

Okaloosa-Walton Medical Reserve

Volunteers Strengthening Our Community's
Emergency Preparedness and Response

Okaloosa-Walton MRC Newsletter



Third Quarter - 2011, Issue 14

ANNOUNCEMENTS!

Save the Dates:

**Board of Advisors
Meeting:
October 19, 2011
6 p.m.**

Ruby Tuesday
Niceville

**OWMRC Semi-Annual
Meeting:
November 9, 2011
6 p.m.**

Okaloosa County Health Dept.
221 Hospital Drive, NE
Fort Walton Beach

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Hurricane Trayne

Hurricane Trayne blew in on July 15th with quite an impact! The Okaloosa County Health Department activated their disaster response teams and the Okaloosa Walton Medical Reserve Corps. **Fortunately Hurricane Trayne was only an exercise!** Okaloosa-Walton MRC members joined the OCHD to activate hurricane plans and exercise each of the disaster response teams. Our OWMRC volunteers helped the OCHD employees practice their roles in opening and staffing the Special Needs Shelter at Davidson Middle School in Crestview. The OCHD employee's registered, triaged and cared for special needs patients played by our very own volunteers. The "patients" had a variety of special needs and were equipped with props to help in their roles. As the hurricane progressed, so did the needs of the patients. We had wandering patients, upset patients, and even some allergic reactions! Including the fun that ensued with the exercise, OCHD employees applied their response skills and the OWMRC learned the processes of the Special Needs Shelter. In a time of

emergency, members could be called upon to assist in staffing the shelter.

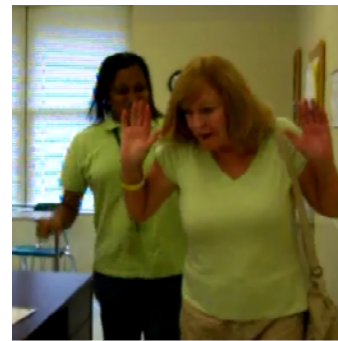


Mike and Skylar Wagner play special needs patients. Mike fell and is receiving help from OCHD employees.

**Special thanks
to our patient volunteers:**

**Kathy Barr,
John King,
Mike Wagner,
Skylar Wagner
and
Jeanne Ashley**

for their stellar performances!

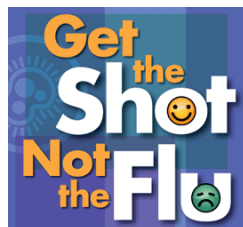


Jeanne Ashley (front) gives a grand performance as a Special Needs Patient upset by the storm.

It's Back!

Flu Season is fast approaching but you can **Beat the Flu Bug!**

The Center for Disease Control (CDC) recommends a three-step approach to beating the flu. The first and most important step against the flu is getting your flu shot. It is recommended that everyone 6 months and older get a yearly flu shot. Also very important is to use everyday of germs (such as cover your soap, stay home when sick people). Also remember, the person beginning 1 day before means, people with the flu can that they are sick! Another are so important! If you do prescription drugs to treat the illness. Use the links provided on page 4 of this newsletter to learn more and prepare for the influenza season!





OWMRC Semi-Annual Meeting

The OWMRC semi—annual meeting will be held at the Okaloosa County Health Department in Fort Walton Beach on **November 9th at 6 p.m.** Please mark you calendar! The meeting is an opportunity for our members to catch up on OWMRC happenings, update your training folder, get set up for background checks, socialize and pick up your GO PACK—if you're eligible.

These members are ready for their GO PACKs:

Kay Brooks
Kathy Barr
John Cox
Tony D'Aquila
Kim Duff



Micheal Reahl
Brenda Royster
Greg Spires
Robert Stephan
Bob Stephans

Let's add your name to this list! complete your background check. training (see the links to training to Katie. Then, you'll have earned your Go-Pack and will be ready to serve our community in a time of need!

First, attend an orientation and Next, complete the FREE online below) and forward the certificates to Katie. Then, you'll have earned your Go-Pack and will be ready to serve our community in a time of need!

