

Okaloosa-Walton Medical Reserve

Volunteers Strengthening Our Community's
Emergency Preparedness and Response

Okaloosa-Walton MRC Newsletter



April - June 2015

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ANNOUNCEMENTS!

Upcoming Events MEETINGS

OWMRC Outreach Campaign

13-17 April

FDOH Training Day

21 April @ 8:00 am - 1:00pm

FIRST & IFIRST

27 - 29 July 2015

ICS L-449 Train the Trainer

8-12 June

Please call contact Sterling C.
DeVerter for more details
about these events.
Sterling.deverter@flhealth.gov
850-833-9240 ext 2304

Hurricane Season

Hurricane season runs from 1 June to 30 November. The lack of hurricane awareness and preparation are common threads among all major hurricane disasters. Knowing the vulnerabilities and what actions to take can greatly reduce the effects of a hurricane disaster. Hurricane hazards include storm surges, heavy rainfall, inland flooding, high winds, tornadoes, and rip currents. Are you ready?

BEFORE HURRICANE SEASON

Determine safe evacuation routes and learn the location of shelters near you. Check all emergency kits and supplies; replace any items that are expired or unserviceable.

Family Emergency Plan: You and your family will most likely not be together when a disaster strikes. Ensuring you have a Family Emergency Plan is pivotal. Designate two meeting places, one inside your home and one away from your neighborhood. Assign an out of state point of contact incase your family gets separated and make sure you have an emergency telephone number listing. Once you have created a plan, implement, practice, and maintain that plan.



DURING THE STORM

When in a Watch Area: Hurricane conditions are possible within the specified area within 48 hours of the anticipated onset of tropical storm force winds. During a watch, review your plan and prepare your home for evacuation. Listen closely to information and instructions from local officials about the progress of the storm.

When in a Warning Area: Hurricane conditions are expected within 36 hours of the issued warning. Closely monitor all information and instructions given by local officials and follow all directions as appropriate. Inform your family or friends of your evacuation plans. Do not stay in mobile homes. Remember to take your pets with you when evacuating.

Hurricane Shelter: Know the locations of shelters near you and be aware of all shelter rules prior to leaving your home for shelter.

AFTER THE STORM

Continue to listen to the news for updates and stay alert for extended hazards. Return to your home only after it has been deemed safe by officials. Inspect your home for damage and wildlife upon your return.



Okaloosa-Walton Medical Reserve Corps



April - June 2015

CODE RED



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DBPR Mobile App



Ever wonder if your favorite restaurant or local hotel is meeting state standards? Take a look at this free application before your next outing. Users can verify licenses, search for inspections of Florida food and lodging establishments and submit complaints about unlicensed activity.

www.myfloridalicense.com/dbpr/

Stay Alert and Informed!

American Red Cross
<http://www.redcross.org/prepare/disaster>

FEMA
www.fema.gov/hazards/hurricanes

National Weather Service
www.nws.noaa.gov

National Hurricane Center
www.nhc.noaa.gov

Are you doing everything you can to stay up to date on emergency information? With hurricane season upon us, it is important that we do everything we can to stay prepared. Here in Okaloosa county, information is disseminated to the public by Emergency Management, utilizing a system known as *CODE RED*. Code Red is aimed at keeping citizens informed by notifying individuals via email or telephone in the event of an emergency situation, including critical community alerts. This is not the same as **Everbridge**. If you would like to be notified by your local emergency response team during situations such as

evacuation notices, bio-terrorism alerts, boil water notices, tornadoes, severe thunderstorms, flash floods, and missing child reports, log onto the following site:

<https://public.coderedweb.com/CNE/AB421EC3518B>

and enter your contact information. When enrolling in the Okaloosa County community notification system, you may enter your contact address, telephone numbers and email address. TDD/TTY devices may also be entered for tone delivery and the hearing impaired. Being informed is critical for the safety and well-being of you and your family members.

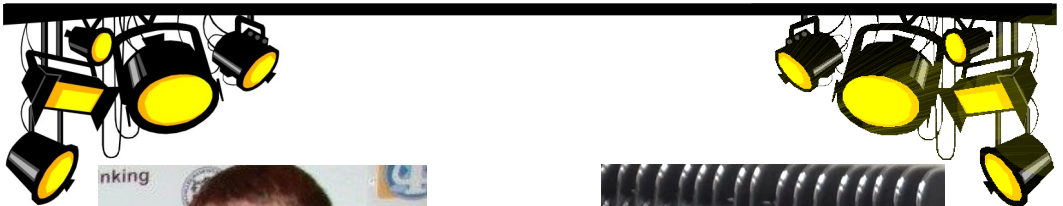
SIGN UP for

CODE RED
EMERGENCY Alerts!



OWMRC Spotlight!

Every quarter we will select two of our MRC members to highlight. This will help recognize those who are going above and beyond.



Darrin Gooding dedicated over **27 hours** of volunteer service this past quarter. He is a member of our epidemiological strike team, and most notably, completed the ICS 300/400 series in March.



Megan Braunschweig dedicated over **11 hours** of volunteer service this past quarter. She is a member of our epidemiological strike team and we thank her for her dedicated service.



