



# SIRENS

Winter 2021

## News & Information for Albemarle County Fire Rescue



### Recruit School 19

On January 11, 2021, fifteen new recruits began a 24-week journey that will train them to be Fire-fighter/EMTs, ready to serve their communities. When this group, filled with people of diverse backgrounds and life experiences, stepped into the classroom, they united as members of Recruit School 19 and the broader ACFR family. Each one will need to summon the strength required to make it through the rigorous training delivered by Captain Dan Spearin, FF Robert Greene, FF Sean Ryan, and the cadre of instructors who will push them to be the best versions of themselves. The Training Division wishes them well and looks forward to seeing all fifteen graduate in June.



Top L-R: Brett Turner, David Marshall, Joshua King, Stuart Dalton, William Filippelli, Maxwell Morgan, Andre Redmond, Eric Opoku  
Bottom L-R: Hannah Arbogast, Michael Karr, Caleb Shetler, Josh Euhus, Jordan Divine, Colin Mayry, Marvin Tapia

### NEWS BRIEFS

#### Upcoming Trainings

- CPR Hybrid Course – 2nd Monday of each month
- Basic Pump Operation/Rural Water Supply Combination Course – April 10th – 18th
- Emergency Vehicle Operator Course – April 20th – 25th

**Regional School has been canceled.**  
Be on the lookout for some of those courses to be rescheduled for later this year.

#### Calls for Service

Jan. 1 - Dec. 31, 2020

EMS .....	10,561
Fire.....	2,979
HM .....	1,097
Rescue .....	481
Other .....	44
<b>Grand Total.....</b>	<b>15,162</b>

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## Compliance Corner

### Notice of Privacy Practices

Any department that charges for service needs to give a NPP to every patient that is transported, including a signature form which acknowledges receipt and permission to bill insurance on the patient's behalf.

- Every career and volunteer member of the Department **must review and be familiar** with this material.
- The NPP is also available on the internet at [www.acfirerescue.org](http://www.acfirerescue.org).
- The Department must make a Good Faith attempt to provide a NPP to each patient.
- You are required by law to offer the NPP to each patient. You may also tell them it is available on our website.
- They don't have to take a copy, but you have to offer it.





## Letter From the Chief

Since March 2020, when COVID-19 was identified in our community, the members of this agency have stepped up to respond to the emergency. The last year has been a trying one, and I am proud of each of you for continuing to serve the public with grace and empathy in the midst of a global pandemic, despite the increased risk for you and your families. To date, we have had few positive cases within the ACFR family, and I attribute that to your adherence to pandemic precautions.

On Monday, January 4, the Blue Ridge Health District began administering the first dose of COVID-19 vaccines to all Phase 1A frontline healthcare workers in our district. On Monday, January 18, our health district was able to expand vaccination efforts to those in Phase 1B, which includes frontline essential workers, adults aged 65+, and other vulnerable populations. These safe and effective vaccinations represent an inflection point in our fight to mitigate the damage caused by COVID-19 in our community.

Although the vaccine represents a hope for a return to normal, it is important to note that the pandemic is currently at its worst and it will be months before we start seeing wide-spread vaccination in our community. While vaccinating front-line healthcare workers and essential personnel is an important step to mitigating the spread of the coronavirus, we will need to achieve herd immunity to control the pandemic. Herd immunity means that enough people in a community are immune to the virus that it can no longer easily spread from person to person. Herd immunity protects the entire population, including those who

cannot be vaccinated, like newborns or immunocompromised individuals. The percentage of people with immunity needed to achieve herd immunity varies from disease to disease; experts are currently studying COVID-19 to determine what threshold is needed for herd immunity to be achieved.

Regardless of the threshold, herd immunity in our community will not be achieved until the public is substantially vaccinated. The Blue Ridge Health District is diligently working on a mass vaccination plan and ACFR is doing everything we can to support them in that effort. I am especially thankful to those of you who have volunteered to help administer the vaccines. Until the public is substantially vaccinated, it is important that you all still adhere to the standard COVID-19 precautions – wearing masks, maintaining at least 6 feet of distance when possible, and frequent handwashing.

