



NEWSLETTER

Volunteers Building Strong, Healthy, and Prepared Communities

Personal and Family Preparedness!

September 2013

In an emergency, we understand that your family, friends, and neighbors are going to come first – before you volunteer to help the general community. We highly recommend that you take action to help ensure that you and those you care about are prepared for an emergency. Ensuring that you are well-prepared at home and at work to deal with an emergency situation will allow you to be ready to respond in an emergency as a volunteer when you are needed. Emergency preparedness requires proper planning, organization, and practice, but the pay-off is invaluable.

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One of the most important things to do is to be informed. Learn about the possible emergencies that could happen in your area. Learn about the emergency plans that exist within your local government (e.g., state, county) and other locations specific to you: schools, places of work, etc.

Develop an emergency plan for yourself and/or your family. Your plan should include information that is specific to you, your family, and your home.

Part of your emergency plan should include emergency supplies. The supplies that you put in your emergency kit should be specific to you and your family. Do you have young children? Do you or anyone in your family take prescription medications? Do you have pets? These are just some of the questions you should consider when building your kit. Items that should be considered when building your emergency kit can be found at www.ready.gov/build-a-kit.



New Advisory Board!

Recently the group was asked about participation in an Advisory Board for our Medical Reserve Corps. A number of our volunteers showed interest and are currently part of the first Advisory Board for the District 2 MRC. The goal of the Advisory Board is to allow you, the volunteers, to identify the trainings and events you would most like the MRC to coordinate, and fill the calendar to give each of you opportunities to become more prepared for emergencies.

If you would like to have a say in the planning of the MRC, please contact me, Ryan Bender, for more information about the MRC Advisory Board at mrc@phd2.idaho.gov or 799-0393.

Public Health - Idaho North Central District
215 10th Street Lewiston, ID 83501

September is National Preparedness Month!

If a disaster strikes, how will you and your family be ready? During the month of September, the Department of Homeland Security (DHS) and the Ready.gov teams are focusing on planning and preparing for disasters during National Preparedness Month.

Being prepared means having a plan. Whether you are at home, at work or on-the-go, it's important to create a plan in case of an emergency. Planning ahead will ensure that you and your family will know what to do and have the supplies you need to be safe wherever you are.

Visit ready.gov/prepare to see simple steps you can take, such as keeping an emergency kit in your office and at home and keeping copies of important family documents in a safe place.

NATIONAL SAFETY MONTH 2013

Wildfire Safety Tips

Stay informed on wildfire safety tips at www.ready.gov/wildfires to protect yourself, your family, and your property in the event of a fire.

Upcoming Events

Medical Reserve Orientation 9/25/2013

On Wednesday, September 25th there will be a Medical Reserve Corps orientation. Orientations are a great way to get introduced to the coordinator and learn about the program and Public Health. You will learn about the history, mission, and roles that our volunteers play within the MRC. The orientation is scheduled from 4:00–5:30 PM at Public Health in Lewiston (215 10th Street). All volunteers are welcome to attend. New members will complete their entrance into the program to become full fledged volunteers of the Medical Reserve Corps. If you are planning on attending, please RSVP by Friday, September 20th with Ryan at mrc@phd2.idaho.gov.

Emergency Preparedness Fair 11/09/13

The 2nd annual Lewis-Clark Valley Emergency Preparedness Fair will be on Saturday, November 9th. The Emergency Preparedness Fair is an opportunity for local organizations to provide information on how to prepare for disasters and emergencies. The MRC will have a booth at the fair from 9:00 AM–3:00 PM. If you would like to assist at the fair, please contact Ryan at mrc@phd2.idaho.gov. The MRC will be handing out information about the MRC and the importance of volunteering for your community.

Get the latest news, events and media about Public Health!



Did You Know?

The Plaquemines Parish MRC (Belle Chase, LA) had 30 volunteers support over 2,000 residents by staffing an emergency shelter in response to Hurricane Isaac

The Colorado Veterinary MRC (Denver, CO) deployed teams to support a small animal shelter set up in response to the Waldo Canyon Fire in Colorado Springs.

The Broward County MRC (Fort Lauderdale, FL) was activated by the local health department to staff back to school vaccination PODs. Volunteers served 2,665 children, and provided 4,347 vaccines.

The Franklin County and Columbus MRC (Columbus, OH) participated in a Cycle of Poverty Simulation for volunteers to experience what low income families experience on a daily basis.

New MRC Coordinator:

Hello everyone! My name is Ryan Bender and I have replaced Rachelle Burrup as the new MRC coordinator. I am looking forward to this new opportunity and working with the volunteers of this region. After growing up in north Seattle I moved to Lewiston in 1999, and have enjoyed this area ever since. I spend my free time with my wife and two kids. You can contact me Monday–Friday at mrc@phd2.idaho.gov or 799-0393.

A Healthier Community!

Public health is all about keeping communities and people healthy. Although chronic disease prevention seems different than emergency preparedness, they are related. If people are in good health, they will be more resilient in the face of an emergency situation—and better equipped to help themselves, their families, and their communities in a response. Someone who is not as healthy may suffer from added health issues in an emergency. For example, they may experience more severe stress-related issues or they may suffer from worsening health conditions due to decreased access to medications that they need regularly.



We can all do a little more to have good overall health. Small changes can have a big difference! Set goals for yourself that you know you can achieve. Try to exercise more days in one week than you do not exercise. Bring your lunch to work most days of the week. Have a favorite family recipe? Look up similar recipes online to see if there are healthier substitutes for the ingredients. Start with small steps to improve your health and build on your success.



Go online for more information:

- Find out about healthy eating on a budget and search for healthy recipes at www.choosemyplate.gov.

FEMA TRAININGS

We encourage all our volunteers to become certified in the basics of the National Incident Management System (NIMS) and Incident Command System (ICS). These disaster management systems are the foundation of incident response, and a solid understanding of them is essential for all MRC members. Two of these courses are available online to complete at your convenience.

FREE!!

Personal Preparedness Kit

As a “thank you” for making the effort to complete these two online courses, we have a backpack filled with emergency preparedness gear for any member who turns in their completion certificates for the courses (NIMS and ICS 100).

Training Links:

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

ICS 100: <http://training.fema.gov/EMIWeb/IS/IS100B.asp>