



NEWSLETTER

Volunteers Building Strong, Healthy, and Prepared Communities

Washington MRC Units Respond to the Oso Mudslide

July 2014

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On March 22, a massive mudslide buried the town of Oso, WA, a rural community in Snohomish County, 50 miles north of Seattle. The mudslide was one of the worst in U.S. history, piling approximately 15 million cubic yards of mud, clay, and wood across the Stillaguamish River, State Highway 530, and into a community of homes. Fortunately, Snohomish County MRC and the Public Health Reserve Corps of Seattle and King County were ready to respond.

A total of 66 Snohomish County MRC volunteers responded to the disaster during the initial response period March 22 through April 8. Approximately 40 MRC volunteers replied to the request for assistance immediately, including some volunteers who had not been active in recent months and some who had not even heard the news. Snohomish County MRC supported a variety of response activities, including answering over 1,000 calls in the emergency call center, which was open 24 hours a day for the first six days. Volunteers also provided psychological relief to responders, community members, and families; assisted at the Emergency Operations Center; and supported a clinic that became isolated because the mudslide closed a large section of the highway.



After the mudslide, the State of Washington asked the Snohomish County MRC and the Public Health Reserve Corps of Seattle and King County to staff the Sauk-Suiattle tribal clinic that was partially isolated by the mudslide. Medical volunteers staffed the clinic for several days after the mudslide while the state worked with federal partners to put a longer term solution in place. For volunteers from the Seattle area, the clinic is 116 miles away, so the tribe provided food and lodging at a local hotel. The response demonstrated the strong partnership with the Sauk-Suiattle Tribe, the State of Washington, Snohomish County, and Public Health—Seattle & King County.



“The MRC has volunteers who have been trained to help people through some of the emotional trauma and to encourage those whom might need it to seek additional assistance,” said Therese Quinn, Snohomish county MRC Coordinator. “We will continue to work on this as long as is needed. As long as there are people who need support, the MRC will be available to assist and respond.”



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Summer Safety Tips



Take note of these safety tips to ensure everyone has a fun and safe summer!

1. **Don't leave kids or pets inside a car, even for just a few minutes.** Children are more sensitive to heat than adults, which means it doesn't take long for them to feel the effects of heat exhaustion. The effect is amplified in a car, which acts like a greenhouse, trapping sunlight and heat inside.
2. **Keep drinking – but not alcohol.** Fluids, fluids and more fluids – they are the secret weapon to making it through a steamy day outdoors. Avoid sugar-sweetened and highly caffeinated beverages and alcohol because they cause the body to release fluids, adding to dehydration.
3. **You shouldn't bake in the sun, and neither should your mayo.** Follow this simple advice for avoiding



- food-borne illness: Make sure hot food stays hot (above 140 degrees Fahrenheit) and cold food stays cold (below 40 degrees Fahrenheit). When eating outside, use coolers or submerge foods in ice to keep them cold.
4. **Know what drowning actually looks like.** Drowning is the fifth-leading cause of unintentional injury death in the United States, according to the Centers for Disease Control and Prevention. Twenty percent of those drowning deaths involve children. In most cases, people who are drowning won't be able to call out. Their body might not flop up and down and their mouth might bob above the surface. From a distance, they might appear to be safely treading water. But if they can't answer questions or if their eyes seem glassy or unfocused, they actually might be drowning.

Upcoming Events

LC Valley Down and Dirty Mud Run

8/23/2014 (10:00 AM–10:00 PM)

The LC Valley Down and Dirty Mud Run is part cross country run, part obstacle course for men, women, and children of all ages and athletic abilities. MRC volunteers are needed for first aid stations.

<http://lcvalleydownanddirty.com/>

Medical Reserve—American Red Cross Disaster Shelter Cross-Training

9/27/2014 (8:30 AM–4:00 PM, Location TBD)

This is a make up date of the training previously scheduled in May. MRC volunteers will learn about disaster shelters, psychological first aid, and practice medical shelter operations in a mini-exercise.

Point of Dispensing (POD) Training

September, 2014 (LCSC Campus)

The MRC is working with the LCSC nursing division to provide the students with information on emergency preparedness. A date in late September will soon be set to provide a Point of Dispensing (POD) training that will be open to all MRC volunteers. More information to come.

First Aid/CPR/AED Training

10/18/2014

This course includes a certification card good for two years through the American Heart Association and will be taught by Chris Jacks of the Lewiston Fire Department. This course is free to all MRC volunteers. More information will be provided in the coming weeks.

Contact Ryan Bender at rbender@phd2.idaho.gov or 799-0393 to register for these activities.

DID YOU KNOW?

There are a total of 997 MRC units with over 200,000 volunteers. The average number of volunteers per unit is 224. The North Central Idaho MRC just reached 275 volunteers, adding 32 new members since the beginning of the new year. Thank you for your time and commitment to the MRC!

Thank you to those who have participated in recent MRC activities:

Seaport River Run First Aid

Danielle Cochran
Anthony Bryson
Corey Sattler

DaLinda Mefford
Matt Hilgers
Jennifer Cochran

Boys & Girls Club Soccer

Susie Bunt &
the
LCSC Nursing Division

JULY is UV SAFETY MONTH!



The need to protect your skin from the sun has become very clear over the years, supported by several studies linking overexposure to the sun with skin cancer. UV rays damage your skin and increase the risk of skin cancer. “Skin Cancer is the most common cancer in the U.S., with two million Americans diagnosed each year,” According to Heidi Henson, Health Promotion Coordinator at Public Health—Idaho North Central District. “Skin damage accumulates over time. One blistering sunburn during childhood doubles your risk of skin cancer later in life.”

The harmful ultraviolet rays from both the sun and indoor tanning “sunlamps” can cause many other complications besides skin cancer—such as eye problems, a weakened immune system, age spots, wrinkles, and leathery skin. Many people believe the UV rays of tanning beds are harmless. This is not true. Tanning lamps give out UVA and UVB rays that can cause long-term skin damage. Most skin doctors and health organization recommend not using tanning beds and sun lamps.

The good news? Skin cancer can be prevented! Simple methods to protect yourself from the UV rays include staying in the shade and wearing proper clothing, such as long-sleeved shirts, pants, and UV-resistant sunglasses. It is also important to choose the proper sunscreen and apply it to all exposed skin. Henson recommends applying sunscreen every two hours, especially after swimming or sweating, even if the sunscreen is labeled as “water resistant.” Another tip to remember is that UV rays are strongest from 10:00 am–4:00 pm. Seek shade during these times to ensure the least amount of harmful UV radiation exposure.



Communities, health professionals, and families can work together to prevent skin cancer. Make a difference: Spread the word about strategies for preventing skin cancer and encourage communities, organizations, families, and individuals to get involved.

UV Index

Exposure Category	UV Range
Low	< 2
Moderate	3 to 5
High	6 to 7
Very High	8 to 10
Extreme	11 +

Understand the UV Index Forecast

The UV Index provides important information to help you plan your outdoor activities in ways that prevent sun overexposure. The UV Index forecast is issued daily by the National Weather Service and EPA and provides a forecast of the expected risk of overexposure to UV radiation from the sun. To see the UV Index for your area, visit the US Environmental Protection Agency at <http://www2.epa.gov/sunwise/uv-index>.

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