



Central District Health Department Medical Reserve Corps

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

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A New Kind of S-O-S

How, when, and where we get our information today is very different than in the past, especially in an emergency situation. Instead of telling people information, we are communicating through what we type. Texts, tweets, posts, blogs—all of these have increased how much information we share and how fast we can share it.

Did you know?

- 79% of the U.S. owns a cell phone and text capabilities are already available on over 98% of these cell phones.
- Text messages are usually read within 15 minutes of being received and responded to within one hour.
- 77% of U.S. citizens use the internet.
- In January 2011, Facebook had 600 million active users – and is growing.

Social media and increased phone capabilities, like internet access, have proven to be very useful tools in disaster responses. In the aftermath of the Joplin, MO tornado, it



was not possible to make cell phone calls, but people could get on the internet and post updates to their Facebook pages. This way, families, friends, and neighbors could find out information about others' locations and their health without having to talk with them directly. It's important to note that these social media sites were not set-up or maintained by any agency, but by local community citizens coordinating the information that was shared with the public.

During Japan's earthquake and tsunami in March, people used social media networks to provide each other with safety information and ask for help. Similar to communication during the Joplin tornado, citizens were able to share information and updates to their family and friends around the world—all in a matter of seconds.

The ability to communicate via a regular phone call during an emergency or disaster can be unpredictable or even impossible. As these two recent disasters have shown, text messaging and the internet may be the more dependable way to share information quickly. But communication remains a two-way street. These tools are available,

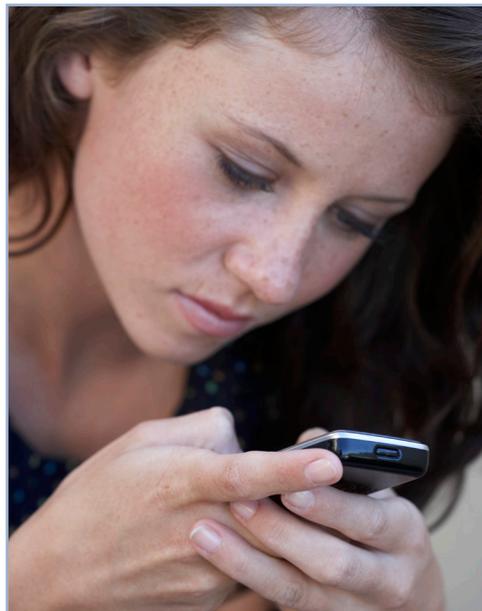
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We're A Tobacco Free Zone



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.



Central District Health Department

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S-O-S

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but if you want to benefit from them, you must also use the tools to gain the information.

Communication is often cited as a challenge in emergencies and disasters – both in real world events and exercises. People might have the wrong phone numbers, they do not know how to work a hand held radio, or they simply might not have access to the right communication tool. In the aftermath of an emergency, the ability to share information is critical – for responders and the general public. As with all emergency planning, it is important to learn about the ways you might

communicate with your family and friends before an emergency happens. Think about all of the tools you use to communicate with others and take time to learn about new ways that you might communicate if your usual method, like your home phone, was not available.



Search for “CDHD MRC Volunteers”

September is National Preparedness Month

September has been designated as National Preparedness Month and is sponsored by the Ready Campaign, along with Citizen Corps and the Advertising Council. This year’s slogan is “This September: A Time to Remember. A Time to Prepare.” The goal of National Preparedness Month is to encourage all citizens to take steps to be better prepared to deal with an emergency – no matter the size of the emergency.



1. Get a Kit

When an emergency happens, responders cannot reach everyone right away. You may need to take care of yourself for awhile. That is why it is important to build an emergency kit that has enough supplies for at least 3 days. Be sure to include enough food, water, and other supplies for you and everyone in your household.

2. Make a Plan

An emergency can happen at any time. It is important to plan ahead with your family on how you will communicate with each other if you are not in the same place. Also think about what your plan is if you need to evacuate your house or neighborhood, or if you are asked to shelter in your home.

