM 803, is the polling place for precinct 2 on March 3, 7am-7pm. Fourteen states will be voting Super Tuesday. In total, 1,357 of the 1,991 pledged delegates a presidential candidate needs to win the nomination outright are up for grabs on Super Tuesday. Candidates must win 15% of the votes to gain delegates. Those who do not, will not be allocated delegates and will be out of the race. As Texas is a closed primary state, citizens must declare themselves as members of a political party in order to vote to decide the top contenders.

Information:

Adolph Thomae Jr. County Park (956)748-2044
The Bait Shop 748-0006
Border Patrol 366-3000
Chili Willies 748-2444
Church on the Arroyo 357-0001
Coastguard 364-7400
Constable 454-4608 361-8228
Country Store 748-2442
East Rio Hondo Water Supply 748-3633
Fire Department 911
Laguna Atascosa National Wildlife Center 748-3607
Magic Valley Electric Co-op 866-225-5683
Mosquito Abatement 247-3599 247-3690
Republic Waste Services 423-7316
Texas Parks and Wildlife: 800-792-1112
Sheriff 8am-5pm 554-6700
24 hr. 544-0806

Meetings:

Auxiliary- meeting March 3, 5:30 pm at the Fire Station

ACVFD- meeting March 10, 5:30 pm at the Fire Station

Church on the Arroyo Sundays

9:00 am Fellowship, Coffee and Bible Study, & Prayer
10:30 am Sunday Worship

Tuesday

10:00 am Women's Bible Study

Newsletter: Yvonne Peck y_l_peck@yahoo.com
Arroyo City Fire Department: Chief John Whelan arroyocityvfd@gmail.com
Arroyo City News Website: Mark Hammond arroyocitynews.wordpress.com
Make donations payable to the Arroyo City Volunteer Fire Department, 34921 FM 2925 Rio Hondo, TX 78586

