

Linn County MEDICAL RESERVE CORPS

Winter 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

On October 23 we had an MRC Orientation. We had 5 new volunteers attend the orientation.

On November 14 we had a Disaster Triage training. We covered the basics of disaster triage. One of our own MRC volunteers with years of triage training also led us in a great interactive simulation.

I recently attended Basic Disaster Life Support (BDLS) in Portland. It was a great day training and covered lots of disasters we could face in the Willamette Valley. Lebanon Hospital will be hosting BDLS on March 26.

UPCOMING EVENTS

January 15: We will hold our Winter Orientation from 6:30-8p at the WIC Class Site (221 3rd Ave SW., Albany, OR). Please email me to participate!

February 5: We are teaching a Communicable Disease Outbreak Investigation training from 6:30-7:45 at the WIC Class Site. We are looking for volunteers interested in helping during an outbreak. You can also come to just learn more. See page 3 for more info. Email me to participate!

March 26: Basic Disaster Life Support training at Lebanon Hospital from 8a-5p. See page 4 for more info. Please email me for more info on how to sign-up!

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

Ready or Not? Report

The most recent Ready or Not? Report is available. The report scores public health preparedness on a 10 point scale for each state. You can check out Oregon's score by clicking on the following link:
<http://healthyamericans.org/report/101/>

1,600 Volunteer Hours

The El Paso County, Colorado MRC provided over 1,600 Volunteer Hours to help with medical and behavioral health support and 4 large shelters. The MRC unit is still helping to provide help in recovery efforts. This established group of credentialed volunteers was vital.

MRC Loses a Ton!

The Big Country MRC partnered with its local MRC to help fight obesity and related health topics. They had people sign up in teams and using positive messages to promote healthier life options. Over the 8 week campaign the 48 teams lost over 2,500 pounds!



Flu Preparedness

Every year we experience some strain of the flu virus. The following information is to help you and those around you to stay healthy during the flu season.

- The flu season usually peaks around January or February
- It spreads through coughs, sneezes, or talks and droplets containing their germs come into contact with your mouth or nose. You can also get the flu by touching a surface or object that has the flu virus and then touch your mouth, eyes, or nose
- The groups most at risk are people 65 years or older, children (especially 2 years or younger), and people with chronic health conditions
- Ways to protect yourself and others are to get the flu vaccine, wash your hands, cover your coughs, and if you are sick to limit your exposure to other people
- Common complications from the flu are pneumonia, ear or sinus infections, dehydration and worsening of chronic health conditions
- The flu typically lasts 1-2 weeks
- You are contagious 1 day before symptoms develop and 5-7 days after symptoms appear
- The Centers for Disease Control and Prevention (CDC) produces a weekly report of flu activity
- You can also prevent the flu by drinking water, getting enough sleep, eating fruits and vegetables and getting regular exercise which will all boost your immune system.

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 can of fruit/person
- 2 rolls toilet paper
- Playing cards
- Hand soap



Course Highlights

Communicate to Make a Difference: Exploring Cross Cultural Communication

Found on MRC-Train, this course helps you to examine concepts of culture and how to effectively communicate across cultures during an emergency or disaster situation. 2.5 CEU

Household Hazardous Materials- A Guide for Citizens

This FEMA course (IS-55.a) is designed to help the general public recognize and learn how to protect themselves from common household hazardous materials. 0.4 CEU

Protecting Your Home or Small Business from Disaster

This newly revised FEMA course (IS-394.a) will help you learn how protective measures can reduce or eliminate long-term risk to your home and/or personal property. This information is great to share with neighbors and other small business owners and customers.



Linn County MRC Organizing a Communicable Disease Outbreak Investigation Team

Are you interested in helping the Linn County Health Department conduct communicable disease outbreak investigations or do you just want to learn about the outbreak investigation process?

On Tuesday, February 5 from 6:30-7:45pm we will be conducting a training on how to conduct communicable disease investigations. The training was created by the Oregon Health Authority to train volunteers when surge capacity is needed because day-to-day resources are not enough. We will review a training video followed by time to practice interviewing in person.

We will have Linn County Communicable Disease nurses at the training to guide the training and answer questions you may have.

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.



Basic Disaster Life Support

On Tuesday, March 26th, 2013 Lebanon Community Hospital will be hosting a FREE Basic Disaster Life Support (BDLS) training. BDLS is targeted to multiple disciplines such as but not limited to emergency medical service personnel, public health personnel, health care providers, and other personnel. It is an all-hazards approach to natural and manmade disasters, traumatic and explosive events, nuclear events, and biological and chemical events. The training will also cover recognition and management of disaster scene and victims for professionals. This training provides free CEUs, lunch, and a Basic Disaster Life Support Course Manual.



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:

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