3. Be Informed

Find out about what kinds of emergencies might occur in the area that you live. Learn about the emergency response plans of local agencies. Think about where you would look for reliable information when the emergency does happen.

It may seem like a big project to do all of these things, but even taking small steps can help you become better prepared. The more prepared you are, the more resilient you and your community will be after an emergency happens. Visit www.ready.gov for more information.

Coordinator's Corner — MRC Volunteer FAQs

I thought this would be a good time to provide a brief update on some important general volunteer information. These are some common questions that I have received recently:

How do I find out about volunteer opportunities?

Email is the most common way that volunteers will find out about activities – both day-to-day activities and emergencies. This is simply the fastest way to communicate with the group at large. Phone calls may also be used if needed.

What if I only want to volunteer for emergency or disaster incidents?

That's ok! It is great to have such a diverse group of volunteers. And a large incident is where we are going to need the most help. If you see an email regarding a volunteer opportunity that you are not available for or simply not interested in, feel free to simply delete the email.

Is there a Volunteer Handbook that has program information for volunteers?

Yes! These are distributed during MRC Volunteer Orientations, which will be held twice a month starting in September.

What if I volunteered for an activity, but it turns out I'm not available to help?

That's ok! We completely understand when things come up. Please do let us know (with as much notice you can) if you are not able to attend an activity that you volunteered for.

Public Health Preparedness Exercises Recap

During the past year, Central District Health Department conducted and supported several large-scale training and exercise activities. Events of this size require many hours of planning and preparation, as well as a large number of people, to make them effective and successful. With the help of our MRC Volunteers, we conducted several large exercises.

On March 29, we received a training package from the Centers for Disease Control and Prevention (CDC) that represented the Strategic National Stockpile (SNS) 12-Hour Push Package. The SNS is a federal asset of a variety of medications and medical supplies that could be delivered to an emergency response site. Staff from Southwest District Health (SWDH) and CDHD, as well as MRC Volunteers from both agencies set up the SNS containers in a warehouse that would become a distribution center for medical supplies in an emergency response.



March SNS Exercise

In May, volunteers participated in the National Disaster Medical System (NDMS)/Federal Coordinating Center (FCC) Exercise directed by the Boise VA Medical Center. During this exercise, volunteers were involved in transporting patient actors off of a C-130 aircraft equipped for medical evacuation, conducting triage on patients, and providing treatment until the patients could be taken to a local

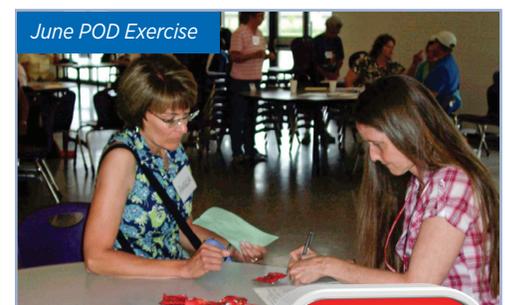


May NDMS Exercise

hospital. This activity helped the local agencies practice our health care surge capability. This capability means that, when an emergency occurs outside our area, we would be able to accept patients from the affected region who would be cared for in our local hospitals.

On June 29, CDHD staff and volunteers participated in a Point of Dispensing (POD) exercise at Rocky Mountain High School in Meridian. The goal of this exercise was to have the CDHD POD Management Teams train people (CDHD staff and MRC volunteers) to work as POD staff. Actors were used to represent the public who were visiting the clinic to pick up antibiotics.

All of these activities highlight the very important public health and medical emergency response capabilities of our local agencies. Thank you to all of the volunteers who assisted with these exercises! Your time and participation in support is greatly appreciated.



June POD Exercise

Do you have a question about volunteering?

Call 327-8597 or email kquinn@cdhd.idaho.gov.





Volunteer Idaho

The Volunteer Idaho system recently went through a pretty significant update. It seems to be much more user friendly than the previous system. If you haven't had a chance to register online, please take the time to do so. Visit www.volunteeridaho.org to register.

