



Central District Health Department

Medical Reserve Corps

Back issues of this publication are available on our website: cdhd.idaho.gov

In This Issue:

H1N1 Flu

Keep Yourself Safe When The Earth Shakes

Emergency System For Advance Registration of Volunteer Professionals (ESAR-VHP)
Volunteer Idaho

Training

Volunteer Registration Form

Responding When The Earth Shakes

Member Contact Information

We're A Tobacco Free Zone



To protect the health of **everyone** at CDHD, no smoking or other tobacco use is permitted in our facilities or on our property, both indoors and out. **Thank you for your cooperation.**



H1N1 Flu



The Central District Health Department (CDHD) wrapped up the final Point of Dispensing (POD) H1N1 Flu Clinics on December 21st. The clinics and school-based vaccination programs have been a tremendous success. To date, we have administered over 55,000 doses of H1N1 flu vaccine and sent another nearly 35,000 doses to medical clinics, obstetricians, Mountain Home Air Force Base, Boise State University Student Health Services, and area pharmacies.

CDHD Medical Reserve Corps (MRC) volunteers have dedicated over 1,200 hours helping protect the people in our community from the H1N1 flu virus by assisting in PODs, school strike teams, answering calls on the CDHD Flu Hotline, and traveling to vaccination clinics in outlying areas within our health district. The monetary value of your generosity totals over \$24,000! The incredible effort put forth by our MRC volunteers over the last few months has not only been impressive, but it has also been immensely appreciated. Thank you all for the level of caring and commitment you have shown for our community over the last few months. Without you, we simply would not have been able to do nearly as much as we have to help protect our community from H1N1 flu.

Since Sept. 1, there have been 824 laboratory-confirmed H1N1 cases reported in Idaho, with 382 of those requiring hospitalization, and 22 deaths.

Although influenza activity has significantly decreased over the past two months, public health officials are cautioning Idahoans not to become complacent. Flu season often peaks in February, making now a good time to seek out the H1N1 vaccine.

A national poll shows only 22 percent of adults targeted to receive the H1N1 flu vaccine have elected to receive it so far. With vaccine widely available, public health officials say it's not too late to get vaccinated. Also, parents are reminded that children six months through 9 years of age need two doses of vaccine about a month apart to be protected against illness.



CDHD is still offering appointments for the H1N1 flu vaccine at all three of our offices. In Boise, call 327-7450 to make an appointment. In Mountain Home, call 580-6002. To make an appointment at the office in McCall, call 630-8002.

For information about vaccine availability in our area, go to the CDHD website at www.cdhd.idaho.gov.

707 N. Armstrong Pl.
Boise, ID 83704-0825
Tel. (208) 327-7499
Fax (208) 327-7100

Kimberly Link
Program Manager
Office of Public Health Preparedness
(208) 327-8589
klink@cdhd.idaho.gov

Mary Barlow
Medical Reserve Corps Coordinator
(208) 321-2215
mbarlow@cdhd.idaho.gov

Randy McLeland
Planner
(208) 327-8514
rmclelan@cdhd.idaho.gov

Bryan Hopkins
ASPR Healthcare Liaison
(208) 321-2245
bhopkins@cdhd.idaho.gov

Kathryn Quinn
Health Education Specialist
(208) 327-8597
kquinn@cdhd.idaho.gov

Norma Russell
Administrative Assistant
(208) 327-8589
nrussell@cdhd.idaho.gov

Keep Yourself Safe When The Earth Shakes



The images from Haiti and Chile after the recent earthquakes continue to illustrate the devastating impact of natural disasters. Emergency preparation may not be possible for every individual, or for every type of emergency, however, the importance of preparedness planning cannot be overstated. We encourage you to utilize the abundant informational resources that are available to prepare your family to the fullest extent you can.

Knowing the risk in your community is the first step to being better prepared. The Federal Emergency Management Agency (FEMA) has ranked Idaho as the 5th highest in the nation for earthquake risk after California, Alaska, Nevada and Utah. Our state has experienced two of the largest earthquakes in the lower 48 states in the last 50 years. In 1959, Hebgen Lake experienced a quake that measured 7.5 on the Richter scale and in 1983 the Borah Peak quake measured 7.3.

Earthquakes strike suddenly, violently, and without warning at any time of the day or night. If an earthquake occurs in a populated area, it may cause many deaths and injuries and extensive property damage. Although there are no guarantees of safety during an earthquake, identifying potential hazards ahead of time and advance planning can save lives and significantly reduce injuries and property damage.