Thank you all for everything you do to protect yourselves, others, and the community of Albemarle. You make me proud to lead this organization.

—Chief Dan Eggleston



**Steve Elliott**  
Battalion Chief of Training, ACFR

Battalion Chief Steve Elliott has been serving the Albemarle community for 16 years. He recently moved into his role in the Training Division.

**Q:** What is your role with your agency? Give a little snapshot of duties, responsibilities, typical day.

**A:** I manage the work of the Training Division. This includes the Career Recruit Academy, the Fire Academy, the EMT Academy, the ACFR Paramedic Program, Certification training, course planning, budget management to

name a few areas. I want to emphasize the real work is done by the full- and part-time instructors of the Training Division and Tara Yoder, the Public Safety Assistant for Training. I am just behind the scenes helping to keep it all organized. A typical day starts with a workout and usually ends late in the evening answering emails and finishing administrative work.

**Q:** What is one thing you want people to know about work being done by your agency, crew, or team?

**A:** The work is on-going all year long and ever expanding. When classes are not in session, the work continues to plan courses and reset for the next round of classes.

**Q:** What advice do you have for new recruits or people interested in your industry?

**A:** From the moment you decide to pursue a career (as a volunteer or career member) in the Fire and/or EMS Service, the training and learning never stops. Be committed to lifelong learning. Also, do not forget to stop and enjoy being part of such a great profession. It will go by quicker than you think!

**Q:** What are three career lessons you've learned thus far?

**A:** There will be good times and tough times

during your career. Enjoy the good times and endure the tough times; these times will not last forever. Change is occurring constantly. Be positive about change. Get involved, and be part of leading the direction change will take you and your organization. We are in the business of taking care of, and helping, others. Remember to ask for help when YOU need it; and take care of your physical and mental health.

**Q:** What are your hopes for our new recruits?

**A:** I hope they learn and remember we are in this business to help others. I hope they maintain the physical and mental health from the very beginning when entering this profession.

**Q:** What would people be surprised if they knew?

**A:** I recorded an album with a band in 1990.

**Q:** What are three words to best describe you?

**A:** Competent, Caring and Sarcastic (just a little)

**Q:** What would you do (for a career) if you weren't doing this?

**A:** Professional musician/recording engineer.

See **Spotlight** on page 5

## Handling Burnout

Burnout? Who me? Lately it seems like this is the new buzzword. What's the difference between simple stress and the escalation to burnout? Well, just like the symbol formerly known as Prince, burnout also had a previous name. It was once known as a "state of vital exhaustion." Makes me yawn just saying it.

What is burnout exactly? The American Psychological Association describes job burnout as "an extended period of time where someone experiences exhaustion and lack of interest in things, resulting in a decline in their job performance." Keep in mind when the "job" reference is written we can also include volunteering your time to a person or place. They go on to say "a lot of burnout has to do with experiencing chronic stress. In these situations, the demands being placed on you exceed the resources you have available to deal with stressors." That, my friends, is when a snowflake turns into an avalanche.

If you ignore burnout, it can really do a number on your health, job performance, and overall happiness. We are talking doozy size! Also, you guessed it; your relationships suffer.

### Signs to Look For

- **Problems with Your Health** Chronic stress can lead to heart disease, depression, and weight gain or loss. Just to name a few.
- **Constantly Preoccupied with Work** You find yourself using precious energy thinking about and stressing over work while doing non-work activities.
- **Lack of Self-Care** Using unhealthy coping mechanisms: drinking in excess, eating too much or not enough, not getting enough sleep, self-medicating with alcohol to de-stress, or using sleeping pills to sleep.
- **Argumentative** Find yourself overly argumentative or withdrawn from friends, family, or co-workers.

