



Central District Health Department

Medical Reserve Corps

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In This Issue:

Airport Exercise 2007
A Huge Success

Moulagers Practice For
May 21st Exercise

MRC Quarterly Meeting

CERT Training

Surviving The
Hot Weather

West Nile virus
is no joke

MRC Volunteer
Registration

Save The Dates



Airport Exercise 2007 A Huge Success



A plume of smoke marks the beginning of the Airport Exercise

Once every three years the Boise Airport is required to exercise its ability to respond to emergency situations. On Monday May 21st the Central District Health Department helped to organize Airport Exercise 2007 (AirEx07) at the Boise Airport. More than 21 area agencies were involved in AirEx07, but those playing the largest roles included: Boise Airport Operations, the Federal Aviation Administration, the City of

Boise, the Boise Police Department, the Boise Airport Police, the Boise Fire Department, Ada County Emergency Medical Services, Ada City-County Emergency Management, Central District Health Department, St. Luke's RMC Downtown, St. Luke's RMC Meridian, Saint Alphonsus RMC, the Veterans Administration Medical Center, the Transportation Security Administration, the Federal Bureau of Investigation, the American Red Cross of Greater Idaho, Southwest Airlines, and the State Communications Center. Numerous high school students and other volunteers joined the exercise in a variety of important support roles.

The basic scenario simulated an aircraft crash with multiple injuries and fire. All agencies involved in the exercise implemented their emergency response plans, policies, and procedures and responded as they would be expected to in a real situation.

A great group of teenage volunteers played roles as *injured passengers*. They were made up to appear as if they had injuries ranging from mild to life threatening. The kids were great, even in the cold and wet weather. They represent a true example of the great leaders our communities are educating. Many of the volunteer injured were transported to area hospitals for advanced treatment by the Ada County Emergency Medical Services, and one by Saint Alphonsus Life Flight.



High school volunteers are interviewed by BSU Radio Reporter Samantha Wright



Karen Brazell and Eva Bailey were volunteers from Garden Valley. They too were plane crash victims. They were not physically injured, but had to role-play as two *little old ladies* who were confused, frightened, Saint Alphonsus Life Flight evacuates one of the student volunteer crash victims.

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continued from page 1

and at times almost uncontrollable. "It was just a normal day." According to Eva Bailey. She said the experience truly brought out the hidden theatrical talents in the volunteers.

"As a volunteer," said Eva Bailey, "It truly reassures me that our support agencies are ready and prepared to handle any disaster."

Karen Brazell described the exercise was a real eye opener to see the workings from the inside out. "The first responders were very effective and a pleasure to work with." She said.

Other volunteers played the roles of family members and were escorted to a Family Support Center set up by the airlines and the American Red Cross of Greater Idaho. "Our first priority was exercising our ability to manage the Family Support Center," Said Jodie Marshall, Emergency Services Director of the American Red Cross of Greater Idaho. "We offered comfort, food, and information to the families of the affected in collaboration with our Spiritual Care partners and the airline."

A big thank you goes out to all the volunteers for their time and efforts. Because of you our first responders were able to exercise together and we're all a little safer today.

Moulagers Practice For May 21st Airport Exercise



Full scale exercises require many hours of preparation and coordination with multiple agencies to successfully test emergency response in our community. The Airport Exercise on May 21st involved 21 agencies and involved over 100 Medical Reserve Corps volunteers who role played victims of an airline crash. Moulage or disaster make-up was applied to volunteers to create a scene that is life-like for first responders.

MRC Quarterly Meeting Summary - April 17, 2007

MRC members attended the quarterly meeting held April 17th from 7-8 p.m. at Central District Health Dept. (CDHD). Topics included an overview of Central District Health's Emergency Response Plan, Epidemiology, and Personal/Family Preparedness.

Darcus Allen, CDHD's Exercise and Planning Manager, presented the health district's emergency response plan. She discussed the role of public health in disaster and how MRC volunteers would be utilized in various scenarios such as disease outbreaks and setting up points of dispensing clinics.

Nikki Sakata, manager for CDHD's Office of Communicable Disease Control and Public Health Preparedness, shared information with the group on the purpose of epidemiology and surveillance in the community during disease outbreaks and the use of MRC volunteers to assist with disease investigations.

Cathy Deckys, MRC Coordinator, completed the hour-long session with a presentation on Personal and Family Preparedness. She spoke about developing a 72-hour emergency supply kit, writing a family emergency plan, and how to stay informed by attending preparedness classes or visiting www.ready.gov.

The next MRC quarterly meeting will be held on July 24th from 7-8 p.m. at Central District Health Dept.

