



The RESPONDER

Okaloosa-Walton
Medical Reserve Corps

FIRST QUARTER NEWSLETTER • JULY - SEPTEMBER 2019

OWMRC CONTACTS

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The Everbridge System is used to notify our members of emergency activations or when there may be important information that needs to get out to our membership. We perform a quarterly drill in order to test our capability to reach our membership.

If you are not receiving a call down from Everbridge and you are listed as a deployable volunteer, we need to update your information. We have members who are not registered. It is important to stay current with your contact info so in case there is an alert or activation to respond, you are receiving the call, email or text. There is also an App for Everbridge!

FLU SEASON IS APPROACHING! *Are you ready?*

With Influenza (flu) season fast approaching, it is very important to get vaccinated against the viruses as soon as possible. Currently, many pharmacies provide the flu vaccine at a very low cost and will often provide you with a coupon for some shopping. Most insurance will cover the vaccine. Because flu viruses are most common during the fall and winter, the Centers for Disease Control and Prevention (CDC) recommends everyone 6 months and older get a flu shot by the end of October. Flu activity begins to increase in October and often peaks between December and February. Activity can last as late as the month of May.

What is Flu?

Influenza is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, with the serious outcomes of the infection resulting in hospitalization or even death. Certain people, such as older people, young children and people with certain health conditions, are at a higher risk of serious flu complications. There are two main types of flu: Types A and B. These types are responsible for the seasonal flu epidemics each year.

How Flu Spreads

The most common route of transmission is person to person. People with the flu virus can spread it to others up to about six feet away. Experts believe that the main cause of spread is by droplets made when people with flu cough, sneeze or talk. The droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Less often, a person may get flu by touching a surface or object that has the flu virus on it and then touching their own mouth, nose, or eyes.

People with the flu are most contagious in the first three to four days after their illness begins. Most healthy adults may be able to infect others beginning one day before symptoms develop and up to 5 to 7 days after becoming sick.

How to Prevent the Flu

The best way to prevent the flu is the get vaccinated every year. Other protective measures are important as well. To help stop the spread of germs and prevent respirator illnesses, you should do the following:

- Avoid close contact with people who are sick.
- Stay home from work, school, and errands when you are sick - this will help prevent spreading your illness to others.
- Cover your mouth and nose with a tissue when coughing or sneezing.

- Continued on page 3

LEAN ON ME PROJECT

WE NEED HELP!

CAN YOU VOLUNTEER A FEW HOURS PER WEEK OR COUPLE OF WEEKS?

WE WANT TO TRY AND REACH AN ADDITIONAL 50 CLIENTS BY THE END OF THIS QUARTER!

PLEASE CONTACT

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LINDA EPPERSON WITH OUR 100TH CLIENT

Did You Know?

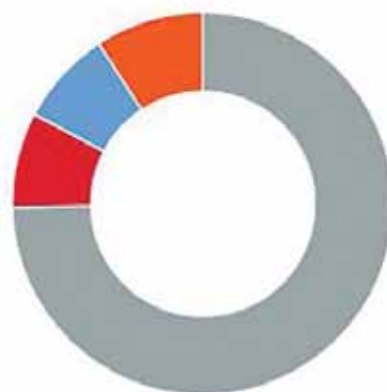
DISEASE OUTBREAK

- There have been 3,395 cases of hepatitis A in the state of Florida since January 1, 2018.
- 98% of the cases have likely been acquired locally in Florida.
- 2609 people have been hospitalized over the nearly 2 year period.
- 45 deaths have been attributed to the hepatitis outbreak in Florida.

EVERBRIDGE NOTIFICATION SYSTEM HEP A Vaccination POD Poll Report

The Everbridge Notification System is our official notification channel to alert members quickly of an activation, request information, or provide poll questions to see if there is interest or availability.

We will still do our Quarterly Notification Drills on top of these outreach calls. If you do not receive the Everbridge Alert on your phone by call or text, or via email, please check your profile to assure your information is up to date. Ask Kirk to help you with the initial registration or updating your password if you cannot remember it.