- **Slip in Job Performance** Compare your job performance now vs. years prior. Drive and passion still there?
- **Trouble Paying Attention** Burnout may interfere with your ability to concentrate. Add in memory issues and oh, what a combination!
- **Abnormally Negative** Are you more pessimistic than you used to be? Is it becoming your new norm?
- **Lack in Motivation** Is your internal motivation kaput and your enthusiasm for things pretty much non-existent?
- **Exhaustion** Feeling physically, emotionally, or mentally spent.



### What Happens Now

Can you put a big ol' check mark in some, or all, of the signs above? How do you turn the magnifying glass back on yourself and recognize the slippery slope you are about to lose your footing on? Well, here are just a few of the top burnout helpers to keep you from taking that slippery step. Thank goodness because that first step's a doozy.

- **Sleep** Get six or more hours of quality restful sleep. We're talking dark room, fans like a wind tunnel, teddy bear cuddling, mouth gaped open, drool-inducing sleep. It's important to practice the habit of good sleep because, remember, you can never "catch up" on the hours missed. Once they are gone, they are gone. Just like Felicia. Bye!
- **Find Time to Unplug** If it buzzes, bings, rings, or dings - turn that thing on silent. No distractions! I promise everything will still be waiting for you when you return.
- **Non-Work Passion** Go get yourself a hobby, buddy! Find interests outside of work that keep you engaged in anything other than whatever is stressing you out. Spend quality time with the people that make you smile.
- **Stay Emotionally Accountable** Pay attention to signs not only for yourself but for those around you also. Remember, if you're already struggling with a secondary mental health and wellness issue and you combine that with burnout you've got yourself a fiery tornado. Please seek help if your health is declining. Consider chatting with a peer, family, friend, or counselor. In the end you're in control. Burnout won't go away on its own. You'll have to identify, address, and put in the effort. You can, and will, beat burnout and come out on the other side. A job isn't the only thing we can burnout on. We are all susceptible to exhaustion and burnout for anything we give our time to on the regular. Please take care of yourselves, and each other. I believe in you.



# CVFD: Junior Department

FF Junior Emily Sposato

The Crozet Junior Department is a unique group of 16- and 17-year-olds dedicated to protecting Crozet alongside the adult members of CVFD. Despite our age, we train and run calls alongside the rest of the department. The majority of the Junior Members come from the local high school and arrive at the department with a budding passion for the trade of firefighting. The Junior Department has our own monthly meetings, our own bank account, and we conduct our own fundraising. For example, in early December we made various desserts and held a bake sale. We raised over 1,300 dollars, which we immediately used to buy an essential item: CVFD-themed sweatpants. Money well spent.

Currently, the Junior Department is made up of six members: Cole Albee, Emily Sposato, CJ Thorp, Ryan Knutsen, Kieran Garrod, and Ethan Powell. The department is advised by senior members Lieutenant Chris Rivera and Firefighter Zach Simpson. Various juniors can be found at Station 5 nearly every weekend, and most days of the week. Three of the six juniors have taken the County's Firefighter 1 course, and the other three are signed up to take the next class. In December 2020, the juniors had 45 call credits, out of 57 total calls.

Beyond the scope of facts and numbers, the Junior Department program has been a great success on multiple levels. The juniors are some of the most eager people at the department, and the impact that the CVFD has on the character of their teenager members is immeasurable. There are former juniors that are currently serving in the armed forces, striving towards degrees in college, and working as career firefighters in Albemarle County. Almost all junior members go on to become senior members at the CVFD and continue to volunteer for years after their time as a junior. In fact, both Lieutenant Rivera and Firefighter Simpson started their firefighting careers as juniors. The majority of the current juniors want to be career firefighters, members of the military, or continue volunteering as adults.

I can personally attest that the CVFD Junior Program has provided me with an opportunity to meet new people and learn things about myself and the world around me that I would've never learned otherwise. It's been life changing, and I think it would be amazing if more stations had the same opportunities for 16- and 17-year-olds to volunteer at their departments.



