

Linn County MEDICAL RESERVE CORPS

Spring 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!

Updates with the LCMRC

RECENT EVENTS

We were recently awarded a \$7,000 NACCHO competitive capacity building award. We will use this award to partner with the American Red Cross and the Yamhill and Marion County MRC units to practice a functional needs shelter in late September/October 2013. We will have many opportunities for MRC volunteers to get involved. If interested please email Haleigh.

On February 5th we held a Communicable Disease Outbreak Investigation training. We had 8 volunteers participate and receive training to help the Linn County Communicable Disease nurses in case of a large outbreak.

UPCOMING EVENTS

April 9: We will hold our Spring Orientation from 6:30-7:30p at the WIC Class Site (221 3rd Ave SW., Albany, OR). Please email me to participate!

May 14: Spring Quarter Meeting from 6:30-7:30pm at the WIC Class site. We will have the American Red Cross here to describe the sheltering process.

May 16: We are helping deliver health services at the HEART to Heart Fair for people who do not have access to adequate health care. See page 3 for more information. Email me to participate!

WIC Class Site: 221 3rd Ave SW, Albany, OR 97321

For details on these events, please contact Haleigh at hgokey@co.linn.or.us.

MRC throughout the Nation

County Health Rankings

The most recent County Health Rankings Report by the Robert Wood Johnson Foundation is available. The report scores counties on multiple factors. You can check out scores by clicking on the following link: <http://countyhealthrankings.org> See page 4

Pet Preparedness

The Upper Merrimack Valley MRC received a FEMA grant to promote pet preparedness in emergencies. People who have pets and can evacuate are less likely to evacuate because most of the time they cannot bring their pets. The MRC unit is hoping to increase awareness.

MRC and CERT Drill Together

The Manapalan Teen CERT and MRC-CERT teams drilled together at a local nursing home. The "disaster" was planned by the leaders and teams but was not announced to the nursing home workers. The drill was more real and was successful. Over 300 man hours were volunteered.



Blackout Preparedness

Losing power for a brief amount of time can be a nuisance but when the power is out for a longer period of time, commonly referred to as blackouts, there are important health precautions to take. Here are some tips from the CDC (Center for Disease Control and Prevention) to prepare for blackouts:

- Carbon monoxide poisoning is a threat so be sure to use grills, generators, and similar items outdoors
- If the power is out for more than 2 hours, throw away food that is more than 40F in temperature
- Check with local authorities to make sure your water is safe.
- In hot weather, drink plenty of water and try to stay cool to prevent heat-related illness.
- In cold weather, wear warm layers of clothing to keep in body heat.
- Avoid power lines and be careful around electric tools and appliances to prevent electrical shock.

More detailed information on Blackouts can be found on the CDC website: <http://www.bt.cdc.gov/disasters/poweroutage/needtoknow.asp>



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:

- 1 box of crackers
- Paper plates
- Plastic container for personal items
- Thermometer

Course Highlights

Personal Preparedness Planning

Johns Hopkins School of Public Health has put together an on-line training to help people put together a personal preparedness plan. You can find it under online trainings: jhsph.edu/preparedness/training.

Disaster Mental Health Intervention

This Johns Hopkins School of Public Health training gives the basics of why post-disaster mental health intervention is important and different categories of intervention. You can find it under online trainings: jhsph.edu/preparedness/training.

Civil Rights and FEMA

This new FEMA course (IS 21.13) is a 1 hour training on civil rights during a disaster and how FEMA works to protect the civil rights of its customers. Here is the link: <http://training.fema.gov/EMIWeb/IS/courseOverview.aspx?code=IS-21.13>



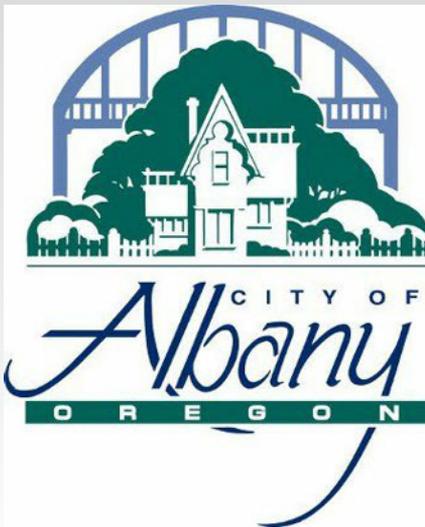
HEART to Heart Resource Fair

This year's 7th Annual HEART to Heart Resource Fair for individuals who do not have adequate access to health care is on May 16 from 9am to 1pm. The fair will be held at the Boys and Girls Club of Albany, 1215 Hill St. SE, Albany, OR 97321. This event is made possible by the City of Albany and Community Services Consortium and the many volunteers.

We are looking for both medical and non-medical MRC volunteers to help us at the fair to provide health information and care. Our main responsibility will be providing height and weight measures.

We will have multiple shifts to accommodate your schedule. We will have a brief orientation/training before the fair for those who are volunteering. There will also be just in time training on the day of the fair.

If you are interested in participating or have any questions please contact Haleigh by email, hgokey@co.linn.or.us, or phone, 541-967-3888 ext 2096.



Linn County Health Rankings

Recently, the Robert Woods Johnson Foundation released the updated County Health Rankings. The County Health Rankings look at a variety of measures that affect our health. Linn County was ranked 23rd out of 33 Oregon counties, 3 counties were not ranked. The County Health Rankings illustrates our current health status and shows where we have improved over the years and where we still have room for improvement.

Your role as a Linn County MRC member is important in improving the health of Linn County residents. You can help encourage people to adopt healthier behaviors and when disaster strikes you will be ready and willing to get us back to normal.

Here is the link for the County Health Rankings: <http://www.countyhealthrankings.org/> If you have any questions please feel free to contact me.



The Linn County Medical Reserve Corps is housed out of the Linn County Department of Public Health.
To receive more information or to share questions or comments, please use the following forms of contact:

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541-967-3888 ext 2096
www.co.linn.or.us/Health
P.O. Box 100, Albany, OR 97321