IS- 22, Are you Ready? :

<http://training.fema.gov/EMIWeb/IS/is22.asp>

IS-100 Basic Incident Command System :

<http://training.fema.gov/EMIWeb/IS/is100a.asp>

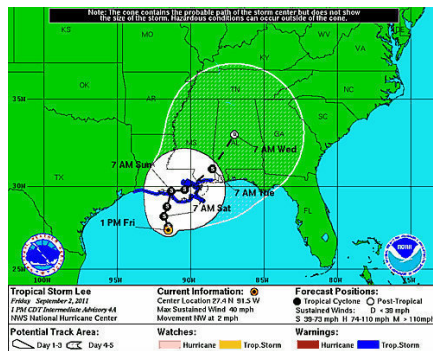
IS-700 National Incident Management System:

<http://training.fema.gov/EMIWeb/IS/is700a.asp>

Medical Reserve Corps (MRC) Training:

https://www.nova.edu/sbin/biohazard/bh_regis.cgi

Tropical Storm Lee



Tropical Storm Lee poured heavy rains on our area when it made landfall on Sep 4, 11 around 4 a.m. As Okaloosa County Public Safety made plans for sheltering flood victims if necessary, a pending mission to provide nurses in the shelter developed for the Okaloosa-Walton MRC. The OWMRC Coordinator directed your team leaders to initiate a request through SERVFL for the OWMRC registered and licensed practical nurses to report their availability to staff a shelter. Thankfully, TS Lee's rains, though torrential at times, didn't require the opening of a shelter. The "almost" mission gave us the

opportunity to exercise a request for availability through SERVFL. A big thanks to those who responded to the request for availability—and an even bigger thanks to the nurses who committed to working in the shelter! TS Lee showed us why it is so important to keep SERVFL up to date with all your contact information. We use SERVFL for all OWMRC activations and you will be notified via the information you provide in SERVFL. So please, keep your SERVFL account current.

**OWMRC
Membership:
310
Volunteers!**

**Physicians
15**

**Physician
Assistants
2**

**ARNPs
9**

**Nurses
139**

**EMS
Professionals
23**

**Pharmacists
6**

**Mental Health
Professionals
21**

**Respiratory
Therapists
3**

**Other
(Medical)
54**

**Other
(Non-Medical)
41**



Big Thanks to OWMRC Volunteers:

Kathy Barr



Renee Jones



Peggy McDeavitt



We applaud your efforts to increase OWMRC capacity by attending the 3-day Field Investigator Response and Surveillance Training (FIRST) & Intermediate courses!



The A-B-Cs are now C-A-B ... huh?

The new 2010 American Heart Association **Basic Life Support for Healthcare Providers** course, which includes CPR and AED (Automated External Defibrillator) skills, has incorporated quite a few changes due to research. The newest development in the *2010 AHA Guidelines for CPR and ECC* is a change in the BLS sequence of steps from "A-B-C" (Airway, Breathing, Chest compressions) to "C-A-B" (Chest compressions, Airway, Breathing) for adults and pediatric patients (children and infants, excluding newly borns). Although the experts agreed that it is important to reduce time to first chest compressions, they were aware that a change in something as established as the A-B-C sequence would require re-education of everyone who has ever learned CPR.

OWMRC volunteers can attend CPR classes at Okaloosa County Health Department and get their certification **free!** Classes are held every month at the health department facilities.

The next certification classes being held are:

- October 14, 2011 8:15 a.m. FWB Facility**
- November 4, 2011 8:15 a.m. FWB Facility**
- November 18, 2011 8:15 a.m. FWB Facility**
- December 9, 2011 8:15 a.m. FWB Facility**

Contact Katie Holbrook for to sign up.
Katie_Holbrook@doh.state.fl.us



Renee Jones, a OWMRC Volunteer, and an OCHD employee partnering up to practice their CPR skills in the new AHA BLS course.

