

# Carter's Cove Chronicle

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October 2009

## A Message from the Property Manager

Hello All — I'm Rick Jordan with Tidewater Property Management and I am very pleased to assume the responsibilities for the day-to-day operations of the Carter's Cove community. I have been on board since mid-August and would like you to know that in my observation your current board cares deeply for the Carter's Cove community and are doing their utmost to ensure property values are not only maintained but are also increased — I am here to help in that quest. Some of you may have already seen me in and around the community in the process of completing a Fall Home Inspection. If you are the recipient of a notice requesting maintenance please be aware that you are simply being asked to do your part in improving the appearance of the community. It is the hope that in the spirit of cooperativeness the requested maintenance work will be performed. I look forward to working with each and every one of you in bettering the community. I can be reached at (443) 548-0191.



### DUMPSTER WEEKEND

#### RECAP

The weekend of October 3-4, 2009 three dumpsters were located throughout the community. Who knows where all the items came from to fill up these dumpsters but they were filled to capacity and another dumpster would not have went empty! This program is a tremendous success and will be continued in the spring of next year.



### *Community Beautification!*

*Several HOA sponsored projects are underway to enhance community appearance — including but not limited to concrete sidewalk repair, turf and landscaping upgrades. If there are any areas of concern please make us aware.*

# The Flu Season is Almost Here!

The Howard County Health Department's Flu Information Line is 410-313-6503. Callers will listen to a recorded message about swine flu and where to go for more information.



**On September 14, 2009, County Executive Ken Ulman and Health Officer Peter L. Beilenson held a town hall meeting to talk about H1N1 in Howard County.** Human cases of H1N1 (swine flu) have been identified in the United States. Look to the Howard County Health Department to keep us up to date on the flu outbreak. The information below comes from the Maryland Department of Health and Mental Hygiene (DHMH) and the Centers for Disease Control and Prevention (CDC).

## What are the symptoms of H1N1 (swine flu)?

Fever and one or more of the following: Cough, sore throat, body aches, headache, chills and fatigue, and sometimes vomiting and diarrhea.

## Who is most at risk should they get sick with H1N1?

Anyone can get the flu. But the groups below should call their doctor right away if they have the signs of H1N1:

- Children less than 5 years old
- Persons aged 65 years or older
- Children and teens (less than 18 years) who are on long-term aspirin therapy
- Pregnant women
- Adults and children who have chronic diseases
- Adults and children who have HIV or immune system problems
- Residents of nursing homes and other chronic-care places

## When should I call my doctor?

You should take care of yourself at home like you would any illness. Drink lots of clear fluid, take medicine to lower your fever, and rest. If possible, stay home from work, school, and errands when you are sick. You will help prevent others from getting sick. People with the flu should stay away from others for at least 24 hours after their fever is gone. The fever should be gone without the use of a fever-lowering medicine.

If you are a member of a group listed above, you should call the doctor if:

- You or a family member has flu-like symptoms, including a fever that is higher than 100°F (37.8°C) AND a cough, sore throat, runny nose, or stuffiness.

## What if I do not have a regular doctor?

If you meet the symptom checklist listed above and you do not have a regular doctor, call one of our local urgent care centers. A list of urgent care centers located in Howard County is available at [http://www.howardcountymd.gov/Health/docs/Urgent\\_care\\_centers.pdf](http://www.howardcountymd.gov/Health/docs/Urgent_care_centers.pdf)

## When should I go to the emergency room or call an ambulance?

A sick person may need medical help right away if he or she:

- Is breathing fast, has trouble breathing, or has chest or belly pain.
- Has bluish skin or lip color (for fair tones) and grayish skin or lip color (for darker tones).

- Has sudden dizziness.
- Is not drinking enough fluids.
- Is vomiting and unable to keep liquids down.
- Is not waking up or not interacting normally.
- Has flu-like symptoms improve but then return with fever and worse cough.
- Has a fever with a rash.
- Is unable to urinate for a long period of time.
- Has seizures.
- Is less responsive than normal or becomes confused.

### **How does H1N1 spread?**

People with the flu can give you the virus if they cough or sneeze near you. You can also become sick by touching something with germs on it, such as door knobs, and then touching your eyes, mouth, or nose. Unless they need urgent medical help, adults who are sick should be cared for at home.

### **How long is a person with the flu able to give the flu to others?**

This is still unknown. You may be able to spread flu germs for up to 1 day before and up to 7 days after you start having symptoms.

### **Is there a vaccine for H1N1?**

A vaccine to prevent H1N1 is still being tested. The best way to prevent the spread of H1N1 is by staying away from sick people, washing your hands often, and covering your cough.