## Spotlight *Continued from page 2*

**Q:** What is something in your professional/academic life you are especially proud of?

**A:** Going back to college to the University of Richmond and earning my Bachelors Degree in Emergency Management in 2001 at the age of 39.

**Q:** What is a career goal or ambition you are working towards?

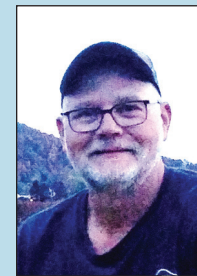
**A:** Retirement!

**Q:** What advice would you tell someone who is interested in your field of work?

**A:** You have to be a team player. You often will have to put the citizens you serve and your team members' needs before yours to be successful. This is a people occupation. If you don't like working with people and being part of a team, find another profession.

**Q:** What is your life motto/work mantra?

**A:** Breathe In, Breathe Out, Move On



**George Stephens**  
Chief of North Garden VFC

Chief George Stephens is a lifelong resident of North Garden in Albemarle County. He has been in the fire and EMS services for 40 years, and Chief of North Garden VFC for 20 of those years.

**Q:** Describe your role and what you enjoy about it.

**A:** Even though I am the Chief of the Company, I still like to run calls and be active on those calls. There are times I am active by helping put out a fire and there are times I am the Commander of the scene. As a rural and small company, I help with membership and being a communicator to the members.

I feel like my role in the agency is to be a friend and mentor. Sometimes my role more resembles that of a parent, by being available for members to consult with or just work with individuals on a one-on-one basis.

**Q:** What is one thing you want people to know about work being done by your agency, crew, or team?

**A:** North Garden Volunteer Fire Company is a community fire agency. We support the community and their needs. One of the

needs we saw the community needed was a first responder agency, so we decided to become one. Another example of how we support our community is by helping with items such as cutting out falling trees on the roadway.

**Q:** What advice do you have for new recruits/people interested in the fire and EMS industry?

**A:** The fire and EMS industry is a wonderful career, be it a volunteer career or a paid career. My advice to those coming in (even those already a part of the industry) is to get more out of it than what you are putting into it. Be willing to continue to learn, be open to change, and be a resource to others. Know that once you are a part of the Fire Rescue family it is hard to step away from it.

**Q:** What are three words to best describe you and three lessons you've learned thus far?

**A:** The three words I would use to best describe myself are also tied to the lessons I have learned. Those three words are consistent, fair, and calm. By being consistent, fair, and calm, it allows you to take things in, be able to listen and have an understanding of what the situation is, so you can think about what to say before just speaking. As words once they are said you cannot take them back, even if you really wanted to.

**Q:** What is something in your professional/academic life you are especially proud of?

**A:** I am proud to have been given the opportunities to hold as many positions as I have with Fire Rescue, being involved and exposed to different things within my career. It is a blessing I have been given.

**Q:** What is something that you love—and a few details about why you love it.

**A:** The outdoors and traveling are my passion. I like to fish, camp, go to the beach, and to see God's creations. I share these adventures with my wife, Sandra, and would have it no other way.

**Q:** What kinds of things do you enjoy that involves helping others?

**A:** This is the reason why I joined the fire rescue field. The deciding factor for me to join was when I was younger a house in the community near me caught fire. The person who lived there was the custodian to the school I went to. I watched as the firefighters worked on putting out the flames and decided that day, I wanted to do that, so I could help others in their time of need.

