



# Tristate Medical Reserve Corps

*Volunteers Building Strong, Healthy and Prepared Communities*

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## 2016 Tristate Disaster Volunteer Summit

Our 8th Annual Tristate Disaster Volunteer Summit occurred on April 9, 2016. The Summit was held this year in Kentucky at the Receptions Conference Center in Erlanger. With 155 attendees, from a variety of local disaster volunteer groups, the Summit provided a valuable opportunity for training and networking with other like-minded disaster volunteers. Groups in attendance included Medical Reserve Corps, Community Emergency Response Teams (CERT), Amateur Radio, American Red Cross, Volunteers in Police Service (VIPS), Tristate Community Organizations Active in



Disaster, and the Tristate County Animal Response Team (CART). Funded by the Ohio Department of Public Health, the Kentucky Department for Public Health, and the Northern Kentucky Regional Citizen Corps Council, we were able to provide a full day of free disaster training including CPR and

and First Aid. This year we made some changes to our Summit program by shortening our training sessions which enabled us to offer a larger variety of training topics. We would like to thank our presenters for donating their Saturday to helping prepare our community for disaster.

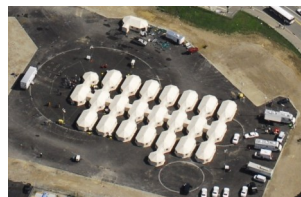
Planning and managing the event was a regional effort facilitated by the Tristate Medical Reserve Corps Executive Steering Committee. Many thanks to the committee for all their hard work in making the Summit a success. We look forward to seeing everyone again next year!

### Healthcare Preparedness Spotlight

The Southwest Ohio region is lucky enough to have an Alternative Care Center (ACC) available during emergencies. The ACC is a 210 bed mobile tent hospital which could be used in a variety of disaster operations. MRC volunteers are essential to the set-up and

operation of this asset. If you are interested in becoming more involved in ACC operations please contact:

[rthomas@healthcollab.org](mailto:rthomas@healthcollab.org).





With the recent outbreaks, the number of Zika cases among travelers visiting or returning to the U.S. will likely increase.

## Preparing for Zika

Zika virus is a disease which is spread to people primarily through the bite of an infected *Aedes* species mosquito. The most common symptoms of Zika are fever, rash, joint pain, and red eyes. People usually don't get sick enough to go to the hospital. However, Zika virus infection during pregnancy can cause a serious birth defect called microcephaly. There is no

vaccine to prevent Zika. **The best way to prevent diseases spread by mosquitoes is to protect yourself and your family from mosquito bites. Here's how:**

- Wear long-sleeved shirts/long pants.
- Take steps to control mosquitoes inside/outside your home.

- Use EPA-registered insect repellents.
- Prevent sexual transmission of Zika by using condoms or not having sex.

No local mosquito-borne Zika virus disease cases have been reported in US states, but there have been travel-associated cases. For more information log on to [CDCs Zika Virus](#) page.

## Public Health Preparedness News

The Southwest Ohio Public Health Region has recently completed two Ebola-related public health exercises. The Ebola Tabletop exercise was conducted at The Health Collaborative in Norwood on May 24th, 2016. All 13 local health jurisdictions in the southwest Ohio region

participated. Areas of focus included: Community Preparedness, Communication, and Responder Safety & Health.

On June 29th, the region followed up this exercise with an Ebola/Epidemiology Functional Exercise. In addition to the above listed focus

areas, the Functional Exercise also tested Emergency Operations Coordination and regional epidemiology response.



## MRC Core Competencies

In March 2015, the national MRC office and the National Association of City and County Health Officials (NACCHO) released the updated Competencies for Disaster Medicine and Public Health. These are minimum competencies that all MRC volunteers should be able to demon-

strate.

Competency 1.0 requires the volunteer to

*“demonstrate personal and family preparedness for disasters and public health emergencies.”*

Some online courses that will assist the volunteer in achieving this competency include:

- [FEMA IS-22: Are You Ready?](#)
- [Personal Preparedness](#)
- [Your Family Disaster Plan](#)

If not already done, please create an account on MRC TRAIN to begin your training!

[www.mrc.train.org](http://www.mrc.train.org)



The use of competencies can allow for greater consistency in knowledge and skills of MRC members.