Volunteer Idaho FAQs

Why do we have an online registration system?

The MRC Program began due to the need to credential volunteers prior to having them assist with an emergency response. The online Volunteer Idaho system supports this effort by automatically checking medical licensures for those who register. Additionally, since nearly everyone has access to the internet, it is an easy way for people to register whenever they want. The system also includes the capability of volunteer management during a response or event, such as volunteer activation, role assignments, and event location information.

Do I have to answer every question in the system? I don't want to share as much information as the system asks for.

The online system does ask a lot of questions. However, only a portion of them are required. For any question that is not required, please respond as you like. The more information we have on our volunteers, the better we can assign response roles that suit your skills, but we want you to be comfortable with the information you are sharing. Additionally, only a very small number of people have access to the information on the system and the information is never shared without your knowledge and approval.

Thank you to everyone who has participated in our projects, training, and exercises recently. It has been a busy six months and these activities would not have been nearly as successful as they were without your support and participation.

Mountain Home CDHD Clinic

Karen Brescia

McCall Immunizations Clinic

Jason Collins

Tuberculosis Directly Observed Therapy

Karma Cusack
Myrna Martin
Erica Koepf

School Physicals/ Immunization Clinic

Elizabeth Kidd
Dale Argyle

Immunization Filing Project

Carmen Weight
Pati Smith
Laurel Montaine
Roseanne Hardin

Immunizations Pamphlet Project

Myrna Martin

Fit and Fall Proof Instructor Training

Chris Roth
Carol Coprivnicar
Melissa Seibel
Denice Goddrich Liley
Marti Lunn

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Joint District Distribution Center (DDC) Exercise

Terry Alber
Christal Boyce
Bill Busse
Dale Argyle
Vicki Cutshall
Robert Heistuman
Vickie Kelly
Bob Mayes
Polly Myser

Points of Dispensing (POD) Exercise

Dale Argyle
Vickie Kelly
Polly Myser
Barbara Shinn

Cholesterol Screening Clinic

Jordan Koncinsky
Mollie Bales
Marti Meldrum
David McCallister
Marti Meldrum
Amanda King

IDHW 211 CareLine Exercise

Linda Jackson
Dennis Emerson
Tammy Vanwarmerdam
Patti Powers

NDMS/FCC Exercise

Dorothy Chanthaminavong
Dale Argyle
Rod Allen
Dennis Emerson
Robert Heistuman
Robert Hofmann
Robbie Leatham
Scott Rayner
Jo Scantling
Gayle Sibley
Pati Smith
Lisa Stimpson
Christopher Wyatt

Physician Peer to Peer Program (Immunizations)

Dr. Noreen Womack

MRC Volunteer Profile

This is a new addition to the MRC Newsletter. Just a fun way to get to know some of your fellow MRC Volunteers in our area. Thanks to Pollyann for being the first MRC Volunteer Profile!

My name is:	<i>Pollyann Myser, RN</i>
When I'm not volunteering, I...	<i>Enjoy my two granddaughters, Sam and Allie. I love to read, cook, and play bridge. And go to Jackpot!</i>
When I was 5 years old, I wanted to be...	<i>A cowgirl!</i>
Chocolate or vanilla?	<i>Chocolate, of course</i>
Favorite place to take a vacation...	<i>The coast (either one)</i>
Favorite restaurant...	<i>Gino's</i>



Pollyann (far left) hard at work with her team during the DDC Exercise on March 29.

Update Your Contact Information

If you are wondering why you haven't received any emails regarding volunteering, you might need to update your contact information. We want to stay in touch! If you are registered on www.volunteeridaho.org, please update your account information there. If you are not registered online, please email any new or updated information to the MRC Coordinator at kquinn@cdhd.idaho.gov.



Central District Health Department

Public Health Preparedness
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Upcoming Events

Keep an eye on your email. Volunteer Orientations and other trainings will be scheduled for this fall and winter, starting in September. I will send out more information as dates are set with as much notice as possible.



Visit us online at
cdhd.idaho.gov