Community Emergency Response Team (CERT) Training

July 27-28, 2007 • 8:00 a.m. - 5:00 p.m.
Central District Health Department
Syringa Room

What CERT training will teach you to do:

- 1) Describe the hazards most likely to affect our community
- 2) Describe the function and role of CERT in immediate response
- 3) Take personal preparedness steps
- 4) Identify and reduce hazards at home and the workplace
- 5) Work as a team to apply basic emergency response skills
- 6) Apply basic life saving medical care
- 7) Conduct triage under simulated disaster conditions
- 8) Perform head-to-toe medical assessments
- 9) Select and set up a treatment area
- 10) Use medical treatments for various wounds
- 11) Identify potential search and rescue situations
- 12) Describe common and safe techniques for searching a structure, debris removal and victim extrication
- 13) Describe ways to protect rescuers during search and rescue procedures

Free class and registration: Contact Joca Veloz at Central District Health Dept., 327-8597 or jveloz@cdhd.idaho.gov



Surviving Hot Weather



Heat illness includes a range of disorders that result when your body is exposed to more heat than it can handle. The human body is constantly engaged in a life-and-death struggle to disperse the heat that it produces. If allowed to accumulate, the heat would quickly increase your body temperature beyond its comfortable 98.6° F.

Who is at risk?

Heat-related illness can affect anyone not used to hot weather, especially when it's combined with high humidity. Those especially at risk:

- Infants, young children, elderly and pets
- Individuals with heart or circulatory problems or other long- term illness
- Employees working in the heat
- Athletes and people who like to exercise (especially beginners)
- Individuals taking certain medications that alter sweat production
- Alcoholics and drug abusers

Heatstroke

Heatstroke is the most serious and life-threatening heat-related illness. In certain circumstances, your body can build up too much heat, your temperature may rise to life-threatening levels, and you can become delirious or lose consciousness. If you do not rid your body of excess heat fast enough, it “cooks” the brain and other vital organs. It is often fatal, and those who do survive may have permanent damage to their vital organs.

Symptoms of heatstroke

- The victim's body feels extremely hot when touched.
- Altered mental status (behavior) ranging from slight confusion and disorientation to coma.
- Conscious victims usually become irrational, agitated, or even aggressive and may have seizures.
- In severe heatstroke, the victim can go into a coma in less than one hour. The longer the coma lasts, the lower the chance for survival.

What to do:

1. Move person to a half-sitting position in the shade.
2. Call for emergency medical help immediately.
3. If humidity is below 75%, spray victim with water and vigorously fan. If humidity above 75%, apply ice packs on neck, armpits or groin.

Heat Exhaustion

Heat exhaustion is characterized by heavy perspiration with normal or slightly above normal body temperatures. It is caused by water or salt depletion or both (severe dehydration). Heat exhaustion affects workers and athletes who do not drink enough fluids while working or exercising in hot environments.

Symptoms of heat exhaustion include:

- Severe thirst, fatigue, headache, nausea, vomiting and sometimes diarrhea.
- The affected person often mistakenly believes he or she has the flu.
- Uncontrolled heat exhaustion can evolve into heatstroke.

Other symptoms

- Profuse sweating
- Clammy or pale skin
- Dizziness
- Rapid pulse
- Normal or slightly above normal body temperature

What to do:

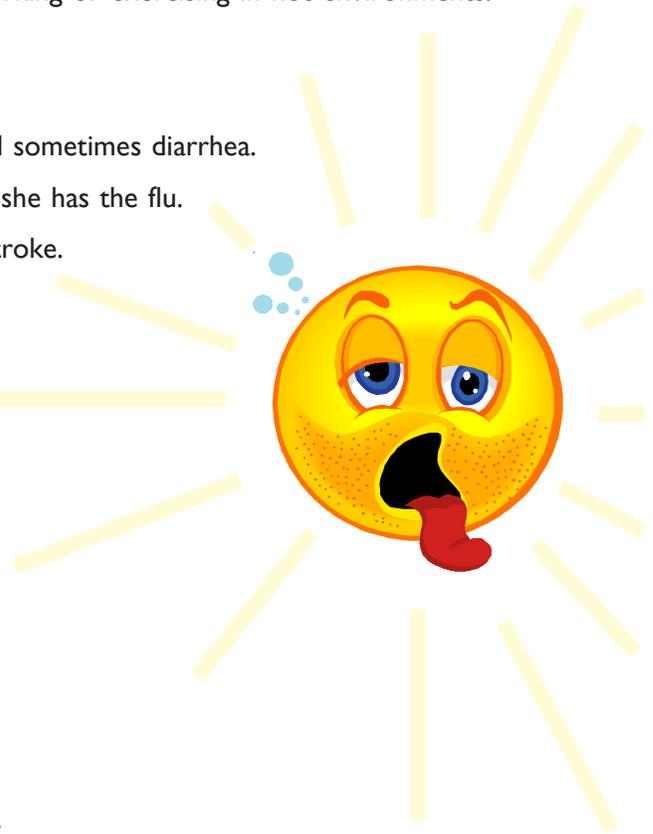
1. Sit or lie down in the shade.
2. Drink cool, lightly salted water or sports drink.
3. If persistent, gently apply wet towels and call for emergency medical help.

Heat Cramps

Heat cramps are painful muscular spasms that happen suddenly, affecting legs or abdominal muscles. They usually happen after physical activity in people who sweat a lot or have not had enough fluids. Victims may be drinking water without adequate salt content.

What to do:

1. Sit or lie down in the shade.
2. Drink cool, lightly salted water or sports drink.
3. Stretch affected muscles.



West Nile virus is no joke!



