



Tristate Medical Reserve Corps

Volunteers Building Strong, Healthy and Prepared Communities

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WINTER 2016-2017

In this Edition of the TMRC Quarterly Newsletter:

- Winter Preparedness
- What's New for the 2016-2017 Flu Season?
- Healthcare Preparedness News
- MRC Core Competencies
- 5 Holiday Tips for a Home Safe Home
- Mark Your Calendars: 2017 Summit
- Northern Kentucky MRC News
- MRC Coordinator Spotlight
- Trainig and Exercise News



WINTER PREPAREDNESS

When temperatures drop significantly below normal, staying warm and safe can be a challenge. Taking preventive action is your best defense against having to deal with extreme cold-weather conditions. Log on to CDC's [Winter Weather](#) webpage for preparedness steps before, during, and after a winter storm. Prepare for extremely cold weather every winter—it's always a possibility. There are steps you can take in advance for greater

wintertime safety in your home and in your car. Preparedness highlights include:

- Listen to weather forecasts.
- Check your emergency supplies
- Ensure an operable smoke and carbon dioxide detector.
- Have maintenance service on your vehicle.
- Keep the gas tank near full to help avoid ice in the tank and fuel lines.



Download the [Extreme Cold Prevention Guide!](#)



“We are glad to see that people are making the decision to protect themselves and their families from flu, but coverage is still low and we urge people to get vaccinated if they haven’t yet,” said Nancy Messonnier, M.D., director of CDC’s National Center for Immunization and Respiratory Diseases.

What’s New for the 2016-2017 Flu Season?

CDC recently reported that flu vaccination prevented an estimated 5 million flu-associated illnesses and 71,000 flu hospitalizations last season yet only about two out of five people in the United States reported getting a flu vaccine this season as of early November. Flu is unpredictable and every season is different. [CDC reports](#) that H3N2 viruses are predominant so far. H3N2-

predominant seasons often are more severe, especially for young children and people 65 and older. So far, most influenza viruses collected since October 1 remain similar to the vaccine viruses recommended for vaccine production.

New for the 2016-2017 flu season:

- Only injectable flu shots are recommended this

season.

- Flu vaccines have been updated to better match circulating viruses.
- There will be some new vaccines on the market this season.
- The recommendations for vaccination of people with egg allergies have changed.

Review the [What’s New Flu Fact Sheet](#) for more information.



[2017-2022 Healthcare Preparedness and Response Capabilities.](#)

Healthcare Preparedness News

The Office of the Assistance Secretary for Preparedness and Response (ASPR) released the new Healthcare Preparedness Program (HPP) Preparedness and Response Capabilities guidance for 2017-2022. The new guidance will assist healthcare providers to:

- Help patients receive the care they need at the right place, at the

right time, and with the right resources, during emergencies.

- Decrease deaths, injuries, and illnesses resulting from emergencies.
- Promote healthcare delivery system resilience in the aftermath of emergencies.

The guidance outlines the high-level objectives that the nation’s

healthcare delivery system should undertake to prepare for, respond to, and recovery from emergencies. In this region, the Tristate Disaster Preparedness Coalition will lead this effort to meet these capabilities focusing on:

1. Readiness
2. Coordination
3. Continuity of Healthcare service delivery
4. Medical Surge.

MRC Core Competencies

The MRC Core Competencies are minimum competencies that all MRC volunteers should be able to demonstrate. Competency 3.0’s focus is on maintaining situational awareness. It is important to be aware of your surroundings and to notice any unusual behaviors from people or animals. Situational awareness tips include:

Monitor the performance of yourself and the team.

- Provide/share information in a timely fashion.
- Identify problems. Point out obstacles in the way of successfully completing your mission.
- Communicate a course of action to team members.
- Continually assess the situation. Emergency response efforts often

change as the situation develops.

- Clarify expectations.

Here is a list of a few MRC TRAIN courses supporting situational awareness:

- [Biological Threats to Homeland Security](#)
- [Chemical Emergencies and the Role of Public Health.](#)
- [WMD Awareness](#)

If not already done, please create an account on MRC TRAIN to begin your training!
www.mrc.train.org



Competency 3.0:

“Demonstrate situational awareness of actual/potential health hazards before, during, and after a disaster or public health emergency”.

5 Holiday Tips for a Home Safe Home

Here are 5 tips from CDC Emergency Preparedness and Response to make your holiday a safe one:

Don't Let Your Holidays Go Up in Smoke

- Keep alert. Test smoke alarms monthly and replace batteries once per year.
- Never leave the stove unattended while cooking.
- Don't leave lit candles unattended.