Six Ways to Plan Ahead

1. Check for Hazards in the Home

- Fasten shelves securely to walls.
- Place large or heavy objects on lower shelves.
- Store breakable items such as bottled foods, glass, and china in low, closed cabinets with latches.
- Hang heavy items such as pictures and mirrors away from beds, couches, and anywhere people sit.
- Brace overhead light fixtures.
- Repair defective electrical wiring and leaky gas connections. These are potential fire risks.
- Secure a water heater by strapping it to the wall studs and bolting it to the floor.
- Store weed killers, pesticides, and flammable products securely in closed cabinets with latches and on bottom shelves.

2. Identify Safe Places Indoors and Outdoors

- Under sturdy furniture such as a heavy desk or table.
- Against an inside wall.
- Away from where glass could shatter around windows, mirrors, pictures, or where heavy bookcases or other heavy furniture could fall over.
- In the open, away from buildings, trees, power lines, and overpasses.



Continued on page 3 . . .

... Continued from page 2

3. Educate Yourself and Family Members

- Learn about the hazards in your area and the resources available to help you prepare for them.
- Teach children how and when to call 9-1-1.
- Teach all family members how and when to turn off gas, electricity, and water.

4. Have Disaster Supplies on Hand

- Flashlight and extra batteries.
- Portable battery-operated radio and extra batteries.
- First aid kit and manual.
- Emergency food and water.
- Nonelectric can opener.
- Essential medicines.
- Cash and credit cards.



5. Develop an Emergency Communication Plan

- In case family members are separated from one another during an earthquake (a real possibility during the day when adults are at work and children are at school), develop a plan for reuniting after the disaster.
- Ask an out-of-state relative or friend to serve as the “family contact.” After a disaster, it’s often easier to call long distance. Make sure everyone in the family knows the name, address, and phone number of the contact person.

6. Help Your Community Get Ready

- Work with local emergency services and other agencies and organizations in your community to assist in educating others on what to do before, during, and after an earthquake.
- Volunteer with the Medical Reserve Corps to assist your community when it needs you most.

Responding When The Earth Shakes

Falling objects, not building collapse, are the main cause of earthquake-related deaths and injuries in the United States, so when the earth shakes, think three words – DROP, COVER, and HOLD.



DROP

Drop down to the floor. Stay away from windows, bookcases, mirrors hanging plants and other heavy objects that may fall.



COVER

Cover yourself under a sturdy desk or table. If it’s not possible to take cover under a desk or table, seek protection up against an interior wall. Protect your head and neck with your arms.



HOLD

Hold on to the piece of furniture where you took cover. Be prepared to move with it. Hold on until the shaking stops and it’s safe to move. Be prepared for aftershocks.



Central District Health Department
Communicable Disease Control & Public Health Preparedness
707 N. Armstrong Pl.
Boise, ID 83704-0825

PRSRT STD
U.S. POSTAGE
PAID
PERMIT NO. 1
BOISE, ID

Member Contact Information

The majority of our communications with you is done via e-mail. It has proven to be a great way to get information out to a large group of people easily and quickly. We realize however that e-mail addresses change often and become outdated. If you have recently changed your e-mail address, or have noticed that you haven't heard from us in a while, please give us a call or shoot us an e-mail with your current contact information. We want to stay in touch! Please contact Mary Barlow at 321-2215 or mbarlow@cdhd.idaho.gov . Thanks!



Visit us online at: www.cdhd.idaho.gov

Emergency System for Advance Registration of Volunteer Professionals (ESAR-VHP) - “Volunteer Idaho”

ESAR-VHP is a federal requirement that has been installed to provide guidance and assistance for the development of standardized Local-State-Federal coordination of volunteer health professionals. Its mission is to develop a unified and systematic way to register, classify, and verify the credentials of volunteer health professionals in advance of an emergency or disaster. Each state in the US is required to have an ESAR-VHP program as part of their preparedness and response plan and it will serve as one more way to improve the nation’s ability to prepare for and respond to public health emergencies.

In fulfilling our requirements, and because we consistently strive to improve our readiness to respond to disasters here in Idaho and within our health district, we are transitioning all of our volunteer records to the new ESAR-VHP compliant system called “Volunteer Idaho.” This system enables us to access our volunteer information quickly, and verify the credentials of our medically licensed volunteers by comparing them to Federal and State licensing board data prior to calling them for duty.



