

Linn County MEDICAL RESERVE CORPS

Summer 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

HEART to Heart Fair May 16: We had 7 MRC volunteers conduct free height and weight measurements at the HEART to Heart fair for over 150 community residents.

MRC Orientation: We hosted another MRC orientation on June 4th. We are now up to 62 volunteers!

We will have a new AmeriCorps*VISTA who will be taking over my position on September 3rd. Thank you for a great year!

UPCOMING EVENTS

August 20: We will hold an Important Training Meeting for the Full Scale Shelter exercise we are holding in October. This meeting will be from 6:30-7:45pm. Please see page 3 for more details about the exercise and how to get signed up. Meeting will be held at the WIC Class Site: 221 3rd Ave SW, Albany, OR 97321

October 12: We will be participating in a Full Scale Shelter exercise with Marion and Yamhill counties MRC units and the American Red Cross. The exercise will be run in the morning from about 9am-1pm. Our volunteers will receive a free Go Pack Fanny Pack for participating in the exercise. See page 3 for more details and how to get signed up.

MRC throughout the Nation

Heart Health

The Solano MRC in Solano, CA went to a local shopping mall on Valentine's Day to talk with shoppers about heart health. Their festive table attracted many people. They were able to teach 61 people a very brief CPR course to help empower people.

Reaching out to College

An MRC unit in Kentucky was able to reach out to their local community college to teach students about proper nutrition and physical activity. Due to recent budget cuts the local MRC unit volunteers made this outreach event possible.

Presidential Inauguration

The Howard University MRC unit was on site for the 57th Presidential Inauguration. The volunteers provided first aid, triage, and emergency support, and reunification. They also tried Roving Teams to provide help to pedestrians coming to the event to increase the range of medical care.



Thunderstorm/Lightning Preparedness

Thunderstorms and Lightning are dangerous. Every thunderstorm produces lightning. While thunderstorms and lightning are not the most common weather-related hazard in the Willamette Valley they still do occur. Here are some tips from ready.gov to help you prepare:

Before a thunderstorm

- Trim any rotting or dead limbs and debris and secure loose items
- Postpone outdoor activities
- Get inside a house, building, or hard-top car
- Unplug electrical equipment

During a thunderstorm

- Avoid contact with electrical equipment or cords
- Avoid contact with plumbing- don't wash hands, shower, flush
- Avoid hill tops and open spaces
- Avoid contact with metal

After a thunderstorm

- Stay away from damaged areas and report any damage seen
- Don't drive in flooded areas

Thunderstorms are often associated with other dangers such as high winds, tornadoes, hail storms, and flash flooding. Be careful and remember the 30/30 rule: If you can't count to 30 after seeing lightning and before hearing thunder go indoors and stay indoors for 30 minutes after hearing the last clap of thunder. For more information go to ready.gov/thunderstorms-lightning.



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:

- Puzzle books/games
- Fire extinguisher
- Dry nuts
- Rain poncho

Course Highlights

A Citizen's Guide to Disaster Assistance

This FEMA course (IS-7) will help you better understand the roles of the community, State, and Federal government in a disaster to provide assistance. The training link is: <http://training.fema.gov/EMIWeb/IS/courseOverview.aspx?code=IS-7>

Guide to Points of Distribution

This FEMA training (IS-26) goes into further depth on how Points of Distribution are set up, staffed, and taken down. The training link is: <http://training.fema.gov/EMIWeb/IS/courseOverview.aspx?code=IS-26>

Social Media and Emergency Management

This FEMA course (IS-42) describes why social media is important for emergency management and the opportunities and challenges to using social media. The training link is: <http://training.fema.gov/EMIWeb/IS/courseOverview.aspx?code=IS-42>



Upcoming Full Scale Shelter Exercise October 2013

This October we are partnering with the Marion County and Yamhill County MRC units and the American Red Cross- Willamette Chapter to conduct a Full Scale Vulnerable Populations Shelter Exercise. The American Red Cross is required to open general population shelters, so anyone can now stay at a shelter, but they do not have the medical capacity to care for people who have medical needs. That is where the MRC volunteers come in.

The skills and abilities of our volunteers are valuable in general population shelters. We can provide appropriate medical care and assist in providing help to maintain activities of daily living for people living in a shelter.

We will be needing as many volunteers as possible for this event. It will be a great learning opportunity for everyone involved. We will have multiple roles and responsibilities for medical and non-medical volunteers. Everyone who participates in the exercise will also receive a FREE fanny pack Go-Kit. For this event, we will be using SERV-OR to communicate about shifts and responsibilities.

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.

