

# Quarterly Newsletter

SUMMER 2019

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## Today's MRC Network

The MRC network has grown and evolved over 17 years to meet local public health and medical needs in emergencies. Through this, they have fine-tuned the MRC's Key Priorities. Read more on page three about the current and future focus of the MRC nationwide. *Continue to page 3.*

## National MRC Monthly Webinars

The MRC Network conducts monthly educational webinars. To listen to archived webinars visit the [MRC Network Well Check Webinars](#) page. July's webinar on July 9<sup>th</sup> is a presentation on building community partnerships.

## Coalition Exercise Save the Date

On September 19, 2019, the Greater Cincinnati Disaster Preparedness Coalition is collaborating with area responders to conduct a mass casualty full scale exercise. Volunteers will be needed. Register [here](#) for the mailing list.



## 5 Ways to Prep Your Pet for Emergencies

If you have a pet take a moment to read CDC's most recent [blog](#) on pet emergency preparedness. By taking steps now, you can avoid having to make difficult and potentially dangerous decisions during an emergency.

## Protect Yourself and Others From Extreme Heat

**Stay Cool:** Wear appropriate clothing. Stay cool indoors. Pace yourself. Wear sunscreen. Schedule outdoor time carefully. Do not leave children or pets in cars.

**Stay Hydrated:** Drink plenty of fluids. Replace salt and minerals. Keep pets hydrated.

**Stay Informed:** Check for weather updates. Know the signs of heat-related illness. Monitor those at high risk.



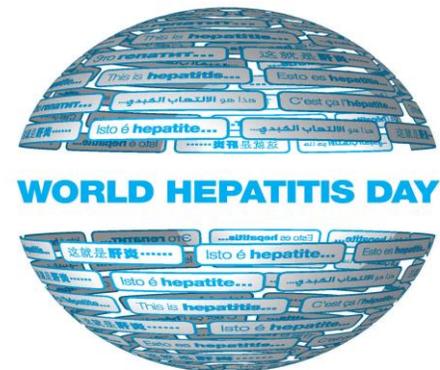
Learn more about *Extreme Heat* from [www.cdc.gov](http://www.cdc.gov)

## July 28<sup>th</sup> is World Hepatitis Day

World Hepatitis Day (WHD) takes place every year on July 28<sup>th</sup> bringing the world together under a single theme to raise awareness of the global burden of viral hepatitis and to influence real change. WHD is one of World Health Organizations (WHO)'s seven officially mandated global public health days. Worldwide, 300 million people are living with viral hepatitis unaware.

Take action and raise awareness. Find out how:

[www.worldhepatitisday.org](http://www.worldhepatitisday.org)



## Four Important Things to Know About Measles

1. Some think of measles as just a little rash and fever. But measles can have serious health complications, especially in children under 5 years old. 1 in 4 will be hospitalized. 1 out of 1000 will develop brain swelling possibly leading to brain damage. 1-2 out of 1,000 will die, even with the best care.
2. Measles is VERY contagious. Measles spreads through the air. It is so contagious that if one person has it, 9 out of 10 people around him/her will also become infected if not protected. It can linger in a room up to 2 hours after an infected person has left the room.
3. Your child can still get Measles in the U.S. Measles was eliminated in the U.S. in 2000 thanks to vaccination. However, measles is still common in many parts of the world. 146,000 people, mostly children die from the disease each year. You could come in contact with measles anywhere in your community. Anyone not protected is at risk.
4. You have the power to protect your child against measles with a safe and effective two-dose vaccine (MMR). The first dose is at 12-15 months of age. Second dose at 4-6 years of age.

*-Todd Dudley, Cincinnati Health Department*

## Today's MRC Network

The MRC network has grown and evolved over 17 years to meet local public health and medical needs in emergencies. In a continually changing landscape - evolving threats, evolving resources, evolving community needs and priorities - the MRC program will also evolve and focus efforts where we hope to have the most impact in making the network stronger.

