

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

Coping with Stress during the Holidays

The Centers for Disease Control and Prevention (CDC) provides the following information to help individuals cope with stress.

Strong emotions like fear, sadness, or other symptoms of depression are normal, as long as they are temporary and don't interfere with daily activities. If these emotions last too long or cause other problems, it's a different story.

Sometimes stress can be good. It can help you develop skills needed to manage potentially threatening

situations. Stress can be harmful, however, when it is prolonged or severe enough to make you feel overwhelmed and out of control.



Symptoms of Stress

- Tension and irritability
- Fear and anxiety
- Difficulty making decisions
- Loss of interest in normal activities
- Anger
- Sleep Problems

Tips for Self-Care

Find support—Seek help from a partner, family member, friend or counselor. Having someone with a sympathetic, listening ear and sharing about your problems and stress really can lighten the burden.

Connect socially —After a stressful event, it is easy to isolate yourself. Consider planning fun activities with your partner, children, or friends.

Stay active—You can take your mind off your problems with activities like volunteering in the community or taking the dog on a long walk. These can be positive ways to cope with stressful feelings.

North Central Idaho Medical Reserve Corps (MRC)



NEWSLETTER

Volunteers Building Strong, Healthy, and Prepared Communities

2017 Full Scale Exercise

December 2016

The North Central Healthcare Coalition is planning a hostile event full scale exercise on Saturday, April 1st, 2017. Multiple response agencies, including land and air EMS, Law Enforcement, Fire, and regional hospitals will be involved in the exercise. The exercise is focusing on a regional coordinated response to a hostile event resulting in a mass casualty and medical surge incident.

Response agencies will be working on a number of different capabilities during the exercise. EMS and Law Enforcement will establish and maintain effective multiagency communication while using Incident Command System principles to work in a Unified Command. There will also be a goal to rapidly provide triage, treatment and transport from scene to hospitals.

First responders and first receivers will demonstrate the ability to implement prehospital patient coordination strategies. Hospitals will demonstrate the ability to rapidly activate triage and treatment strategies in anticipation for a medical surge event involving a large number of patients.

A major focus of the exercise is on the region's ability to respond to a large number of pediatric trauma injuries that could be associated with this type of event. The region is working on improving their capabilities through education and training to better understand how to appropriately triage pediatric patients in a mass casualty incident.

The Medical Reserve Corps has been requested to participate in the exercise as actor patients. Volunteers will have the opportunity to work with moulage to help simulate injuries. Patients will be transported by response agencies to one of four regional hospitals including St. Joseph Regional Medical Center, Gritman Medical Center, Tri-State Memorial Hospital and Pullman Regional Hospital.

The exercise has been tentatively scheduled to begin at 9:00am and conclude when all objectives have been met or no later than 3:00 PM. Morning refreshments and lunch will be provided.

Contact Ryan Bender at rbender@phd2.idaho.gov or 208-799-0393 if you would like to participate in the exercise.



PET PREPAREDNESS

Are Your Pets Prepared for Disasters?

For many of us, these furry companions are just as much a family member as a spouse or a sibling, so it is equally as important to take precautions to prepare your pets in the event disaster strikes.

Here are some precautions you can take now to decrease the chances of becoming separated from your pet(s) during a disaster:

- ◆ Make sure your pet's tags are up-to-date and securely fastened to your pet's collar. If possible, attach the address and/or phone number of your evacuation site. If your pet gets lost, his tag is his ticket home.
- ◆ Consider microchipping your pet
- ◆ Create a Go Kit just for your pet including:
 - Pet food
 - Bottled water
 - Medications
 - Veterinary records
 - Cat litter/pan
 - Manual can opener
 - Food dishes



Make sure you have a secure pet carrier, leash or harness for your pet so that if he panics, he can't escape.

If you evacuate your home, DO NOT LEAVE YOUR PETS BEHIND! Pets most likely cannot survive on their own and if by some remote chance they do, you may not be able to find them when you return.

Visit <https://www.ready.gov/animals> for more information and to watch a video on preparing your pets for disasters.



WINTERIZE YOUR VEHICLE

Minimize your travel during the winter months. If travel is necessary, check to make sure the following items are working correctly to avoid potential hazards while driving.

Antifreeze levels - ensure they are sufficient to avoid freezing.

Battery and ignition system - should be in top condition and battery terminals should be clean.

Brakes - check for wear and fluid levels.

Exhaust system - check for leaks and crimped pipes and repair or replace as necessary. Carbon monoxide is deadly and usually gives no warning.

Fuel and air filters - replace and keep water out of the system by using additives and maintaining a full tank of gas. A full tank will keep the fuel line from freezing.

Heater and defroster - ensure they work properly.

Lights and flashing hazard lights - check for serviceability.

Oil - check for level and weight. Heavier oils congeal more at low temperatures and do not lubricate as well.

Thermostat - ensure it works properly.

Windshield wiper equipment - repair any problems and maintain proper washer fluid level.

Install good winter tires - Make sure the tires have adequate tread. All-weather radials are usually adequate for most winter conditions. However, some jurisdictions require that vehicles must be equipped with chains or snow tires with studs.



Update the emergency kits in your vehicles with:

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| ◆ A shovel | ◆ Matches |
| ◆ Windshield scraper and small broom | ◆ Extra hats, socks and mittens |
| ◆ Flashlight | ◆ First aid kit with pocket knife |
| ◆ Battery powered radio | ◆ Necessary medications |
| ◆ Extra Batteries | ◆ Blankets |
| ◆ Water | ◆ Tow chain or rope |
| ◆ Snack Food | ◆ Road salt and sand |
| ◆ Emergency flares | ◆ Booster cables |

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