



Okaloosa-Walton Medical Reserve Corps

Volunteers Strengthening Our Community's
Emergency Preparedness and Response

Okaloosa-Walton MRC Newsletter



July – September 2016

Lean On Me Project

A project announced a few months ago is getting starting slowly but surely. OWMRC Member Peggy McDeavitt was looking for an innovative way to reach out and bridge some community gaps that may exist in certain vulnerable populations. After some discussion, we reached out to Elder Services, more specifically the Meals on Wheels group and asked if an emergency preparedness gap exists with the folks they serve. The coordinator of Meals on Wheels answered with a resounding YES. She stated that she is very worried that some of her clients are not prepared and do not have all the information they need if there is a hurricane, weather related emergency, evacuation, or other event that will disrupt their normal schedule. Our “Lean On Me” project will have this identified population as our pilot group.

We would like to offer you an opportunity to join the team on this project to reach out and help your community through our OWMRC. Peggy is looking for some additional volunteers to help compile and contact Okaloosa and Walton community members that have a vulnerability, special need, or are aging and alone. Simple acts such as packing a “go bag”, making a list or organizing a supply of prescriptions, needs and information for their pets, helping with inventory of important papers, emergency contact lists or important phone numbers are just a small part of the emergency plans one should be making. This planning is daunting to the most robust individuals. **This is where YOU and your fellow volunteers can help.**

Peggy has a small list of volunteers who have shown interest in this project, but she needs more! If you are willing and able to assist us with this awesome project, contact Peggy via email or phone, Margaret.Mcdeavitt@flhealth.gov or call **850-830-0743** to get information about when and where meetings are held and how you can let someone know to “Lean On Me” for help.

OWMRC CONTACTS

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Okaloosa-Walton Medical Reserve Corps

Can you help someone
be prepared?

Join the new
OWMRC
“Lean On Me”
Project



Imagine being elderly, alone,
handicapped or homeless and not
capable of any emergency planning!

This is where YOU and your fellow
Volunteers can help!

Email Margaret.McDeavitt@flhealth.gov to learn more!



Okaloosa-Walton Medical Reserve Corps



OWMRC BY THE #'S

- 82 members.
- 63 fully deployable.

If you 're not fully deployable and want to know what you need, contact Shayne at: 850-833-9240 x 2304

ARE U READY



Membership Report

In September, with the direction of the Board of Advisors and the OWMRC Director, I performed a membership purge of the roster. I moved 87 associate members to the inactive roster. After many attempts to reach by email and phone, the course of action was to take them out of the database in order to obtain a more realistic number when reporting our membership cadre to the state and national organizations. We currently have 63 fully deployable members and about 19 that have been notified to please complete their required training so we can move forward with Level 2 Background Screening and deployment status. I know a few of you are awaiting your screening to be returned or to schedule them. We are working hard to accomplish this.

We have lost a few members due to moves out of the area. If you have moved or no longer wish to participate in the OWMRC, please let me know so I can close your volunteer file and remove you from the data base. If you have moved, and are looking for membership in an MRC within your new area, please let me know and I will search for a MRC close to you, then scan and email your paperwork from your volunteer folder to present to the new MRC.

Our upcoming strategic plan calls for us to try and add new members each year. It is a goal I want to achieve, but also want to make sure our current members are engaged and well trained. We will be looking to do some additional recruitment activities within the coming quarters.



everbridge/SERVFL

On August 4, 2016 the Okaloosa-Walton MRC conducted a request for members to assist with the Zika Testing of Pregnant Women POD. Below are the OWMRC stats for this call.

- **20 Confirmed (26.67%)**
- **0 Unreachable (0%)**
- **48 Not Confirmed (64.00%)**
- **7 Confirmed late (9.33%)**

If you are not receiving a call down from Everbridge and you are a deployable volunteer, we need to update your information.

It is important that we stay on top of your contact info so in case of an activation or alert, you are receiving the call, email or text. Don't forget that there is also an App for Everbridge!

Stay Alert and Informed!

American Red Cross
www.redcross.org/services/disaster

FEMA
www.fema.gov/hazards/hurricanes

National Weather Service
www.nws.noaa.gov

National Hurricane Center
www.nhc.noaa.gov

Update Your Information!

As we move into second quarter of our fiscal year, I want to try and get everyone's information updated and continue the new background checks and re-screenings. We have some new applications that need completion and there are still a few folks that need to finish all their required classes in order to change their status to deployable. I also want to clean up our files to make sure that if you are no longer wanting to be a member of the OWMRC, we take care of that as well (I hope that is not the case, but understand if you must leave us). So far, we have dodged one storm, but the season is not over yet. I want to do my best to have a robust list to pull from in case we are needed. If you have changed your name, your address, phone numbers, email address, updated your medical provider license, changed careers, took additional classes and other such things such as these please let me know. We are also in the process of updating the Everbridge Notification System and the information required within. I will be working on getting the required info updated and may be asking for additional information from each of you.

