

Okaloosa-Walton Medical Reserve

Volunteers Strengthening Our Community's
Emergency Preparedness and Response

Okaloosa-Walton MRC Newsletter



Second Quarter, Page 1

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Upcoming Meetings:

Board of Advisors

January 24th, 8am

FDOH-Okaloosa

Fort Walton Beach

Semi-Annual

January 24th, 6pm

FDOH-Okaloosa

Fort Walton Beach

Elaine Bieber

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Danielle May

OWMRC Assistant Team

Leader

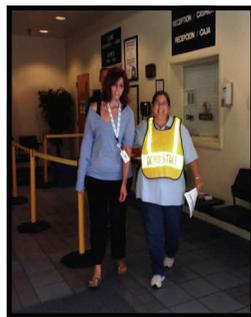
833-9240 ext. 2112

Danielle.May@flhealth.gov

OWMRC Volunteers survive Zombie Virus! Point of Dispensing Exercise a Success



In October, 98 community volunteers, including OWMRC volunteers, showed up in hoards to play people "infected" with a fictitious disease – Cerebral Zombatic Disease – in an FDOH-Okaloosa mass medical countermeasures dispensing exercise. The exercise allowed FDOH-Okaloosa staff an opportunity to practice setting up, running, and breaking



down mass medical countermeasures dispensing clinics, called Points of Dispensing (PODs). The exercise throughput goal was to process individuals through the POD in under three minutes.

PODs are intended to preventatively medicate large numbers of people in the event of a wide-spread outbreak or biological attack. FDOH-Okaloosa staff actually operated four separate PODs: two

walk-thru PODs designed to serve large numbers of people, a small-scale mobile POD and a drive-thru POD. Staff performed in their pre-assigned roles as traffic control, greeters, triage, medical evaluation, dispensing, and pharmacy.

During a local public health emergency where mass medical

countermeasure dispensing is needed, OWMRC volunteers



will be asked to assist FDOH-Okaloosa staff in operating PODs. Only fully trained, volunteers are able to be activated during an emergency. Please completed all of the required FEMA courses to be considered for activation for this and other roles!

For more information on PODs and details about POD roles visit:

<http://www.ualpanycph.org/learning/registration/tab.cfm?course=pod&s=Overview>

Nurses receive 1 contact hour for this course.



Shelter-in-Place Tips

Close & lock all doors & windows.

Turn off all fans, air conditioners, and heaters.

Close the fireplace damper.

Make sure you have your Go-Kit and a radio.

Take your pets with you.

Use duct tape and plastic sheeting to secure all doors and windows.

Giving Back to Your Community: A New Year's Resolution



By Danielle May, OWMRC Assistant Team Leader

Last year, I tried something new: I made a New Year's resolution. I, like many others, devoted myself to losing weight (ten pounds in my case). Being a new mom, I didn't want a resolution too difficult or challenging but certainly one that was important to me.

When I set my resolution, I'd already lost the "baby weight" but was nowhere near the same "shape" I used to be. I worked hard at my resolution—there were difficulties staying on track at times! In October, I reached my goal—ten pounds gone! I was so proud of myself for reaching my resolution. My 2013 success started me thinking about my 2014 resolution.

My 2014 resolution is...the simple act of giving! I want to **give back to my community through volunteer work!**

I've had a variety of volunteer roles in my life—I have my mom to thank for that (side note: she's an OWMRC volunteer!). When I

graduated from college and moved to Florida—where I'd never lived and knew no one—one of the first things I did was join the Okaloosa-Walton Medical Reserve Corps. Before joining, I was concerned I might not have the right skill set because I didn't have a medical degree or credentials. Elaine Bieber and past Team Leader, Kellie Newcomb, told me they had roles for me anyway. The OWMRC has been great to me since that July 2009 day.

My time in the volunteer role was short-lived but only because I was hired by FDOH-Okaloosa in the Emergency Preparedness and Response Branch during the 2009-2010 H1N1 Influenza pandemic where I worked alongside many of you. Soon after, I became an OWMRC Assistant Team Leader.