## YEARS OF SERVICE

### 5 Years

Richard Boamah.....	6/15/2015
Kim Brown.....	5/26/2015
Aaron Carroll.....	2/28/2015
Susan Hakala.....	1/1/2015
William Kirby.....	3/10/2015
Alyssa Mezzoni.....	2/2/2015
Brenda Neitz.....	1/1/2015
Michael Rabin.....	1/27/2015
Anna Rumsey.....	6/30/2015
Christian Torres.....	7/30/2015
Peter Turner.....	6/15/2015

### 15 Years

Phillip Caudle.....	2/22/2005
William Haussmann.....	11/22/2005
Suzanne Herndon.....	7/11/2005
Christopher Knight.....	2/22/2005

### 20 Years

David Johnson.....	1/1/2000
Dustin Lang.....	6/14/2000

### 25 Years

Amanda Vanderploeg.....	11/10/1995
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### 30 Years

Raymond James.....	1/1/1990
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### 50 Years

Austin Critzer.....	5/4/1970
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## RELEASES

PFF Kenneth Malloch.....	FF
PFF Jeriel Samuels.....	FF
FF Scott MacKay.....	DPO
FF Steven Boi.....	FF
PFF William Heywood.....	FF
SFF Justin Dix.....	DAO
FF Corey Wissinger.....	DAO
Sung-Ki Lee.....	BLS
Avni Malik.....	EVOC II
Brittany Schoeb.....	AEMT
Hailey Singleton.....	BLS
PFF Tanner Amburgey.....	BLS, EVOC II
FF Zachary Emery.....	DPO

## NEW MEMBERS

Benjamin Noble.....	11/17/2020
Leah Morris.....	11/17/2020
Kess Hutchinson.....	11/20/2020
Parker Driscoll.....	11/20/2020
Riley Peterson.....	11/20/2020
Ronnie Costain.....	11/20/2020
Bradon Boos.....	12/7/2020
Laurel Dent.....	12/10/2020
Vinton Bruton.....	12/10/2020
Chloe Martin.....	12/15/2020
Kenneth Longnecker.....	12/15/2020
William Longnecker.....	12/15/2020