- 65 - Not Confirmed
- 7 - Unreachable
- 0 - Invalid Response
- 7 - Yes, I am able to assist in medical operations
- 8 - Yes, I am able to assist in support operations

Flu Season . . . from page 1

- Clean your hands - washing your hands often with soap and warm water will help protect you against germs. Use an alcohol-based hand sanitizer when soap and water is not available.
- Avoid touching your eyes, nose, or mouth - germs can spread into your mucous membranes.
- Practice other good health habits - clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Common Flu Signs & Symptoms

Signs and symptoms can come on suddenly with people feeling some or all of these indicators:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some may experience vomiting and diarrhea, though this is more common in children than adults.

**It is important to note that not everyone with the flu will have a fever.*

Treatment

If you get sick, antiviral drugs may be a treatment option. These drugs can help lessen flu symptoms and shorten the time you are sick by 1 or 2 days. They also can prevent serious flu complications, like pneumonia. You should see your healthcare provider (doctor, physician assistant, etc.) if you are in a high risk group, or you are very sick or worried about your illness.

If you want more information about the flu and this year's flu season, visit the CDC's website dedicated to all things flu...

<https://www.cdc.gov/flu/index.htm>

Get Vaccinated Against the Flu

Content source: Centers for Disease Control and Prevention

<https://www.cdc.gov/flu>

HEPATITIS A VACCINATION POD FOR LAW ENFORCEMENT



The state of Florida, as well as many other states, are in the midst of a hepatitis A outbreak. As part of the Florida Department of Health and DOH-Okaloosa's response to try and curb the spread of the disease, our Public Health Preparedness Branch, Epidemiology Section, and OWMRC teamed up to exercise our drive-through Vaccination Point of Dispensing (POD) for Law Enforcement Agencies and Homeless Shelter Workers in our county. This two-day operation took place in Crestview, Niceville, and Fort Walton Beach.

Our mission during the exercise was to provide vaccinations to help protect those that do so much to protect us. Over the two days, DOH-Okaloosa staff and OWMRC team members helped set up the PODs, provide administrative assistance with the paperwork, and vaccinated those Law Enforcement personnel and shelter workers that elected to receive the vaccine. All total, we vaccinated over 65% of the officers from the local LE agencies. A big thanks goes out to team members: **Rhena Wienert, Janet Huckabee, Robin Culbertson, Jasmine Selph, Laura Messer, and Leonard and Deanna Schoenherr** for all their help in making this a very successful operation.



Staff Briefing on the Incident Action Plan

Okaloosa-Walton Medical Reserve Corps Year End Meeting and Awards



During our 2018-2019 End-of-Year Meeting in July, OWMRC Team Leader Kirk Webb and OWMRC Coordinator Shayne Stewart discussed the previous year's activities and presented the total numbers for volunteer hours and the value of those hours that were provided to the county health departments and the community, handed out awards for most hours volunteered, and were able to conduct a training session on disaster and deployment food. Kirk and Shayne both reiterated how important OWMRC was to the community and the need for such an outstanding group was still prevalent and meaningful.



Our meeting began with a presentation on what food/water is normally used during a disaster or deployment. Team members were asked to bring samples of what they stockpile at home or what they take with them on a deployment. Most of the team members brought an example of what they are stockpiling, but Terry Eisler brought a large amount of different types of shelf stable food. Kirk brought a box of Meals Ready to Eat (MRE) for everyone to try.



Kirk used his favorite MRE to show team members how to "cook" the main meal in the package. Only a few brave souls opened theirs and tried them. Surprisingly to those that did, they were pleasantly surprised of how good they were. Those that didn't took theirs home to add to their preparedness kit. *By the way, Krispy Kreme isn't really disaster food, but those Hot Now glazed goodies sure are great!*



After Chef Kirk's culinary training session, he and Shayne discussed the various activities our OWMRC had participated in over the past year with the total amount of hours worked and the value of those hours our members provided. There was also discussion of moving the monthly training to quarterly training. All those in attendance agreed so a new quarterly training calendar will be sent out in the 2nd quarter. We will have the first quarterly training being in December with the focus on Points of Dispensing (POD) operations.