Through my various roles, I've gotten to meet most of you and enjoy working with some of you. As 2013 draws to a close, I want thank all of you for making the commitment to join us to help our community when they are in need.

I encourage you to join me in my 2014 resolution to give back to the community. You can do so through the OWMRC. Come to meetings and events. If you don't want to come alone, bring a friend! Check out the rest of the newsletter to find out what's going on and how you can use your special set of skills!

Tell us about your 2014 resolution here: [Click here!](#)



Did You Join the Hurricane Huddle?



Emergency Food & Water Needs

Keep a 3 day supply food for each family member (including your pets)

Do not eat very salty or spicy foods

Consider special diets for babies, diabetics, etc

You need 1 Gallon of water, per person, per day for drinking

The average person needs between 1,500 and 2,500 calories per day

On September 12, 2013, we introduced our first multi-volunteer agency "huddle". This was the OWMRC's first attempt to meet and greet with volunteer agencies across the county. We had an excellent response with 38 volunteers from OWMRC, Okaloosa CERT, Red Cross, VOAD, FL DMAT and other first responder agencies! We feasted over the hurricane-themed pot luck dinner with dishes like Stormy Creamy Cheesy Potatoes and Storm Surge Spaghetti. Volunteers networked and shared resources over their dinner. Dessert was a special treat: a tour of the Okaloosa County Emergency Operations Center (EOC)! Volunteers got a behind-the-scenes view of how the sophisticated EOC runs during an emergency—big thanks to Ken Wolfe, Okaloosa County Emergency Management Coordinator, who provided the detailed tour.

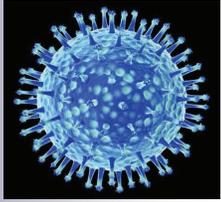


OWMRC Team Leaders presented, "Everybody get 'Appy!". This presentation focused on smart device (phones, tablets, etc.) applications to help volunteers prepare, respond and learn more about emergencies. Most of the applications were FREE! The presentation received good reviews and volunteers suggested even more apps. Don't worry, if you missed the meeting and would like to see the presentation, you can view it at our website:

<http://www.floridahealth.gov/chdokaloosa/Services/OWMRC.html>

We surveyed the Huddle attendees to get a better understanding of what Okaloosa County volunteers desired and based on the results, we found that the volunteers valued the multi-agency gathering and would attend more "huddles"! We are beginning to plan quarterly multi-agency "huddles" based on the topic suggestions from the survey. Please contact [Ashley Rendon](#) if you'd be willing to facilitate a presentation or have suggestions.

Keep your eyes open for the e-mail invitation and we hope to see you there!



Public Health's Role in Disaster

CDC's Public Health Matters Blog

By: Ali. S. Khan, MD, MPH.

Psychological First Aid Tips for Responders

Communicate
clearly

Communicate
warmth

Establish a
relationship

Use closed
questions to help
someone focus

Speak with
respect

Use an open
posture

Smile

Introduce
yourself

Allow disaster
survivor to
dictate
conversation



Seeing images of the devastation in the Philippines reminded me of my own experiences with Hurricane Katrina and the Asian Tsunami. During both of those events, I had the honor to join CDC (and WHO in the case of Indonesia) teams to help re-establish crucial public health services and support the impacted communities. Disaster recovery isn't just about rebuilding damaged homes and businesses; it has everything to do with health.

When something as devastating as Typhoon Haiyan occurs, it can be daunting to consider what a recovery effort might look like. Providing for basic needs and preventing potential injuries and outbreaks are usually at the forefront of any recovery plan. Despite the widespread devastation and lack of infrastructure people still need access to food and water. Groups with special needs, such as pregnant women or the elderly, still need care. These basic needs can present a host of health problems in the face of disaster. And as people begin to get their lives back in order, injuries from cleanup efforts and potential outbreaks due to contaminated food or water sources are a constant concern.

Stabilizing and Surveillance

The initial health response usually centers on setting up field hospitals, to take care of those who need immediate medical attention. We then turn our attention to disease monitoring efforts to understand the needs within the community and provide critical public health

services. These services initially focus on environmental health concerns such as food and (especially) water safety, worker safety, and injury prevention.