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3rd Quarter Volunteer Activities

The third quarter of Fiscal Year 2014-2015 was active. This organization donated over **105** hours of community outreach, training and recruitment efforts. Some of these events include DMAT Homeland Security Exercise & Evaluation Plan Training, Epidemiology 101, the 2015 Region 1 Epidemiology Symposium, Incident Command System G400, and our semi-annual membership meeting and tabletop exercise. The total value of your donated time equates to **\$3,250**. Thank you OWMRC members for taking time out of your schedules to support our Corps and the Okaloosa-Walton community.



Community Resilience

Emergency Kits

Emergency kits should contain **one gallon of water per person** for at least three days. They should also contain the following:

- Canned and dried food
- Manual can opener
- Cooking tools
- Sleeping bags or cots
- Clothing
- Flashlight or Lantern
- Batteries
- First Aid kit
- Bathroom supplies
- Medicines
- Prescription Drugs
- Emergency Contact List
- Soap and hand sanitizer
- Credit Cards and Cash
- Important Documents
- Waterproof container
- Fire Extinguisher
- Whistle or air horn
- Pet Supplies
- Special Need items for babies and elders
- Weather Radio

OWMRC Leadership Changes

Please welcome Danelle “Dee” Fischer, our new assistant Team Leader.

Dee joined us in January, as our new Training Consultant. She manages both our internal training and our “outside learner” programs. She has proven to be a very valuable member and we welcome her to the OWMRC family.

Greetings –

My name is Danelle “Dee” Fischer and I am the new assistant team leader for the OWMRC. Originally, I am from Buffalo, NY, but have lived all along the eastern seaboard and overseas as a military spouse. My background is mainly in Healthcare Administration and I am currently working toward a dual Master’s degree in Business and Healthcare Administration. I am excited at the opportunity to work with such a diverse group of healthcare professionals in the aid of our community. I look forward to meeting all of you at our upcoming OWMRC events!



CONGRATULATIONS

Please congratulate our newest members who have reached deployable status.

**Vikki Flores
Rebekha Collins
Megan Braunschweig
Patrick Donahue
Amanda Bower
Steve Rendon**

These OWMRC members completed all of there FEMA training requirements needed to become a fully deployable OWMRC member.

Welcome New Members!

**Art Schnitzer
Megan Braunschweig
Patrick Donahue
Rebekha Collins
Robert Bradley
Catherine McCray
Michelle Ferguson**

**Rianna Smith
Sara Best
Steve Rendon
Vikki Flores
Will Smith
Amanda Bower**



To learn more about restocking your disaster supply kit visit these sites:

Make a Plan
<http://www.ready.gov/make-a-plan>

Prepare a Kit
<http://www.ready.gov/kit>

SERT Disaster Kit
<http://www.floridadisaster.org/supplykit.htm>

FEMA Disaster Kit
<http://www.fema.gov/pdf/library/fdsk.pdf>

NOAA Hurricane Preparedness

<http://www.nhc.noaa.gov/prepare/ready.php>

Be Prepared!



As it starts to warm up this summer, people are putting on their bathing suits, packing up the sunblock, and heading to the beach. It is important to remember beach safety tips and steps to ensure you and your family remain safe.

Swimming in the ocean takes different skills than swimming in a pool, so be sure that you learn how to swim in the surf. Swim only at a lifeguard protected beach within the designated swimming area. Make sure you swim sober and you never swim alone.

Rip currents are responsible for deaths on our nation's beaches every year, and for most of the rescues performed by lifeguards. Rip currents can form in any large open water area, such as low spots and breaks in sandbars, or near structures such as jetties and piers. If you are caught in a rip current, stay calm and do not fight the current, instead swim parallel to the shore until you are out of the current. Once you are free, turn and swim toward shore. Check the condition of the water and be aware of any warning flags before swimming.

Backyard pools are responsible for claiming the life of over 200 young children each year. When around a home swimming pool, ensure children are supervised at all time and make sure you know how to respond to aquatic emergencies.



BEACH WARNING FLAGS
BANDERAS DE ADVERTENCIA EN LA PLAYA

- Water Closed to Public**
Agua Cerrada al Público
- High Hazard**
High Surf and/or Strong Currents
Peligro Alto, Resaca Alta y/o Corrientes Fuertes
- Medium Hazard**
Moderate Surf and/or Currents
Peligro Medio, Resaca Moderada y/o Corrientes Fuertes
- Low Hazard**
Calm Conditions, Exercise Caution
Peligro Bajo, Condiciones Calmas, Tenga Ouidado
- Dangerous Marine Life**
Vida Marina Peligrosa

Absence of Flags Does Not Assure Safe Waters
La Ausencia de Banderas No Asegura Aguas Seguras

RIP CURRENTS
Break the Grip of the Rip!

Rip currents are powerful currents of water moving away from shore. They can sweep even the strongest swimmer out to sea.
www.ripcurrents.noaa.gov

IF CAUGHT IN A RIP CURRENT

- ◆ Don't fight the current
- ◆ Swim out of the current, then to shore
- ◆ If you can't escape, float or tread water
- ◆ If you need help, call or wave for assistance



April - June 2015

Disaster Preparedness Crossword



Public Health
Prevent. Promote. Protect.