Beware Kitchen Nightmares

- Cut food carefully.
- Little fingers make big disasters. Use back burners when possible and turn pot

handles away from the edge.

- Be food safety savvy. Separate raw meat, poultry, and other foods during food prep. Cook to appropriate temperature.

Give the Gift of Health

- Wet, lather, scrub, rinse, dry. Wash hands often!
- Hands off. Avoid touching eyes, nose, mouth with unwashed hands.
- Get a flu shot.

Bundle Up!

- Choose your wardrobe wisely. Dress appropriately for the weather.

- Avoid. Spot. Treat. Learn to recognize the symptoms of hypothermia and frostbite.

Avoid the ER

- Ramp up gradually. Gradually increase your activity level in the weeks leading up to any strenuous physical activity.
- Take your time. Work slowly when doing chores outside, because your body is already working hard to stay warm.

Use these tips to prepare this season and make home the safest place of all for your family and guests. Here's to a happy and safe holiday!



Mark Your Calendars

The Tristate Medical Reserve Corps Executive Steering Committee has begun planning for our 9th Annual Tristate Disaster Volunteer Summit scheduled for **Saturday, June 3rd.**

Mark your calendars now for this annual day of disaster training for area disaster volunteers. All disaster responders are welcome!

Presentations will include the following topics:

- Active Shooter Awareness
- Animal Disaster Response
- Personal Preparedness
- Shelter Health Services
- Volunteer Reception Center

And more! Stay tuned for more information including how to register. We look forward to seeing you!



Northern Kentucky MRC News

In 2008, Northern Kentucky MRC got to work recruiting, credentialing and badging volunteers. That first group of volunteers are celebrating their 8 year anniversary with the NKYMRC. There are no words to describe how fortunate the unit is to have these people call themselves MRC volunteers. Over the years they have participated in drills, exercises, training, and even a few real world events including the H1N1 flu season (2009) where they helped administer flu shots to area residents. Our volunteers helped with many core positions during these clinics and we

couldn't have done it without them. I would like to send out a huge THANK YOU for everything you have done to support the NKYMRC over the years.

Congratulations!

Elizabeth R., Diana M., Linda G., Albert W., Bridget T., Catherine T., Susan B., Laura G., Mark B., Irene E., Linda H., Jeff B., Jennifer D., William H., Marilyn H., Dustin I., Hassnaa K., Darrell M., Dianne M., Susan N., Linda O., Darlene P., Jean P., Frank P., Vicki S., Tina S., Acia S., Catherine S., Deborah S., Mary Beth R., Marie B., Cathleen B., Karen D., Dennis G.,

Julie K., Chastity L., Dawn M., Joy S., Jean C., Lat D., Lynn E., Jennifer V., Melissa H., David L., Diana M., Rebecca T., James W., Brian Y., Cynthia H., David M., Deborah N., Janice R., Shane N., Donald S., Anthony K., Tammy S., Denise S., Deborah W.

Thanks for all that you do!





Volunteers Building Strong, Healthy and Prepared Communities

MRC COORDINATOR SPOTLIGHT: Jenny Pilecki

Jenny serves as the Emergency Response Specialist for Hamilton County Public Health which includes management of the Hamilton County/Cincinnati Medical Reserve Corps unit. She received her degree in public health from UC Berkeley (2014) with a concentration in Community Health and Human Development and Healthcare Systems Management. She served with the AmeriCorps St. Louis Emergency Response Team during which time she participated in flood and tornado disaster response in Michigan, Missouri, and Illinois. Jenny is passionate about emergency preparedness and has seen first-hand the importance of volunteers in protecting, preparing, and rebuilding communities.



Jenny Pilecki
Hamilton County/Cincinnati
MRC Coordinator
(513) 946-7889
Jenny.pilecki@hamilton-co.org



Training and Exercise News

Local public health in the region are required to test all the public health emergency preparedness (PHEP) capabilities every five years. Currently in our fifth year of our grant cycle, exercise planning has begun regarding mass fatality response.

What does public health do to support fatality management operations in a pandemic scenario resulting in high fatality rates? That is what local public health will be exercising next spring.

Working with county emergency management and coroner's offices, local public health and hospitals will test

their capabilities in this type of response.



When local mortuary services and hospital morgue space reaches capacity, how do local officials manage the overwhelming surge of human remains?

In addition, mental health support becomes an important aspect to the response to support families of the deceased, survivors, and incident responders.

Mass fatality training will be also be conducted prior to the exercise for responders to help prepare and familiarize them with this important capability.



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