Following an event such as a hurricane or typhoon – where you have excess flood waters – communities must be vigilant about preventing the spread of water borne illness (think *E. coli* or cholera), which often cause diarrhea and severe dehydration. Although these are two seemingly treatable symptoms, they can be difficult to manage when infrastructure is down and basic supplies (such as clean water) are hard to come by. Crowded and unsanitary conditions can also lead to the spread of disease. Following Hurricane Sandy, several recovery centers had to act quickly to halt the spread of norovirus, a common “stomach bug” that can spread quickly in close quarters. We’ve also learned about the risk of spread of communicable diseases within shelters and the need to provide select immunizations. (continued on Pg. 5)



Public Health's Role in Disaster CDC's Public Health Matters Blog, (continued)

Flu Prevention Tips

Avoid close
contact

Stay home
when sick

Cover your
mouth and nose

Clean your
hands

Avoid touching
your face

Practice other
good health
habits like eating
right and
exercising
regularly

Cleanup can be a mess

Aside from possible disease outbreaks, one of the most common health problems we saw post-Katrina were injuries related to cleanup, people falling from ladders, carbon monoxide poisoning from generators, and cuts and lacerations people got moving through the rubble. Following a disaster health officials are often on the lookout for cases of tetanus or other wound infections. In 2011, after the F5 tornado struck Joplin, Missouri, a deadly fungal outbreak was discovered among those who had sustained wounds from the cleanup effort. Public health officials work around the clock after a disaster to warn the public of these dangers and track potential disease outbreaks before they get out of hand.



Rebuilding

As the Philippines grapple with the mammoth effort of rebuilding their homes, roadways, and towns, they will first have the task of addressing the health needs inherent to a major disaster. Disease pathogens and hazards are opportunistic and strike when we are at our most vulnerable. My thoughts are with the people of the Philippines and the aid workers helping to get the country back on their feet.



Blog written by Ali S. Khan, MD, MPH.

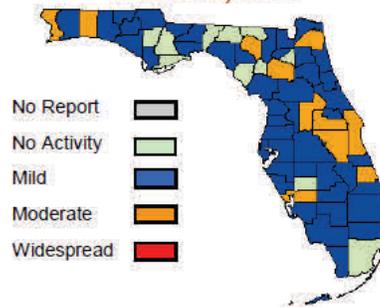
Dr. Khan is the Director of the Office of Public Health Preparedness and Response for the Centers for Disease Control and Prevention. His areas of expertise include

bioterrorism and pathogen discovery, viral hemorrhagic fevers, zoonoses, emerging infectious diseases, public health preparedness and response and public health intelligence. Read his Public Health Matters blog here:

<http://blogs.cdc.gov/publichealthmatters/>

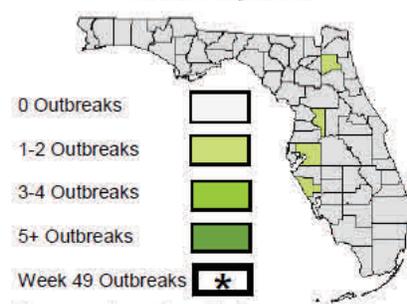
FLU WATCH 2013

Map 1: County Influenza Activity
Week 49, 2013



Forty-five counties reported mild influenza activity.

Map 2: Influenza and ILI Outbreaks
Week 49, 2013



Four outbreaks of influenza or ILI have been reported since Week 40, 2013.

* Stay up to date on influenza: <http://www.floridahealth.gov/diseases-and-conditions/influenza/index.html>



What's in the News?