We wrapped up our meeting with Kirk and Shayne handing out awards to those with the most volunteer hours and also those that volunteered to help with the Hurricane Michael response.



Clelia Garrity receiving OWMRC Service Award for assisting with Hurricane Michael response and recovery.

MOST HOURS VOLUNTEERED FOR THE YEAR



*Robin Culbertson
15.5 Hours*



*Cesar Pinero
21 Hours*



*Jasmine Selph
22 Hours*

Other members receiving the Most Hours Volunteered Certificate but not pictured are . . .

- Leonard Schoenherr - 20 Hours**
- Linda Epperson - 46.5 Hours**
- Peggy McDeavitt - 315.25 Hours**

THANK YOU EVERYONE FOR YOUR DEDICATION AND HARD WORK!

Okaloosa-Walton Medical Reserve Corps & DOH-Okaloosa Events and Meetings



11th Annual 3-in-1 Community Festival

The OWMRC participated in the 11th Annual 3-in-1 Community Festival, a back to school informational event held at the Santa Rosa Mall. Team member Barry Ratcliffe and Team Leader Kirk Webb set up a OWMRC/Lean On Me booth and talked with over 500 people about disaster preparedness and how the Health Department plans and prepares for different Public Health emergencies. Barry and Kirk had 43 people sign up to receive more information regarding our MRC and the Lean On Me Project during the 6 hour event. Thank you Barry for all your hard work!

School Immunization Clinic

Speaking of Back to School, team member Jasmine Selph volunteered her time to help DOH-Okaloosa's Immunization Branch with Back to School vaccinations. Jasmine did a great job helping with the administrative side during our yearly immunizations rush.



World Heart Day 2019

DOH-Okaloosa staff and OWMRC participated in the annual World Heart Day 5k run/walk event. We set up an OWMRC/Lean On Me/Community Health Improvement booth on the Northwest Florida State College, Niceville Campus. We handed out information on healthy eating, provided tips on how to quit tobacco use, OWMRC membership info, and Lean on Me Project brochures. During the event, we spoke to approximately 300 attendees and had quite a few sign up for OWMRC. Hopefully we can add them to our team. A big thank you to Rhena Wienert!



Bike Safety Rodeo

Jasmine Selph helped the DOH-Okaloosa Community Health Improvement staff with a Bike Safety Rodeo that was held at Toyota of Fort Walton Beach. This free event is for kids in the community to teach bike safety and to promote wearing helmets. Staff checked to see if the child's helmet fitted properly. For those that didn't have a proper fitting helmet or didn't have one at all, each received a free one from DOH-Okaloosa! Thanks Jasmine!

UPCOMING 2ND QUARTER EVENTS

DECEMBER TRAINING - POD OPERATIONS
SATURDAY, 12/14/2019 - 9:00 AM - 11:00 AM
OKALOOSA CHD FORT WALTON BEACH AUDITORIUM

TOYS FOR TOTS MOTORCYCLE RALLY
BOO-BOO BOOTH
NICEVILLE BOGGY FESTIVAL SITE
DATE AND TIME TBA

WATCH OUR FACEBOOK PAGE OR EMAIL FOR
ADDITIONAL EVENTS THAT MAY BE SCHEDULED

Training Website Links

Interested in some additional training? Want something to do when you can't sleep? Want to learn more without having to sit in a classroom? Consider checking out these Training Websites to get your learning on!

