

Linn County MEDICAL RESERVE CORPS

Autumn 2013

The Linn County Medical Reserve Corps strives to enhance emergency preparedness and response capabilities in Linn County by maintaining a corps of volunteers to assist in response to public health emergencies and to promote preparedness and public health within the community.



Together we will make a more prepared Linn County!

LCMRC Updates

RECENT EVENTS

On **October 12**, we participated in a flood shelter exercise in Salem along with the American Red Cross, the Yamhill County MRC, and the Marion County MRC. 9 volunteers from the Linn County MRC procured resources for patients in the shelter infirmary. Great job, everyone!

SERV - OR UPDATE

If you have not already registered on SERV - OR as a Linn County MRC volunteer, please do so at your earliest convenience. This is how we deploy our volunteers in emergencies and drills! Sign up at <https://serv-or.org/agreement.php>

UPCOMING EVENTS

Tuesday, December 3: Our next volunteer orientation will be held from 6:30 to 7:30 PM at the Courthouse Annex building in downtown Albany. The address is 315 SW 4th Avenue, and directions are easily accessible using Google Maps.
All volunteers must complete an orientation before being deployed in an emergency!
For more details about the upcoming orientation, please contact Lindsey at lcullums@co.linn.or.us.

MRC Throughout the Nation

Colorado Floods

30 volunteers from the Boulder County MRC provided shelter services including psychological first aid and medical care. These volunteers worked for over 275 hours over a span of ten days in September.

Preparedness Month

On September 11, the Franklin County and Columbus MRC Unit in Ohio held a point of dispensing (POD) volunteer reception center (VRC) exercise. 18 volunteers practiced the process of getting a POD assignment and going through a VRC.

Healthy Kids in Virginia

Volunteers from the Peninsula MRC in Virginia piloted their "Healthy Me! Move Into Health" program. They provided health education to low-income kids, trained the participants for a 5k, and organized activities including farm visits and cooking classes.



Carbon Monoxide Preparedness

As temperatures are dropping outside, it's important to remind ourselves about the risks posed by carbon monoxide (CO). This odorless and colorless gas is most commonly released when coal, wood, and petroleum products are burned for heat.

It is also released from machines with internal combustion engines, including automobiles, generators, and mowers.

When CO builds up in an enclosed space, it displaces oxygen in the blood. This causes a host of problems for vital organs, and can lead to death. With the proper safeguards in place CO poisoning is rarely a problem, but accidents and leaks do happen.

The easiest way to protect yourself against this toxic gas is to buy a carbon monoxide alarm. If you are a renter, Oregon law requires that your landlord install a CO alarm if your building contains a CO source. If you own your home, and if you have a potential CO source in your home, be sure to install an alarm on each floor. Be sure to test your alarms at least once a month, and replace them every five years.

For more information about CO poisoning, including how to properly install and maintain alarms, please refer to the fact sheet listed below.

Source:

Oregon Office of the State Fire Marshal

http://www.oregon.gov/osp/SFM/docs/Comm_Ed/Smoke_Alarm_Info/CO_alarm_faq_short.pdf



BUILD AN EMERGENCY KIT

Preparedness begins at home, but building an emergency kit from scratch can be expensive and time-consuming. Make it easier on your wallet by building it piece-by-piece. Items to add to your kit this season:

- Scissors
- Sewing needle
- Thread
- Compass



Course Highlights

Active Shooter: What You Can Do

This FEMA course (IS-907) will help you prevent and prepare for active shooter situations. This course is designed for those without a law enforcement background. <http://training.fema.gov/EMIWeb/IS/courseOverview.aspx?code=IS-907>

The Role of Voluntary Agencies in Emergency Management

This FEMA course (IS-288) describes where voluntary agencies like the MRC and ARC fit in to the field of emergency management. <http://training.fema.gov/EMIWeb/IS/courseOverview.aspx?code=IS-42>

Effective Communication

This FEMA course (IS-242.A) is designed to improve your communication skills. Effective communication is essential in emergency response. <http://training.fema.gov/EMIWeb/IS/courseOverview.aspx?code=IS-242.a>



Emergency Preparedness and Health News in Oregon

Don't Use Antibiotics Unless it's Absolutely Necessary

Doctors in Oregon are among the best in the nation at knowing when to avoid prescribing antibiotics. However, it is important to keep in mind the very real problem of antibiotic resistance. When you take antibiotics for ailments like the common cold, this raises your risk for more serious infection in the future. It also raises risks for others. Antibiotic resistance is currently considered one of our nation's most serious health threats.

To learn more, please visit

<http://www.cdc.gov/drugresistance/threat-report-2013/> and
http://www.oregonlive.com/health/index.ssf/2013/11/dont_use_antibiotics_unless_ab.html#incart_river

Office of Emergency Management Seeking Amateur Radio Operators

Over the first weekend in November, the largest test of emergency communications in Oregon history revealed an important weakness. In a disaster that cripples the electric grid, amateur radio is the backup method of communication, but most of our state's amateur radio operators are located west of the Cascades. As a result of this exercise, the Office of Emergency Management is now recruiting more amateur radio operators in Eastern Oregon.

<http://www.statemanjournal.com/article/20131105/UPDATE/131105029/Oregon-Office-Emergency-Management-seeking-amateur-radio-operators>

Want to Avoid the Flu This Season? Get the Vaccine!

By now, flu season is well under way, but it usually peaks in January or February. This means that it's not too late to protect yourself and others by getting the flu vaccine. According to the CDC, this is the most effective way to avoid the flu. If you are pregnant, over the age of 65, have asthma or diabetes, or care for young children, it is especially important that you get vaccinated. If you do get the flu, be sure to stay home for 24 hours after symptoms end to protect others.

<http://www.registerguard.com/rg/life/healthandfitness/30735267-71/flu-vaccine-influenza-virus-protect.html.csp>

Typhoon Haiyan: You Can Still Help

Those affected by disasters like Typhoon Haiyan often receive generous support in the immediate aftermath. However, long-term recovery efforts always need more support, and it will take years for the Philippines to recover from this typhoon. To support the ongoing recovery, consider giving to an organization like the [Center for Disaster Philanthropy](#) in the next few months, even if you donated during the immediate aftermath. For more information on the CDP's Typhoon Haiyan fund and the importance of ongoing donations, please follow this link:

<http://disasterphilanthropy.org/how/cdp-typhoon-haiyan-recovery-fund/>