Florida Department of Health Press Releases

- 12.13.13 – [Florida Board of Physical Therapy Practice Launches New, Interactive Website](#)
- 12.13.13 – [Florida Board of Occupational Therapy Practice Launches New, Interactive Website](#)
- 12.13.13 – [Florida Department of Health Announces New Press Secretary](#)
- 12.10.13 – [Unlicensed Activity Investigation Leads to Arrest in Sarasota](#)
- 12.10.13 – [Florida Department of Health Issues Suspension and Restriction Orders](#)
- 12.10.13 – [Florida Department of Health Expands Online Application Process](#)
- 12.04.13 – [2013 National Health Security Preparedness Index Highlights Florida's Successes in Health Security Preparedness](#)
- 11.27.13 – [Florida Department of Health Recognizes World AIDS Day](#)
- 11.26.13 – [Holiday Health Tip: Don't Allow Foodborne-Illness to Spoil Your Holiday Meals](#)
- 11.21.13 – [Florida Department of Health Raises Awareness during Get Smart About Antibiotics Week](#)
- 11.19.13 – [Florida Board of Massage Therapy Launches New, Interactive Website](#)

The Face of Anthrax



Want to learn more?
Visit:
www.cdc.gov/anthrax

Need CEUs? We've found some here:

- <http://www.ualbanycphp.org/default.cfm>
- <http://www.albany.edu/sph/cphce/index.shtml>
- <http://ruralsouthphtc.php.ufl.edu/>
- <http://flahec.org/>
- <http://www.aheceducation.com/>
- <http://www.aheceducation.com/ELearning/CourseCatalog.aspx>
- <http://www.spcollege.edu/ceu/>
- <http://www.cdc.gov/vaccines/ed/youcalltheshots.htm>
- <http://www.cdc.gov/vaccines/ed/courses.htm>
- <http://fcaetc.org/>
- <http://health.usf.edu/publichealth/clphp/courses/listing>
- <http://www.onlinece.net/>

Before registering for any course, please ensure your profession can receive credit for the course, and that the courses are indeed free of charge.



2014 CPR Schedule

All trainings conducted at the FWB location unless otherwise specified.

Initial

January 31

April 25

August 15

Refresher

Dates in red are in our Crestview facility.

February 14

February 21

March 14

March 28

May 09

June 20

June 27

July 25

September 12

September 26

October 10

October 31

November 21

December 19

Welcome New Members!

Deanna Schoenherr

Mason Salsgiver

Drue Needler

Peggy Morgan

Shayna McKenna

Amy Martinez-Lozano

Mary Hatley

Nicole Ferman

Hope Corcoran

Hipolita Hall

Steven Rodgers

Nancy Enfinger

Terri Perdue

Jennifer Byrd

Nicholas Brannock

Donna Lyle

Friends don't let friends volunteer alone!
If you just joined the OWMRC, encourage your friends to join too! Send your friends to www.servfl.com

Congratulations Deployable Members!

Darrin Gooding



Members who complete all required online trainings are fully deployable OWMRC members!



Board of Advisors

Now Seeking:

2014 Board of Advisor Nominees!

The Board of Advisors, in conjunction with the OWMRC Coordinator and Team Leads, helps drive the vision and goals of the OWMRC. Advisors review the OWMRC Operations Plan annually and identify deserving volunteers for recognition. They also assist in volunteer recruitment and marketing.

BOA members are required to attend a quarterly meeting and must have completed all mandatory OWMRC training prior to being nominated to serve on the Board. To nominate yourself or someone else to sit on the 2014 OWMRC Board, please complete the nomination ballot at: <https://www.surveymonkey.com/s/2014BOANomination>

Now Seeking 2014 Peer Group Leaders for all OWMRC professions!

Peer group leaders volunteer to lead other OWMRC volunteers from their same professional background. They sit on the Board of Advisors and ensure trainings are targeted, engaging, and beneficial for their specific peer group. Who knows better what topics other volunteers would enjoy than someone that works in that same field? No management experience necessary. You will be fully supported by your OWMRC Team Leaders!

Open Positions:

Veterinarian Peer Group Lead
Nursing Peer Group Lead

Physician Peer Group Lead
Non-medical Peer Group Lead

If you are interested in serving as a Board of Advisors member or Peer Group Leader, please contact Ashley Rendon at:

ashley.rendon@flhealth.gov.

THE GUIDING LIGHT