WELCOME OUR NEW MEMBERS

Nichole Walters

**Nichole finished her required IS-100 and 700 training in ONE DAY!
Welcome Nichole!**



Okaloosa-Walton Medical Reserve Corps



FEMA Courses

MRC members are required to complete the following courses:

IS-100
Introduction to Incident Command

IS-700
National Incident Management System

All courses are online at: <http://training.fema.gov/>

You will need to register for a FEMA Student Number

E-mail your certificate to: Shayne.Stewart@flhealth.gov



Additional FEMA Courses

MRC members are encouraged to complete the following courses:

IS-200b
ICS for Single Resources and Initial Action Incidents

IS-800b
National Response Framework, An Introduction

All courses are online at: <http://training.fema.gov/>

You will need to register for a FEMA Student Number

E-mail your certificate to: Shayne.Stewart@flhealth.gov



Training Ideas?

Let us know if you have ideas for training that you think would be beneficial for our OWMRC membership.

Active Bystander Training Coming in March

We are in the planning stages to bring the **Active Bystander Training Train the Trainer** class to the OWMRC in March of 2017. An Active Bystander is a person or persons at the scene of an emergency, not part of a formal responder system, who are willing to help the injured. **Active Bystanders can and do save lives!**

This class will teach you, our OWMRC members who are qualified and willing, the skills needed to go out and teach this course to the public. It is an opportunity for you to perform outreach and also to provide a group of people with the necessary skills to perhaps save a family member, neighbor, or stranger.

This class covers teaching skills, recognition of common emergencies and various hazards during man-made and natural disasters, basic first aid, Hands Only CPR, working with first responders, and much more. We will have top notch instructors come and give you the tools you need to put on an effective class.

To be qualified to attend the Active Bystander Train-the-Trainer Course, the attendee must have:

1. Three (3) or more years of experience as a healthcare provider, EMT/paramedic or community health/public health background;
2. Current certification in First Aid, CPR, AED, BLS, or ALS;
3. Provide the name of the organization and the date of expiration for the certification;
4. Other related experience as a trainer.

After successful completion of the ABT Instructor Training, the MRC Volunteer Instructor will be approved to provide the Active Bystander Training Course to the General Public (based on local needs, local approvals, and schedule availability).

The exact date and time are still to be worked out. We need at least 10 qualified MRC members to commit to this class. We have invited our neighboring MRC Chapters to send their members who are interested. Will you come and take an active role to teach ACTIVE BYSTANDER TRAINING?

You are somebody's hero.

Seconds count during an emergency.
Active Bystander Training gives those with little or no medical experience, the information to safely help others during an emergency while waiting for responders to arrive.

For more information, please go to www.floridabhealth.gov and type **Active Bystander** in the search box.

Active Bystanders KNOW WHAT TO DO!