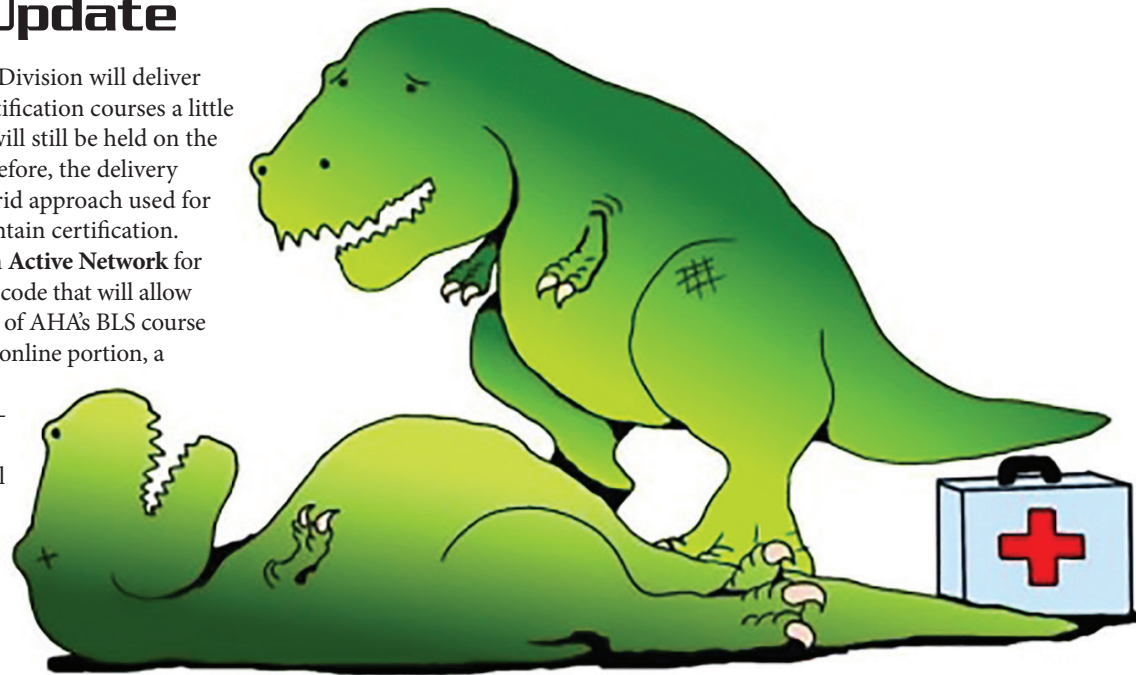


## CPR Course Update

Starting this year, the Training Division will deliver CPR Certification and Re-certification courses a little differently. While the classes will still be held on the second Monday of each month as before, the delivery method will shift to mirror the hybrid approach used for ACFR career staff who need to maintain certification.

When a student registers through **Active Network** for their chosen date, they will receive a code that will allow them to complete the online portion of AHA's BLS course on their own time. At the end of the online portion, a certificate is generated that is then uploaded to their Active Network account before their chosen in-person class date. The in-person portion will be a skills check that will complete the course.

There are many benefits to this method of delivery; classes will be held regardless of the number of students registered, students will only need to be physically present for a short period of time for the skills check (approximately 45-60 minutes) rather than the four hours as before, and it allows the Training Division staff more time to devote to other certification and continuing education classes. Any questions about this new delivery can be directed to Tara Yoder at [tyoder@albemarle.org](mailto:tyoder@albemarle.org).



## T-Rex hates CPR

Another theory on why they went extinct

## Fire Incidents

1920 Lambs Rd	House Fire	Arson under investigation
445 Glendower Rd	Barn Fire	Wandering neutral from the power company
7201 Secretary Sand Rd	House Fire	Property owner creating bioash for use in garden
3351 Autumn Winds Ln	House Fire	Improper disposal of ashes
1550 Seminole Trail	Day Care Fire	Combustibles too close to a heat source
6397 Hillsboro Ln	House Fire	Under investigation
155 Ivy Ridge Rd	House Fire	Improper disposal of ashes
5405 Ashlar Ave	Commercial Fire	Improper use of smoking materials
3558 Layton Dr	House Fire	Equipment failure of a clothes dryer
818 Harris Rd	House Fire	Improper use of candles



Meet Sherri Frantz, CARS first executive director. Before coming to Charlottesville, Sherri successfully led nonprofit and government organizations in Canton, Ohio. She has extensive experience in program growth, team development, volunteer recruitment and

retention, grant writing and management, and fundraising. As executive director, Sherri will work with CARS volunteers, harnessing their energy and expertise, to help the organization implement its strategic plan and achieve its goals.

In her free time, Sherri enjoys exploring the area with her husband, Larry; playing with her puppy, Sage; camping; and spending time with family and friends.

"When we identified the need for an executive director through our strategic planning process, we couldn't have hoped for a better candidate than Sherri," says Chief Virginia Leavell. "We are thrilled to welcome her to the CARS/ACFR family!"