## Summer Severe Weather Preparedness: Thunderstorms & Lightning



We are moving into that time of the year when thunderstorms can pop up at any time. All thunderstorms are dangerous and produce lightning.

Each year an average of 300 people are injured and 80 people are killed by lightning. The best defense is to avoid lightning. Know the terms:

### **Severe Thunderstorm**

**Watch:** Tells you when and where severe thunderstorms are likely to occur.

### **Severe Thunderstorm Warning:**

Issued when severe weather has been reported by spotters or radar.

### **Lightning Safety Tips:**

- Be aware.
- Go indoors. “When thunder roars, go indoors”.
- Crouch close to the ground with minimal contact with the ground. Do NOT lie down.
- Separate if you are in a group.
- Don’t stay in open vehicles, structures, and spaces.
- Don’t stay near tall structures.
- Avoid water, even indoors.
- Avoid electronic equipment.
- Avoid corded phones.
- Avoid windows, doors, porches, and concrete.

*“For more tips on preparing for natural disasters and severe weather log on to CDCs*

*Natural Disaster and Severe Weather page.*

## Extreme Heat and Your Health

Heat-related deaths and illness are preventable, yet annually many people succumb to extreme heat. Keep your body cool to avoid heat-related illness:

- Air-Conditioning
- Lightweight, light-

- colored clothing
- Avoid direct sunlight
- Check on those most at-risk twice a day.
- Take cool showers/baths.

Because your body loses fluids through sweat, you can become dehydrated during times of extreme heat.

- Drink more water than usual.
- Don’t wait until your

- thirsty to drink fluids.
- Avoid alcohol or high-sugar beverages.
- Drink 2-4 cups of water every hour while working or exercising outside.
- Remind others to drink enough water.



## Why Prepare?

As stated earlier, the first MRC Competency is personal preparedness. But why prepare? Being prepared can reduce fear, anxiety, and losses that accompany disasters. People also can reduce the impact of disasters and sometimes avoid the danger completely. The need to prepare is real. Disasters disrupt

hundreds of thousands of lives every year. If a disaster occurs in your community you need to be ready. Local responders may not be able to reach you immediately. You should be ready to be self-sufficient for at least 3 days.

Do your homework. Make a plan so you will be available to help others.



*Moscow, OH-FEMA Photo  
Carolyn Deming*



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## **MRC COORDINATOR SPOTLIGHT: Brittane Dance, MBA**

Brittane graduated in 2008 with a Bachelor's degree in Health Information Systems Management from Franklin University, and in 2013 with a Master's degree in Business Administration from Franklin University. Previously she worked at Fayette County Memorial Hospital in Washington Court House, Ohio as the Medical Staff Services Coordinator. Brittane took over the role as Emergency Response Coordinator with the Highland / Clinton County Health Departments in January 2016, and is excited to work within public health and safety.



Clinton and Highland County  
MRC Coordinator  
(937) 393-1941  
brittane.dance@odh.ohio.gov



## **Pillar of Preparedness Retires**

Since 2007, it's been Jean Caudill's job to engage both volunteers and community partners in the Northern Kentucky Health Department's disaster preparedness efforts. Jean retired in April after more than 27 years of work in public health, nine years of it spent in Northern Kentucky.

Jean spent close to a decade in preparedness serving as the MRC Coordinator. Due to Jean's efforts to recruit and maintain MRC membership, Northern Kentucky now has more than 500 volunteers registered.

Another aspect of Jean's role in NKY was coordinating the Ken-

tucky Region 7 Healthcare Planning Coalition. It is a multi-disciplinary team that includes two health departments, emergency management agencies, fire and EMS departments, coroners, funeral directors and a variety of social service agencies.



***Jean Caudill***

Prior to her time in NKY, Jean spent 19 years in environmental health in Ohio at both the state and local levels. Jean says she will miss the people that she's been fortunate to work with the last nine years in NKY. Jean was recently awarded a recognition plaque at the 2016 Summit from her fellow MRC Coordinators in the tristate region in acknowledgment of her contributions to MRC.

After retirement, Jean's first priority is to enjoy more time with her family. Thanks Jean for your efforts to improve disaster preparedness in the tristate region. We wish you well in your retirement.