SERT TRAC: <https://trac.floridadisaster.org/TRAC/loginform.aspx>

MRC TRAIN: <https://www.mrc.train.org/DesktopShell.aspx>

FEMA: <https://training.fema.gov/>

You will need to register to get access, but it's free. Almost all classes you see are free to attend or take online. All you have to provide is your time! **HAPPY LEARNING!**

STOP THE BLEED UNTIL HELP ARRIVES

The Uniformed Services University's National Center for Disaster Medicine and Public Health (NCDMPH) recently launched a new "Stop the Bleed" app, which is available for free on Google and Apple sites (links below). The app is designed to educate users on what to do in an emergency, how to determine the severity of bleeding, and how to correctly apply a tourniquet to stop bleeding.

With many MRC units leading "Stop the Bleed" and "Until Help Arrives" initiatives in local communities, we thought this would be a valuable resource for the network.

"Stop the Bleed" App Available at:

<https://play.google.com/store/apps/details?id=edu.usuhs.stb>

<https://itunes.apple.com/us/app/stb/id1336173602?mt=8>

Additional Online Resources

[Stop the Bleed Resources:](#) National public awareness and training campaign started by the White House in 2015 to encourage the general public to become trained, equipped, and empowered to help in a bleeding emergency.

[Until Help Arrives Curriculum:](#) Launched in 2017, educates the public about the important role it plays in providing immediate care to those who have experienced life-threatening injuries prior to the arrival of emergency services. Covers five main topics: call 9-1-1, protect the injured from harm, stop bleeding, position people so they can breathe, and provide comfort.

Be A Local Hero!

**VOLUNTEER
TODAY**



850-344-0575

Florida Health Alert Network

<https://floridahealthalertnetwork.com/mrcvolunteer>



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Your OWMRC now has a page on
FACEBOOK!

Join and LIKE US Today!

<https://www.facebook.com/groups/449740222113537/>



No matter how rapid the arrival of professional emergency responders, bystanders will always be first on the scene. A person who is bleeding can die from blood loss within five minutes, so it's important to quickly stop the blood loss.

Remember to be aware of your surroundings and move yourself and the injured person to safety, if necessary.

Call 911.

Bystanders can take simple steps to keep the injured alive until appropriate medical care is available. Here are three actions that you can take to help save a life:

1. Apply Pressure with Hands

EXPOSE to find where the bleeding is coming from and apply **FIRM, STEADY PRESSURE** to the bleeding site with both hands if possible.



2. Apply Dressing and Press

EXPOSE to find where the bleeding is coming from and apply **FIRM, STEADY PRESSURE** to the bleeding site with bandages or clothing.



3. Apply Tourniquet(s)

If the bleeding doesn't stop, place a tourniquet 2-3 inches closer to the torso than the bleeding. The tourniquet may be applied and secured over clothing.



If the bleeding still doesn't stop, place a second tourniquet closer to the torso from first tourniquet.



The Stop the Bleed campaign was created by a federal emergency response program by the National Security Council (NSC), the White House. The purpose of the campaign is to build national readiness by better preparing the public to save lives by using common sense of basic actions to stop life-threatening bleeding following an injury emergency and non-medical disaster. Resources include training materials and research on hemorrhage control during the case in Afghanistan and have been obtained the suite of the initiative which encompasses a national of hemorrhage response to be transmitted to the benefit of the general public. The Department of the Defense owns the "Stop the Bleed" logo and graphics. Additional printing.



Office of Health Affairs

OWMRC Interest Form

Name (Last) (First) (Middle)

Mailing Address City State Zip

Work Telephone / Home Telephone / Cell Phone

Email: _____

What type of volunteer position are you interested in? _____

List any professional license, registration, or certificate you currently possess (include certificate/license number):

List any special skills, interests, or hobbies: _____

List any special considerations or needs: _____

List your most recent volunteer or employment experience: _____

How did you learn about the OWMRC? _____

Scan and email this form to OWMRC Team Leader Kirk Webb at Robert.Webb@flhealth.gov

or mail to: Robert "Kirk" Webb
OWMRC Team Leader
221 Hospital Drive, NE
Fort Walton Beach, Florida 32548



**Okaloosa-Walton
Medical Reserve Corps**