## TECHNICAL RESCUE NEWS

### Christmas Eve Water Rescue

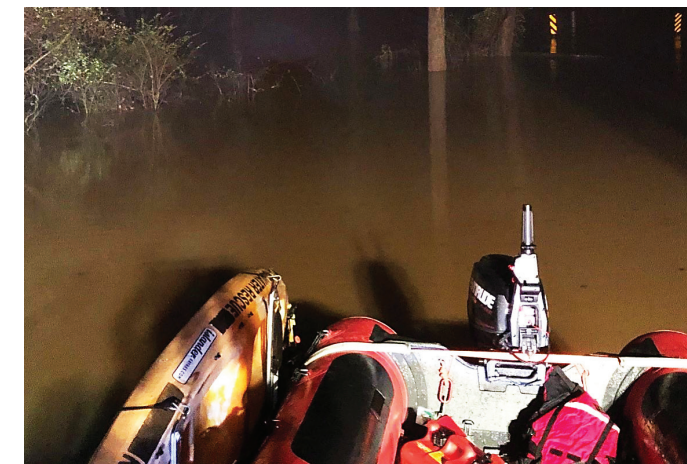
by Wallace Robertson

The evening of Christmas Eve 2020, heavy rain (2.5-3") had fallen and flash flood warnings had been issued for the area. At 17:54 hours, a call was initiated for 3651 Watts Passage in SPVFC's first-due for a vehicle in the water (an area known to be prone to significant water flows/flooding after heavy rain), and a full water-rescue compliment was dispatched. Water rescue responses are comprised of a cooperative effort incorporating crews from ACFR, CARS, WARS, SVFD, and Lake Monticello.

Inbound units received information that a car had gone off the roadway and was floating in the water. The driver, on the phone with ECC, reported he had made his way out of the car and was holding onto a tree, but that he was drowning and unable to hold on much longer. This evening was dark and foggy, the air temperature was in the mid 40-50's Fahrenheit (F), and water temperature was estimated to be 50-60 degrees (F) with a depth of at least 10' deep and substantial flow.

During the response, BC15/Ascoli began making assignments prior to arrival. Units were divided into River Right and River Left Divisions, and response routes were adjusted to accommodate those assignments. Upon arrival, Chief Ascoli assumed the role of Rescue Group Leader, with overall command handled by Capt. Miller (E61). An initial rescue plan was developed that included putting downstream safeties in place and performing a "shallow water crossing" to make a quick grab. The secondary plan directed incoming rescue crews to prepare for boat deployment. Water depth and conditions precluded the shallow water crossing, and the boat rescue plan commenced.

Boat 2 from CARS was launched at 1834 hours with a crew of three (ACFR and CARS Technicians) and reached the victim less than one minute later. The victim was not injured and was brought to shore at 1836 hours. During the rescue, the victim would not allow personnel to bring him inside the boat, however, they maintained physical contact with him during the extraction. The victim was moved to a warm environment and ultimately refused transport.



*This article was based on an After-Action Review put together by Special Operations Chief Matt Ascoli. If you have an interest in reviewing further details, please reach out for the full document. As always, if this type of work interests you, please consider applying to the Water or Technical Rescue Team.*





# COVID-19 Vaccination

**William Brady, MD**  
Operational Medical Director  
ACFR

**V**accination against the SARS-CoV2 is felt to be a very important strategy in the fight against spread, aimed at reducing contagion and decreasing illness severity... and thus allowing a return to a more normal state of affairs for us all.

Currently, two mRNA vaccines exist and have been approved for use, including the Pfizer-BioNTech and Moderna COVID-19 versions. Preliminary data suggests high vaccine efficacy in preventing COVID-19 following receipt of two doses of mRNA COVID-19 vaccine. These two vaccines are unique and represent the first human application of the mRNA mechanism,

though this vaccine mechanism and related technology has been in existence for decades.

An understanding of the mRNA vaccine mechanism is important.

mRNA vaccines have two basic components, including inner strands of genetic material (mRNA) and an

outer protective layer. The mRNA provides instructions for the human cell regarding the production of a protein specific to SARS-CoV2 (the so-called spike protein). This spike protein is unique to the SARS-CoV-2 and is antigenic, meaning that it is identified by the human body as alien, stimulating an immune response. Since only part of the protein marker is produced, it does not do any harm to the person vaccinated, in that it does not cause an infection. The outer layer protects the mRNA from enzymes in the body that would otherwise break it down.

After the piece of the spike protein is made, the human cell breaks down the mRNA strand and disposes of it. It is important to note that the mRNA strand never enters the cell's nucleus

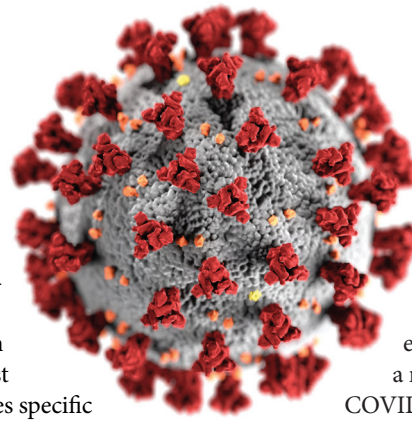
or affects genetic material; these vaccines do NOT alter or modify someone's genetic makeup.