Volunteers in our new system will have tools available that will enable them to keep track of their volunteer efforts and receive notifications of volunteer opportunities electronically, in real-time. The system will also automatically notify medical volunteers when their professional license is about to expire.

If you haven’t already registered in the new system, we would like to invite you to do so. Please go to www.volunteeridaho.org, click on the area of the map that denotes Public Health District 4, and follow instructions.

Please feel free to contact Mary Barlow at mbarlow@cdhd.idaho.gov or 321-2215 if you have any questions or if you need any assistance with the registration process.

Training

A number of valuable training and educational opportunities can be found locally and free for MRC members. Many of them can be available through the **Idaho State University (ISU) Institute of Emergency Management Idaho (IEM) Learning Management System (LMS)**. ISU-IEM manages many of the courses for emergency response professionals in Idaho. To access the training available through the LMS, register and login at www.idahoprepares.com . If you would like more information about the LMS or any of the classes available, please contact CDHD Health Educator, Kathryn Quinn at KQuinn@cdhd.idaho.gov or 327-8597.

FEMA and the Emergency Management Institute (EMI) offer self-paced courses designed for the general public and those who have emergency management and response responsibilities. All are offered free-of-charge. To get a complete listing of courses available through FEMA Independent Study Programs, go to: <http://training.fema.gov/IS/crslist.asp> .

MRC New Member Orientation – New volunteers to the CDHD Medical Reserve Corps are invited to join us for an introduction and orientation to the program.

April 8th, 6:30 – 8:30 p.m.

April 10th, 10:00 a.m. – 12:00 p.m.

Central District Health Department
707 N Armstrong Place, Boise





MRC Volunteer Application & Registration

Public Health Preparedness
707 N. Armstrong Pl.
Boise, ID. 83704
Tel. (208) 321-2215
Fax (208) 327-8554
cdhd.idaho.gov

The Central District Health Department (CDHD) has a lead role in responding to natural and man-made public health emergencies and disasters. Our Medical Reserve Corps (MRC) is a community-based program designed to develop a well-trained team of local volunteers who are willing to contribute their skills and expertise to their community so that we all may be better equipped to prepare for and respond to public health emergencies of all kinds as well as promote healthy living throughout the year.

Volunteers can choose how they would like to contribute their time and talents to the program. They may choose to assist only during a public health emergency or throughout the year by assisting in various areas of need within the health department. Medical and non-medical members of our Ada, Boise, Elmore and Valley County communities are encouraged to become involved. If you would like to support your community, complete and return this form to our office.

Personal	First Name		Last Name		County of Residency		
	Street Address		City	State	Zip Code	Date of Birth	
						__/__/____	
	Daytime Telephone		Cell or Alternate Number		Email - will be our primary means of communication		
	()		()				
Volunteer Interest	Which of these specific service categories best describes your skills?						
	<u>MEDICAL</u>						
	<input type="checkbox"/> Physician						
	<input type="checkbox"/> Pharmacist						
	<input type="checkbox"/> Nurse - CNP ___ RN ___ LPN ___ CNA or MA ___						
	<input type="checkbox"/> Other Medical Professional – <i>please describe:</i> _____						
<u>NON-MEDICAL</u>							
<input type="checkbox"/> Support Staff – clerical, warehouse and a wide variety of other project support tasks.							
Level of program participation desired: I prefer to receive notification of and to make myself available for:							
<input type="checkbox"/> Active: respond to emergencies and participate in training and other activities as needed, pending availability.							
<input type="checkbox"/> Limited: respond to emergencies and participate in major preparedness-related events occasionally.							
<input type="checkbox"/> Emergency Only: major public health emergency events only.							
<i>CONFIDENTIALITY STATEMENT:</i> I understand the need and the importance of maintaining the confidentiality of all clients and related information, and do hereby agree to keep that confidentiality.							
Signature:				Date:			
Optional	Specialized occupational, educational or volunteer experience:						
MRC Contact	Medical Reserve Corps Contact Information			On-line Registration Information			
	Mail to: Medical Reserve Corps Coordinator 707 N. Armstrong Pl, Boise ID. 83704-0825 E-mail to: cdhdmrc@cdhd.idaho.gov Call: (208) 321-2215 Fax: (208) 327-8554			1) If you would like to register online, you may do so through the Idaho Preparedness Learning Management System: Complete and submit application by going to the Volunteer Center at https://www.idahoprepares.com 2) A copy of this registration form can be found online at: http://cdhd.idaho.gov/pdfs/php/mrc_volunteer_form.pdf			