Date: _____
Training Location: _____
Time: _____
Local Contact: _____

<p>NEAR DROWNING</p> <p>Call 9-1-1; assess personal and scene safety</p> <p>Throw something to grab • Tow person to shore • Blow out to person • Go yourself as a last resort</p> <p>Once on land:</p> <ul style="list-style-type: none"> • Lie person down, position head lower than rest of body; may require elevating the feet • Check for breathing • If not breathing, start chest compressions 	<p>HYPERTHERMIA</p> <p>Call 9-1-1; assess personal and scene safety</p> <ul style="list-style-type: none"> • Check for responsiveness • Safety move to cool area • Loosen or remove excess clothing • Pour water on person to cool down • Do not allow to shiver • If conscious, give sips of water 	<p>ACTIVE SHOOTER</p> <p>Run • Hide • Fight <i>(Do not put yourself in danger; do not stop to help the injured in an active shooter situation)</i></p> <p>Call 9-1-1; assess personal and scene safety</p> <ul style="list-style-type: none"> • Run to safety • Leave belongings behind • Hide out of shooter's view • Lock doors, barricade entries • Silence any source of noise • Fight as a last resort • If escaping, keep hands up and visible • When the scene is safe, assist injured 	<p>EMOTIONAL SUPPORT</p> <p>How to offer emotional support</p> <ul style="list-style-type: none"> • Ask how you can help • Ask permission before touching • Maintain eye contact • Speak slowly and carefully • Be patient and ready to listen • Respect their silence • Be sensitive • Reassure survivors • Remember to take care of yourself! 	<p>The owner of this card has completed Active Bystander Training</p> <p>Name _____</p> <p>The Florida Medical Reserve Corps (FMRC) network is always looking for medical and non-medical (mission support) volunteers who want to join our team. Register at www.flmrc.com</p> <p>Active Bystanders save lives!</p>
<p>Florida Department of Health: Active Bystander Training</p> <p>ASSESSING THE SITUATION Look • Listen • Smell</p> <ul style="list-style-type: none"> • Always act with caution • Act within your skills and capabilities <p>Know what to say to 9-1-1 Who - What - When - Where</p> <p>How to help responders</p> <ul style="list-style-type: none"> • Stay calm • Follow responders' instructions - including getting out of the way 	<p>CHEST COMPRESSIONS</p> <p>Call 9-1-1; assess personal and scene safety</p> <ul style="list-style-type: none"> • Look for chest to rise and fall • If not breathing, start chest compressions • Place heel of hand on center of chest; place other hand on top. For child, use only one hand to compress chest • Press down 2 inches and allow chest to return to normal • Push hard and fast at least 100 compressions per minute 	<p>BLOCKED AIRWAY</p> <p>Call 9-1-1; assess personal and scene safety</p> <ul style="list-style-type: none"> • Stand behind person with your feet between their feet to brace • Wrap arms around person's front • Give quick, upward abdominal thrusts • If the person is pregnant or very large, do chest thrusts • If person becomes unconscious, begin chest compressions 	<p>BLEEDING</p> <p>Call 9-1-1; assess personal and scene safety</p> <ul style="list-style-type: none"> • Put on gloves or cover hands • Apply firm constant pressure to wound with Clean absorbent material • If person appears pale/weak, lie them down and elevate legs 10-12 inches above heart • Keep person warm 	<p>BURN</p> <p>Call 9-1-1; assess personal and scene safety</p> <ul style="list-style-type: none"> • Determine source of burn and move person safely away • If the person's clothing is on fire - Stop, Drop, and Roll or smother fire • Remove tight fitting objects around burn area • Cool burn area by pouring cool water over burn • Cover the burn loosely • Do NOT apply lotions or ointments to burn



Okaloosa-Walton Medical Reserve Corps



BACKGROUND CHECKS AND RE-CHECKS

I know that many of you are waiting to get your initial background checks completed and others are due for their 5 year rescreening. These have begun. I will be making contact with those individuals who need to get this completed in order to stay compliant. I appreciate everyone's patience as this process can be rather lengthy in time commitment.

Do you know anyone who may be interested in joining the Okaloosa-Walton MRC?

We accept Medical and Non-Medical volunteers to assist with responses to various emergency and non-emergency events in Okaloosa and Walton Counties.

Training opportunities are provided throughout the year and there are other opportunities that provide volunteers with chances to network with peers and others who are providing specialized care and response to our citizens and visitors.

We are always looking to bring new volunteers into our group. Contact Shayne Stewart at Shayne.Stewart@flhealth.gov or call 850-833-9240 x 2304



Zika Testing for Pregnant Women POD Training

On August 1, Governor Scott announced at a Zika Roundtable discussion that the Florida Department of Health would be offering free Zika testing to pregnant women at any county health department. With that announcement, Dr. Chapman and the Zika Incident Management Team here at the Department of Health-Okaloosa activated the OWMRC for an internal POD deployment. In anticipation of what we believed at the time would be an very large influx of pregnant women requesting the test, we sent emails and an Everbridge alert asking for members to respond to the request for assistance. In all, we had 13 members answer the call. A very quick Just-In-Time Training was developed to ready the responders for Internet and Information Security, data entry in the HMS System for non-medical folks, and ready to the medical responders with HMS System training and protocol for sampling and lab orders.

Our team was getting ready for the scheduling to begin when the influx of clients did not materialize and clinic operations were not affected by the very few clients who did present for the free test. The deployment was demobilized on August 15th. However, this training was not in vain. We will use this experience to ready our members for the next time we have a need for clinical operations within the CHD walls.

I want to thank the following members for stepping up to the plate and reading themselves for the deployment: Amanda Bower, Linda Epperson, Laura Messer, Jodi Jacobson, Robert Maxwell, Eddie Zant, Ester Molder, Cassie Langhals, Carla Corona, Anthony Labonte, Peggy McDeavitt, Megan McDaniel, and Kathy Graves. Your commitment to the OWMRC is much appreciated!

World Heart Day Activities

September 27, 2016 the planet celebrated World Heart Day, to bring awareness to cardiovascular disease and the health risks attributed to it. Locally, over 2000 people attended our own World Heart Day event on Saturday, September 24th at Northwest Florida State College. The American Heart Association held a 5K Heart Walk around the campus. Your Department of Health in Okaloosa County staff was there to get folks warmed up for the walk. A little dancing to get the blood flowing and the heart pumping. We were joined by SuperHeart, Buddy the Dolphin, and Sparky the Fire Dog to help us teach the lifesaving skill of Hands Only CPR. Our own CHD Director, Dr. Chapman was there to demonstrate her skills! Our Community Health Improvement Section was also there to discuss living a healthy lifestyle and the SWAT (Students Working Against Tobacco) team was there too, letting folks know about the dangers of smoking and how that can also affect your cardiovascular system. Many local organizations and groups took part in the event, and the weather was beautiful and warm! Join us next year for the 2017 World Heart Day event! It will do your heart good!