Florida Disaster
World's Best Emergency Response Team

To find more Emergency Response training in our area go to the following link:

<http://trac.floridadisaster.org/>

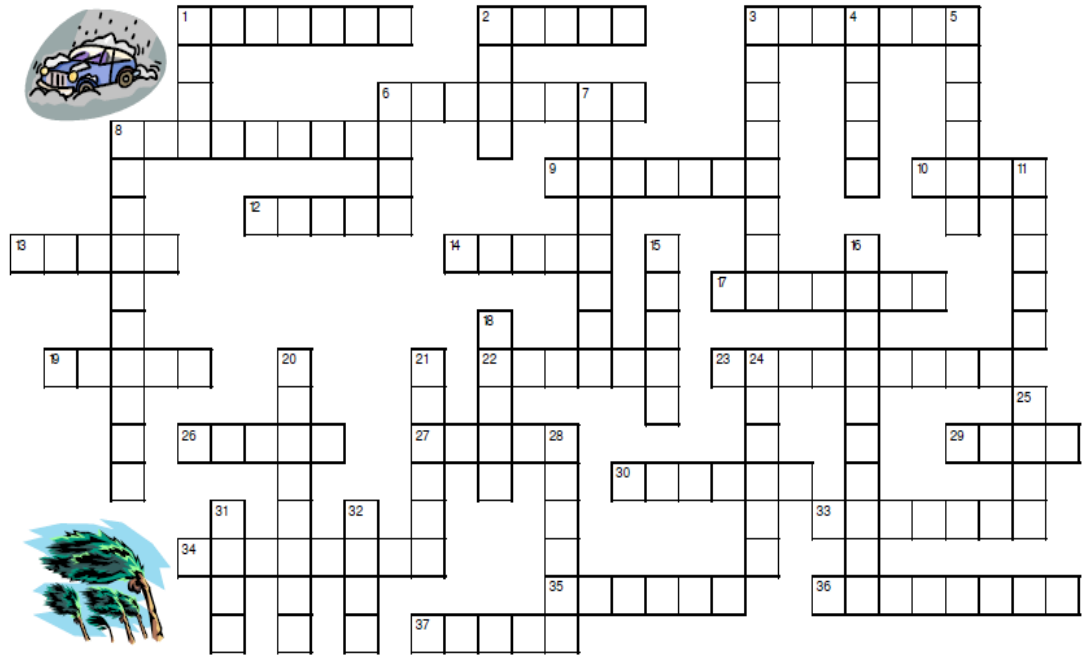


FEMA | Emergency Management Institute

trac/loginform.aspx

Free Emergency Management Institute Courses and Schedules can be found at the FEMA EMI link below:

<http://training.fema.gov/emcourses/>



Across

- 1-It's important to _____ for disasters
- 2-Keep sturdy _____ and a flashlight under your bed
- 3-You may need to stay in this if you evacuate
- 6-Your house should have a smoke _____
- 8-Don't forget to add a manual _____ to your emergency kit.
- 9- Keep copies of your _____ history and prescriptions in a waterproof container
- 10-Snow will eventually do this
- 12-You should _____ your water heater to the wall
- 13-An important part of your disaster kit- a battery powered _____
- 14-The most important thing to store in case of an emergency
- 17-Often caused by an underwater earthquake
- 19- It's good to know how to administer _____ aid
- 22- When it's cold, dress in _____
- 23- When it's cold outside you must be careful of _____
- 26- Never cook on a barbeque _____ inside the house
- 27-Keep all emergency _____ numbers

- 29-Store non-perishable _____ for emergencies
- 30-Used to purify stored water*
- 33-Learn how to disconnect yourself from the dialysis in an emergency
- 34-Know what the plans are at your dialysis during an emergency
- 35-Store one _____ of water per person per day for emergencies
- 36-FEMA works with the American _____ to help people in disasters
- 37-Floods that happen quickly are called _____ floods

Down

- 1-All families need a disaster _____, so you'll know what to do
- 2-Create a disaster kit one _____ at a time
- 3-If you dialyze at home, keep extra _____
- 4- You should have a flash _____ in your house
- 5- Have a few different _____ out of your house and neighborhood

- 6-In an earthquake you _____ and cover
- 7-People tend to _____ their level of disaster preparedness
- 8-State where earthquakes happen frequently
- 11-During an earthquake get under a _____ if possible
- 15-Use _____ food first, before starting on canned food
- 16-A disaster caused by the ground shaking
- 18-A natural disaster involving high water
- 20-A fire that sweeps through prairies forests + other wide open areas is called a _____
- 21-All families need a disaster _____ kit
- 24-Urban search and _____
- 25-In wildfire areas, create a safe _____ around your house
- 28-The national standard is to have _____ food and water for 3 days
- 31-Close off rooms that aren't being used to stay _____
- 32-You should begin the Emergency _____ as soon as an emergency situation is predicted or occurs