Once displayed on the human cell surface, the antigenic spike protein causes the immune system to begin producing antibodies against SARS-CoV-2; it also activates specific white blood cells to fight off what it thinks is an infection. Thus, the immune system is primed to protect against future infection.

Indications for the administration of either vaccine are based on COVID-19 risk, including exposure possibility and likelihood of severe COVID-19 illness. Persons with significant occupational exposure possibility, such as pre-hospital- / hospital-based healthcare providers, frontline workers, and other essential personnel, are considered priority populations. Patient-based issues focus on the likelihood of severe illness and include older age (risk increased beyond age 65 years) and comorbid health considerations.

Adverse effects to either vaccine do occur in 50 to 80% of vaccinated people and include local (pain, swelling, erythema at the injection site, and localized axillary lymphadenopathy on the same side as the vaccinated arm) and systemic (fever, fatigue, headache, chills, myalgia, and arthralgia) issues. Importantly, these adverse effects are self-limited, usually mild in nature, and do not represent significant concern for the overall health of the individual. Most systemic symptoms are mild in severity, occur within the first three days of vaccination, and resolve within 1-3 days of onset; furthermore, these symptoms are more frequent and prominent following the second dose and among younger persons compared to older persons.

In clinical trials, hypersensitivity-related adverse events were observed in less than 2% of vaccinated persons. In these same clinical trials, anaphylaxis following vaccination was not observed with either vaccine. Anaphylaxis has been reported in the United States and the United Kingdom with widespread application of the vaccines. Importantly, anaphylaxis is a very rare



reaction to these COVID-19 vaccines. All reported cases have responded favorably to standard therapy for such reactions; no deaths have occurred.

Social media and non-expert websites have reported a range of issues with the

COVID-19 vaccines. It is important to note that this vaccine is safe and

effective. The FDA review process was appropriately and correctly performed; post-release surveillance continues. No short-cuts in the FDA review occurred. Other nations, such as Canada and the United Kingdom, have similarly reviewed both vaccines and come to identical conclusions...that both vaccines are safe and effective. In addition, the vaccine recipient will not develop COVID-19 infection because of vaccination. Further, the vaccine recipient will not become contagious to others as a result of either vaccine. Also, either vaccine is recommended for persons who have had past COVID-19 infection. Past infection is most definitely NOT protective against recurrent infection.

Please use appropriate references for information about the vaccines, such as the CDC's website addressing COVID-19 vaccination [www.cdc.gov/vaccines/covid-19/index.html](http://www.cdc.gov/vaccines/covid-19/index.html).

At the time of this writing, I have received the first dose of my vaccine (Pfizer-BioNTech); I will receive my second dose in 4 days. I experienced very minimal local pain at the injection site for approximately one day; I did not use any medications due to this discomfort. I strongly encourage you all to receive both doses of either vaccine.

I am very happy to answer general questions; I urge you to contact your personal healthcare provider to determine if COVID-19 vaccination should be administered to you.

Remember, vaccination will not only protect you from illness but also your family, friends, colleagues, and patients.

Thank you all for being there...it is highly valued and massively appreciated. Stay safe and keep the faith.



SIRENS is the official newsletter of Albemarle County Fire Rescue and is published quarterly.

The newsletter is available online at [acfirerescue.org](http://acfirerescue.org) with hardcopies distributed to each station.

**SUBMISSIONS:** Articles, feature stories, cartoons, photographs, upcoming training, station news, and station events and functions are welcome at any time and can be submitted to [ACFRSirens@albemarle.org](mailto:ACFRSirens@albemarle.org).