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World Heart Day Activities



See more pictures and videos
@
[#HealthyOkaloosa](#)
and
[#PressTheChest](#)
on Facebook!



Zika Information

Zika continues to be in the forefront of the Department of Health’s mission to combat the spread of this outbreak. Zika fever is a mild febrile illness caused by a mosquito-borne virus similar to those that cause dengue and West Nile virus infection. It has been identified in several countries in Central and South America, Mexico, and the Caribbean since 2015. Outbreaks have previously been reported in Africa, Southeast Asia, and the Pacific Islands. Local transmission has been reported in Puerto Rico, but not elsewhere in the United States. Cases of Zika fever have been reported in travelers returning to the United States, and now non-travel cases in two areas of Miami-Dade county.

As of this writing, there were 678 cases not involving pregnant women and 89 cases involving pregnant women, (the counties of pregnant women cases will not be disclosed). Florida has reported 90 non-travel related infections, almost all in the Miami-Dade area. There are 10 out of state or non-Florida resident cases. All this totals 867 cases. Okaloosa County has 3 confined travel related cases. Miami-Dade county has the most cases with 221, followed by Broward with 111 and Orange with 78. Okaloosa and Escambia have had 3 travel related cases, and Santa Rosa has had only 1. New York leads all states with 715 cases.

On Feb. 12, Governor Scott directed the State Surgeon General to activate a Zika Virus Information Hotline for current Florida residents and visitors. The hotline, managed by the Department of Health, has assisted 6,426 callers since it launched. The number for the Zika Virus Information Hotline is **1-855-622-6735**.

CDC researchers have concluded that Zika virus is a cause of microcephaly and other birth defects. Other developmental issues with infants born to mothers with the Zika virus are still unknown at this time. Continuing research will provide additional information.

Only about 1 in 5 people infected with Zika virus are symptomatic. Zika fever is a mild illness. Severe disease requiring hospitalization is uncommon. Signs and symptoms of Zika fever may include: acute onset of low-grade fever, rash, joint pain, conjunctivitis (reddening of eye), body aches, headache, eye pain, and vomiting. Treatment is symptomatic since there is no specific treatment against the virus. Illness typically resolves within a week.

The CDC has identified that Zika can be transmitted by sexual contact. The CDC recommends that if you have traveled to a country with local transmission of Zika, you should abstain from unprotected sex. The virus can be transmitted by a male or a female to their sexual partners.

Whether you’re staying at home or traveling abroad, preventing mosquito bites is the best way to reduce the risk of mosquito-borne disease. Mosquitoes can be found in many different environments and you may not always notice when you have been bitten. Mosquito activity in Florida can be year round. The following are some steps that can be taken to help prevent mosquito bites.

DRAIN: water from garbage cans, house gutters, pool covers, coolers, toys, flower pots or any other containers where sprinkler or rain water has collected.

DISCARD: Old tires, drums, bottles, cans, pots and pans, broken appliances and other items that aren't being used.

EMPTY and CLEAN: Birdbaths and pet's water bowls at least once or twice a week.

PROTECT: Boats and vehicles from rain with tarps that don't accumulate water.

MAINTAIN: The water balance (pool chemistry) of swimming pools. Empty plastic swimming pools when not in use. Repair broken screens on windows, doors, porches, and patios.

CLOTHING: If you must be outside when mosquitoes are active, cover up. Wear shoes, socks, long pants, and long sleeves.

REPELLENT: Apply mosquito repellent to bare skin and clothing. Always use repellents according to the label. Repellents with DEET, picaridin, oil of lemon eucalyptus, para-menthane-diol, and IR3535 are effective. Use netting to protect children younger than 2 months.

Feeling the sting of mosquitoes?
Then it's time to **drain and cover.**

DRAIN

Drain standing water.
Drain water from garbage cans, house gutters, pool covers, coolers, toys, flower pots or any other containers where sprinkler or rain water has collected.

DISCARD:
old tires, drums, bottles, cans, pots and pans, broken appliances and other items that aren't being used.

EMPTY AND CLEAN:
birdbaths and pets' water bowls at least once or twice a week.

PROTECT:
boats and vehicles from rain with tarps that don't accumulate water.

MAINTAIN:
the water balance (pool chemistry) of swimming pools. Empty plastic swimming pools when not in use.

Stop mosquitoes from living and multiplying around your home or business.