### **What can I do to protect myself from getting sick?**

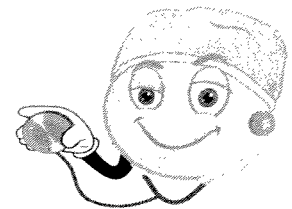
- Avoid close contact with people who are sick. If you are sick, keep your distance from others to protect them from getting sick.
- Get your seasonal flu shot early this fall.
- If possible, stay home from work, school, and errands when you are sick. You will help prevent others from getting sick. People with the flu should stay away from others for at least 24 hours after their fever is gone. The fever should be gone without the use of a fever-lowering medicine.
- Cover your mouth and nose with a tissue or inside of your elbow when you cough or sneeze. Make sure to put used tissues in the trash after one use.
- Wash your hands often with warm water and soap. Alcohol-based hand cleaners like Purell also work.
- Avoid touching your eyes, mouth, and nose. Germs spread this way.
- Get plenty of sleep, manage your stress, drink plenty of fluids, and eat nutritious food.

## **Health Howard Access Plan**

Are you or someone you know living without health insurance or access to medical care? You may qualify for Howard County's unique health access plan. Visit [www.healthyhoward.org](http://www.healthyhoward.org) to learn more – or visit the Howard County Health Department's website to connect with information.

### **Vial of Life Helps Others Help You When you are in Trouble**

The Vial of Life is a free program that helps you have the medical information on hand (in your car, in your home, and in your wallet/purse) so that if a medical emergency occurs, responders can help you most effectively. Collect this information and update it when your health changes. It is easy and it is free. [www.vialoflife.com](http://www.vialoflife.com) offers guidance on the types of information to collect, keep and update. First responders like Emergency Medical Technicians find this information MOST valuable in providing good care to those they are called to serve.



**Connect with County Representatives**

Our County Council representative is Jen Terrasa (District 3). Her assistant is Mary Clay.

Telephone: 410-313-3108

Email: [jterrasa@howardcountymd.gov](mailto:jterrasa@howardcountymd.gov).

If you visit Howard County Government's website: [www.howardcountymd.gov](http://www.howardcountymd.gov), you will find useful information on a variety of subjects - click through to District Three news for updates on our community. Jen offers good information on new technologies used to track building developments, human resource information, and other issues that help us be informed about our community.

**Trash Pickup**

Except in the event of a holiday falling during the workweek, regular trash is picked up by Howard County on Fridays and recycling materials on Wednesdays. Trash containers must be put out for pickup before 6:00AM on the trash pickup day. For community health reasons only properly lidded trash containers should be used. It is okay to put trash containers out for pickup after 6:00PM the evening before the pickup day and the emptied containers must be returned to an out of curbside view storage location before 6:00PM on the day of pickup. It is **not** okay to put trash out for pickup on any other day besides the above mentioned days. Please do your part to keep the community clean and healthy.



When holidays fall during the workweek the trash pickup day is pushed up one day. Again, please be sure to have your trash put out by 6:00AM on the trash pickup day. The rest of this year's holiday trash pickup schedule:

Thanksgiving Day, Thursday, November 26, 2009:  
Trash will be picked up on Saturday, Nov, 28, 2009

Christmas Day, Friday, December 25, 2009: Trash will be picked up on Saturday, December 27, 2009

New Year's Day, Friday, January 1, 2010: Trash will be picked up on Saturday, January 2, 2010.

Recycling pickup is scheduled to continue as usual on Wednesdays.



**HALLOWEEN SAFETY TIPS**

**Young children should always go trick-or-treating with an adult**

**Never trick-or-treat alone. Have at least 2 buddies go with you**

**Make sure that you are wearing a flame retardant costume**

**Wait until you get home and your parents check your candy before you eat it**

**Be very cautious of strangers**

**Accept treats only in the doorway. Never go inside a house**

**Be sure to say thank you for your treats**

**Don't play near lit jack-o-lanterns**

**Visit only houses where the lights are on**

**Board Members**

President .....Darren Hogan

Vice President.....Irfan Qayyum

Treasurer.....Jeff Kong

Secretary.....Erin Hromada

Member at Large.....Khanh Diep

This is your community newsletter and your comments and articles are welcomed. Send information you would like to dispense to the community such as informative articles, meeting notices, bulletins, etc. to Tidewater Property Management at: [rjordan@tidewaterproperty.com](mailto:rjordan@tidewaterproperty.com) or email the board at: <http://www.carterscove.info/site/ContactUs/tabid/171/Default.aspx>

\*The Carter's Cove Board is actively seeking volunteers for committee roles, if you are interested please email the board at the above address.