



Tristate Medical Reserve Corps

Volunteers Building Strong, Healthy and Prepared Communities

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Summer 2017

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2017 Tristate Disaster Volunteer Summit

110 disaster volunteers from the region attended the Tristate Medical Reserve Corps' 9th annual Tristate Disaster Volunteer Summit at the Receptions Conference Center in Erlanger, KY. All disaster volunteer responders in the region were invited to attend this full day of free training conducted on June 3rd.

The majority of volunteers in attendance were Medical Reserve Corps and Community Emergency Response Team (CERT) volunteers. In addition, amateur radio operators, volunteers from American Red Cross, and Volunteers in Police Service (VIPS) were also among the attendees.

We began our morning general session with an Active Shooter Awareness training followed by a Stop the Bleed presentation.

Alternative Care Center

It was a hot one for the Spring ACC Deployment Exercise. The Greater Cincinnati Disaster Preparedness Coalition conducted its Spring ACC deployment and set-up exercise at Good Samaritan Hospital on May 19th in 80+ degree temperatures.

The ACC is a 210 bed mobile tent hospital which



In addition, we provided training in the following topics:

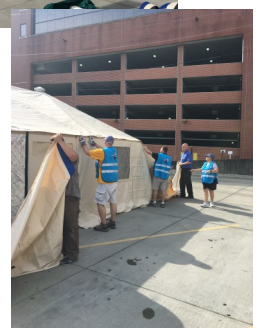
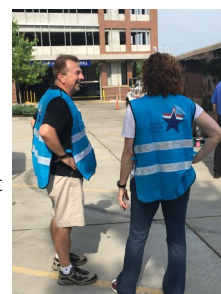
- ◇ Damage Assessment
- ◇ Red Cross Mass Care and Health Services
- ◇ Volunteer Reception Center
- ◇ Personal Preparedness
- ◇ Pharmacy Assets in Disaster Response
- ◇ Animal Preparedness & Response

Lunch was provided to all participants and presenters.

Thanks to the TMRC Summit Planning Committee for all their hard work planning the event.

The event would not have been possible without the generous contributions of the following agencies who provided training sessions:

- ◇ Boone County Sheriff's Office
- ◇ Hebron Fire Protection District
- ◇ Hamilton County Emergency Management and Homeland Security Agency
- ◇ American Red Cross-Greater Cincinnati/Ohio River Valley Chapter
- ◇ Clermont County Board of Developmental Disabilities
- ◇ Cincinnati/Hamilton County MRC Unit Community Resilience Team
- ◇ Kentucky Department of Public Health
- ◇ Tristate County Animal Response Team



could be used in a variety of disaster operations and emergencies. MRC volunteers are essential to the set-up and operation of this asset.

Thanks to the MRC volunteers who participated in the exercise. Stay tuned to your email for the date/time of the Fall Deployment Exercise.

POD Exercise Update



Operation Rain or Shine

On May 12, 2017 the Northern Kentucky Health Department exercised their Point of Distribution Plan with the simultaneous operation of a standard point of dispensing (POD) and a drive-thru POD. The scenario included a simulated anthrax exposure to citizens of NKY. Each POD type was run in 30 minute sessions representing each county in the health

department's jurisdiction.

The exercise used most of our 150 staff members and also requested assistance from NKY Medical Reserve Corps. Eighteen MRC volunteers attended the full day exercise where they filled job positions ranging from educators, triage, support staff, and victims. Each volunteer worked alongside a staff member just as in a real

event.

The day turned out to be a huge success with only a few drops of rain during the drive-thru POD portion of the exercise. Thanks to all who participated and



2017 Annual Volunteer Notification Drill

Of the 2,039 volunteers in the region who were notified, 936 responded-an overall response rate of 46%. This is an increase of 4% over last years results.



Competency #5.0: Demonstrate knowledge of personal safety measures that can be implemented in a disaster or emergency.

Public Health Preparedness News

Once a year local public health is required to conduct a volunteer call-out and analyze the response rate of our pre-registered volunteers.



(Ohio Responds and KHELPS), volunteers were emailed and called to test the ability of our volunteers to acknowledge the call-out.

Southwest Ohio and our Kentucky partners in the region conducted a volunteer notification drill on May 15th.

Through our respective state notification systems

Results were better over last year but still in need of improvement.

Of the 2,039 volunteers in the region who were notified, 936 responded-an overall response rate of 46%. This is an increase of 4% over last year.

Kentucky MRC volunteers performed best overall. Congratulations to our Kentucky partners!



MRC Core Competencies

New MRC Core Competencies were released in 2015. These are minimum competencies that all MRC volunteers should be able to demonstrate. Competency 5.0 requires the volunteer to be knowledgeable regarding personal safety in a disaster setting.

Knowing how to follow personal safety measures and properly use equipment and supplies during a response will help reduce risks associated with the overall operation.

For example, wearing protective clothing and equipment can protect against microorganisms,

prevent disease transmission, minimize exposure to toxic chemicals, and prevent physical injury.

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

- [Responder Health & Safety](#)
- [Occupational Health for Public Health Responders](#)

Summer Travel Tips

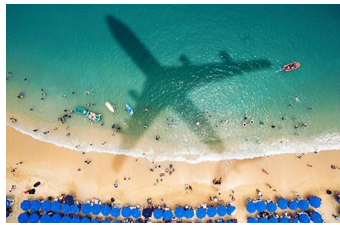
Spending time away from home this summer? Follow these tips to reduce risk of getting sick or hurt on vacation.