The MRC Program is housed within the Readiness Division, Office of Emergency Management and Medical Operations, Assistant Secretary for Preparedness and Response (ASPR), U.S. Department of Health and Human Services (HHS). Today the network comprises approximately 180,000 volunteers and 860 units across the U.S. (49 states and 8 territories).

As MRC is within ASPR, their priorities need to align. ASPR's mission is to "save lives and protect Americans from 21<sup>st</sup> Century health and security threats". ASPR's Key priorities are:

- Fostering strong leadership
- Building a regional disaster health response system
- Sustaining public health security capacity
- Enhancing the medical countermeasures enterprise

The four key program priorities for the MRC are the following:

**MRC units remain local assets that can be used to address local needs, including public health.**

### Medical Screening and Care in Emergencies

- Medical support at shelters, clinics, mobile disaster hospitals, alternate care sites, evacuee resource centers, and community outreach sites
- Medical screening and surveillance during infectious disease outbreaks
- Patient movement support

### PODs, Mass Vaccination, and Mass Dispensing Efforts

- Medical countermeasure points of dispensing (PODs) in response to disease outbreaks
- Mass vaccination clinics
- Commodity distribution support

### Use of MRC Units Outside of Local Jurisdictions

- Activation across city and/or county lines
- Emergency Management Assistance Compact (EMAC) deployments across state lines

### Training Community Members to Respond

- Stop the Bleed
- You are the Help Until Help Arrives
- CPR/AED training
- Naloxone administration for opioid overdose

The new priorities allow the refocus of MRC's core mission; "to provide for an adequate supply of volunteers in the case of a Federal, State, local, or tribal public health emergency." The new priorities focus efforts and resources where we hope to have the most impact in making the network stronger. With evolving threats, the network's ability to **build community preparedness and respond to emergencies** becomes increasingly important.

*-Kelsie Bobo, Hamilton County Public Health*

## Don't Forget!

2019 TRISTATE DISASTER VOLUNTEER SUMMIT-SEPTEMBER 21, 2019

Keep an eye out for the registration link coming in August to your email inbox. If you follow us on Facebook, it will also be posted there.

Some of the classes that will be offered include: Cincinnati Police: Fifth Third Active Shooter Response, Butler County Incident Management Team: Deployment to Hurricane Michael, Pet CPR, Flood Clean-up Safety and Awareness, First Aid, Point of Dispensing Essentials, and Montgomery County Tornado Response. We look forward to seeing you there!  
*-Jessica McElroy, Northern Kentucky Health Department*



## 3 Elements of Water Competence

- Why is water competence important? Drowning is a major cause of accidental death, partly because many people underestimate the risks and overestimate their ability, or that of their children, in water.



### Water Smarts

...means knowing your limitations, swimming in safe areas, knowing how to handle common water hazards, & wearing a life jacket



### Water Skills

...means safely entering water over your head & resurfacing, controlling breathing while floating or treading water & swimming at least 25 yards, & exiting the water



### Helping Others

...means providing close supervision to anyone in your care, knowing the signs of drowning, knowing how to safely rescue others, and learning CPR

*For more information please visit the CDC webpage: [Water-Related Injury and Water Safety USA](#).*

*And remember to be #WaterCautious*

## Summer Water Safety

Summer is a prime time for water activities. With so much activity happening in and around water sources, it's important to remember to protect yourself and your loved ones from accidental drowning. **Become water Competent this Summer!** According to the CDC, from 2005-2014, there were an average of 3,536 fatal accidental drownings annually in the U.S. and about one in five people who die from drowning are children 14 and younger. Even non-fatal drownings can cause serious injury.

So, what can you do?

**Take a swimming lesson. Learn CPR. Wear life jackets to reduce risk. Always swim with a buddy. Avoid alcohol. Don't hyperventilate before swimming underwater. Know local weather conditions. Designate a supervisor when children are present.**  
*-Jenny McCoy, Butler County General Health District*