“It never occurred to me to use mosquito repellent in my own backyard,” said Cathy Anderson of Boise. “And I wish I had because I wound up in the hospital with spinal meningitis.” Anderson missed more than a month of work.

Health officials across the state are sounding a warning so Idaho won’t again lead the nation in the number of West Nile cases. Last year nearly a thousand Idahoans were affected, and 23 died.

For about 80% of the people bitten by infected mosquitoes the symptoms are mild and may even go unnoticed.

Perhaps 20% of infections will result in West Nile fever, which is characterized by fever, headache, body aches, swollen lymph nodes and occasionally a skin rash.

Less than one percent of cases result in the most serious form, which can include a swelling of the brain and a host of associated problems: headaches, high fever, stupor, disorientation, coma, tremors, convulsions, muscle weakness, paralysis, and in rare cases, death.

The most vulnerable to West Nile infection are the elderly and those with compromised immune systems, but anyone can get it.

David Cole, a 16-year-old three-sport letterman at Melba High School, fell ill last summer. “And then it just ate my muscle. I lost like 40 pounds in two weeks.” Cole missed the start of the school year still isn’t playing the sports he loves.

The key to preventing West Nile infection is to avoid getting bitten by the mosquitoes carrying the disease. Common sense steps include:

- Protect yourself with DEET or other EPA-approved insect repellents.
- Wear long-sleeved shirts and long pants when outdoors between dusk and dawn when mosquitoes are most active.
- Water responsibly to reduce the possibility of creating puddles where mosquitoes might breed.
- Empty standing water on your property, like bird baths, empty pots and even clogged rain gutters.

More information is available online at www.westnile.idaho.gov, by calling the West Nile hotline at 334-6500 or contacting the Central District Health Department at 375-5211 or check out the website at www.cdhd.idaho.gov.





Volunteer Registration

Emergency Preparedness
 707 N. Armstrong Pl., Boise,
 ID 83704-0825
 Tel. (208) 327-8512
 Fax (208) 327-7100
cdhd.idaho.gov

Central District Health Department (CDHD) has a lead role to respond to natural or man-made public health emergencies or disasters. The Medical Reserve Corps (MRC) program is designed to recruit, train, and develop partnerships that serve the community. Anyone can become a member of the Medical Reserve Corps program; in an emergency CDHD will need a large number of both medical and non-medical volunteers.

Volunteers can contribute their time and talents during an emergency or throughout the year by participating in our training and exercises. CDHD Medical Reserve Corps program serves Ada, Boise, Elmore and Valley counties. If you would like to help your community in times of need, complete and return this form to our office or you can register on-line.

Personal	First Name		Last Name		County of Residency	
	Street Address		City	State	Zip Code	Date of Birth _/_/____/____
	Daytime Telephone () ()		Cell Number () ()		Email (Please Print Legibly)	
	Emergency Contact Information					
	First Name		Last Name		Contact Phone Number	
Volunteer Interest	Which of these specific service categories are you interested in volunteering for?					
	<input type="checkbox"/> Physician Volunteer – performs a range of physician services in an emergency clinical setting. <input type="checkbox"/> Nurse Volunteer – performs clinical evaluations in an emergency clinical setting. <input type="checkbox"/> Pharmacist Volunteer – performs pharmaceutical services in an emergency clinical setting. <input type="checkbox"/> Support Staff Volunteer – performs a wide variety of tasks in an emergency clinical setting.					
	Level of Participation Desired: I prefer to receive notification of:					
	<input type="checkbox"/> Active: All trainings, drills & exercises. Emergency events, as well as non-emergency volunteer opportunities. <input type="checkbox"/> Limited: Training drills and exercises and all emergency events. <input type="checkbox"/> Emergency Only: Major emergency events.					
	CONFIDENTIALITY STATEMENT: As a volunteer I recognize and 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	Occupation, work and/or volunteer experience:					
MRC Contact	Medical Reserve Corps Contact Information			On-line Registration Information: two option to register		
	Mail to: Cathy Deckys, RN, MRC Coordinator 707 N. Armstrong Pl, Boise ID. 83704-0825 E-mail to: cdeckys@cdhd.idaho.gov Fax to: (208) 327-7100			1) CDHD On-line registration: http://cdhd.idaho.gov/Conf/vol.cfm 2) Register through the Idaho Preparedness Learning Management System: Complete application by going into the Volunteer Center https://www.idahoprepares.com		

"Central District Health Department promotes wellness in our communities through education, prevention of disease and disability, and preservation of the quality of our environment."- Mission Statement

Save The Dates



July 24, 2007

Medical Reserve Corps Quarterly Meeting • 7-8 p.m. at Central District Health Department • Syringa room.

July 27-28

CERT Training • 8 a.m.-5:00 p.m. at Central District Health Department • Syringa room.

August 16

Medical Reserve Corps Orientation
9-10 a.m. at Central District Health Department • Syringa room.

Contact Cathy Deckys at cdeckys@cdhd.idaho.gov or 327-8512 for sign up.