Volunteer Voices



Hello, my name is Micheal A. Reahl; I am a volunteer with the Medical Reserve Corp here in Okaloosa County. I am new to the area from Orlando, however as with many other residents I have a passion for people we have as members of our community. I wanted to reach out to my fellow volunteers during the annual March for Babies Crestview Walk*. If you can walk, run, stroll, crawl or simply support this effort, I am looking for you! When you participate in March for Babies, you give hope to the more than half a million babies born too soon each year. The money and support we raise supports programs in our community that help moms have healthy, full-term pregnancies. And it funds research to find answers to the problems that threaten our babies and ultimately our families around the world.

Join a team or start your own, in honor of a baby you love. If you would like to join a team or simply support this cause or simply get more information please visit:

<http://www.marchforbabies.org/Micheal22reahl>

The event will be held Saturday, October 8th, 2011 at Crestview High School, 1250 N Ferdon Blvd Crestview, FL 32536. Registration opens at 4:30 p.m. and March for Babies Starts at 5:30 p.m. Come out and enjoy a beautiful walk and complete your day with food and a movie provided by our wonderful sponsors. Immediately following the walk, we will be treated to dinner and drinks at the Crestview High School football stadium. Be sure to bring a blanket or your favorite lawn chair, grab a bag of popcorn (provided) and head to the football field for a relaxing evening under the stars as we present this year's feature presentation: RIO – The Movie. There will be activities for the kids of all ages. I hope March for Babies will be an event that creates a tradition you, your family and friends will continue to enjoy year after year.

***Disclaimer:** This is not an OWMRC-sponsored event, and not affiliated with Okaloosa County Health Department.



**Influenza
Season
11-12**



**On-line
Influenza
Resources**



**Okaloosa County
Health
Department:**

healthyokaloosa.com

**Center for Disease
Control:**

<http://www.cdc.gov/flu/about/season/flu-season-2011-2012.htm>

Locate a Flu Shot:

http://www.doh.state.fl.us/disease_ctrl/immune/flu/flu_locator.htm

About the FLU:

<http://www.flu.gov/>

Board of Advisors

Public Health Preparedness on the Big Screen!

Catch *Contagion* in a theater today!

The un-informed often wonder what role Public Health and you—our OWMRC volunteers—will play during an emergency. *Contagion*, the movie, explains this well.

The story: Beth Emhoff (Gwyneth Paltrow) returns from a business trip to Hong Kong. Two days later she collapses with severe seizures in her suburban Minneapolis home. Her husband, Mitch Emhoff (Matt Damon), rushes her to the hospital but she dies as a result of an unknown disease. Mitch returns home and finds his stepson Clark has also died as a result of similar symptoms. Mitch is put in isolation but turns out to be immune to the disease. He and his daughter attempt to flee the city, but a quarantine has been imposed and they are forced to return to their home to face decaying social order and rampant looting of stores and homes. Mitch struggles to give his daughter, who has a lengthy wait for a vaccination and is thus quarantined to their house, a sense of normality while trying to come to terms with his own loss.



In Atlanta, representatives from the Department of Homeland Security meet with Dr. Ellis Cheever (Laurence Fishburne) of the Centers for Disease Control and Prevention and express fears that the disease is a bioweapon intended to cause terror over the Thanksgiving weekend. Cheever sends Dr. Erin Mears (Kate Winslet), an Epidemic Intelligence Service officer, to Minneapolis to begin the investigation and traceback. Dr. Mears has to negotiate with local bureaucrats reluctant to commit resources and becomes infected with the disease while staying at her hotel. The Minnesota National Guard arrives to quarantine the city, and a badly deteriorating Dr. Mears is moved to the field medical station she helped set up, where she later succumbs.

The movie continues with the search for Patient Zero and a vaccine. Along the way, the viewer sees the many aspects for which Public Health Preparedness plans and responds: epidemiologic investigations, alternate medical treatment sites, points of dispensing for mass vaccinations, social distancing, quarantine and robust information campaigns.

Not only entertaining, this is a great training flick!

Check your local movie theater for times

**or
wait for OWMRC's
Contagion night.**