Before You Go

- Pack a travel health kit: prescriptions/over-the-counter medicines, sunscreen, alcohol-based hand sanitizer, first aid supplies, health insurance info, and insect repellent.
- Check for any current [travel notices](#) regarding health concerns at your destination.
- If traveling abroad,

assess what vaccines may be needed on CDC's [Traveler's Health](#) website.

- Check the [State Department website](#) for information on security risks.
- Protect yourself from mosquito bites. CDC recommends that



pregnant women not travel to areas with risk of Zika.

During Your Trip

- Eat and drink safely. Download the CDC's [Can I Eat This?](#) App.
- [Protect yourself from the sun.](#) Wear 15 SPF sunscreen or higher.
- [Prevent insect bites.](#) On exposed skin, use an EPA-registered insect repellent. Apply sunscreen first, then repellent.
- [Practice road safety.](#) Always wear a seat belt, be alert when crossing the street.

Safe Travels!

“For more tips on preparing for heat emergencies visit CDC’s [Extreme Heat](#) webpage.”

Prepare for Extreme Heat

Heat-related deaths and illnesses are preventable. Despite this, around 618 people in the U.S. are killed by extreme heat every year. [Extreme heat](#) is defined as summertime temperatures that are much hotter and/or humid than average. Follow

these tips:

- Wear appropriate clothing
- Stay cool indoors.
- Pace yourself
- Wear sunscreen
- Do not leave children in cars.
- Avoid hot and heavy meals

- Drink plenty of fluids
- Replace salt and minerals
- Keep pets hydrated
- Know the signs of heat-related illness
- Check for heat alerts
- Monitor those at high risk

Stay **Cool**



Stay **Hydrated**



Stay **Informed**



MRC/CERT Leadership Conference

Five MRC staff from the Southwest Ohio region attended the Ohio Department of Health MRC/CERT Leadership Conference at the Columbus Zoo on June 9th. The conference included the following topics:

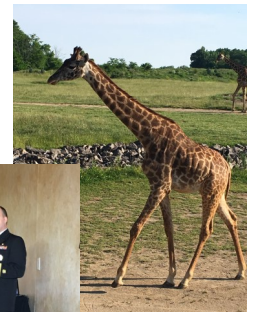
- National CERT and MRC updates (FEMA Region V)
- The Importance of

Mental Health Services Post Disaster

- CERT Best Practices (Montgomery County, MD)
- Operation Buckeye Serves TableTop Exercise

Commander Skip Payne, the Acting Program Lead for the Medical Reserve Corps National Program and our Region V Liaison, Jeanette Tandez were

on hand to provide support for the State of Ohio and its efforts in the MRC and CERT programs.





Volunteers Building Strong, Healthy and Prepared Communities

MRC COORDINATOR SPOTLIGHT: Linda Steele, EMT-P

Linda, an U.S. Air Force veteran and paramedic within her local community has been involved in Emergency Medical Services for 26 years serving in Southern Ohio and the Lower Eastern Shore of Maryland. In June 2017, Linda joined Adams County Health Department as their new Emergency Response Coordinator. Along with her duties as the Adams County Medical Reserve Corps Unit Leader, she will be supporting the agency in all its emergency preparedness efforts. She continues to work as a paramedic with local EMS and also serves as an EMS instructor. Linda also volunteers with the American Red Cross Disaster Services Team, is an advisor for the local 4-H Club, and also serves with the Honor Flight Network.



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WELCOME LINDA!!



2017 Solar Eclipse

On Monday, August 21st all of North America will be treated to a total eclipse of the sun. The last time the contiguous U.S. saw a total eclipse was 1979. The path of the eclipse, called the path of totality, will pass right over the State of Kentucky.

Kentucky Department for Public Health (KDPH) has been working tirelessly on planning for this event. It is expected to draw many people to the state. Times for partial and total phases will vary depending on your location. But an ideal viewing location is predicted for a small area of Christian County, Kentucky just

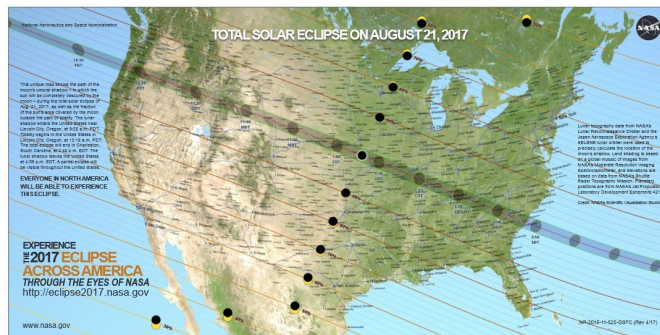
northwest of Hopkinsville. The area is expecting a large influx of visitors hoping to get the best seat to watch this historic event.

In preparation for the large number of people expected, the state will deploy MRC volunteers from across the state to help provide staffing for first-aid stations. Approximately 30 MRC volunteers have been assigned shifts to work before, during, and after the eclipse.

For more information about the eclipse including safety tips and upcoming events, please visit the following NASA website:

www.eclipse2017.nasa.gov

If you are interested in viewing the eclipse check with local science museums, schools, and astronomy clubs for special eclipse glasses.



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