



SNOHOMISH COUNTY MRC EMMISSARY

Volume 1, Issue 4

October, 2007

CALENDAR

- November 7**
First Aid/CPR/AED
- November 15**
MRC Meeting
- December 5**
First Aid/CPR/AED
- December 6**
Volunteer Appreciation Dinner
- January 2**
First Aid/CPR/AED
- January 24**
MRC Meeting

Inside this issue:

<i>MRC meetings</i>	1
<i>WELCOME!, Volunteer Spotlight, Coordinator's Corner</i>	2
<i>Partner's & Pals. EOC Volunteer Training</i>	3
<i>Pandemic Influenza Exercise with Valley General Hospital</i>	4, 5
<i>Dr. Goldbaum on influenza</i>	6
<i>Flu Shot California Fires Training Opportunities</i>	7
<i>Upcoming Events</i>	8

Medical Reserve Corps
Recruitment and General Meeting
Thursday, November 15, 2007
6:30pm
Mariner Fire Station (behind Mariner HS)
12310 Meridian , Everett 98208

Agenda
A light dinner will be served ~ Please RSVP

Shari Mattison-Cooper, Regional Risk Communications Specialist, will give a training on Risk Communication. Please RSVP early for this great presentation!

Snohomish County
Medical Reserve Corps
2007 Meeting dates & Locations
6:30-8:30 pm

Nov. 15 TOPIC: Risk Communication – Shari Mattison from Snohomish Health District
LOCATION: Fire District #1 Station at 12310 Meridian, Everett, 98208 — PLEASE NOTE CHANGE OF VENUE!

Dec. 6 **Volunteer Appreciation Night at the Spaghetti Factory. Please RSVP before November 19!**

Set the dates on your calendars!!

Volunteer Spotlight — Priscilla Stockner, Veterinarian



Priscilla Stockner, a Veterinarian from Stanwood, joined the Snohomish County Medical Reserve Corps in 2006. She learned about the MRC program during a CERT training. Dr. Stockner hopes to both participate and help with future trainings for the MRC. The only drawback she has found is being as far away from Everett where many of the meetings are held in the evening.

Coordinator's Corner

Can it really be the end of October already?! It seems as if we just finished the exercise in Monroe last week, but it was almost a month ago. Be sure to check out the article on page 4.

Another training that recently occurred is the EOC Volunteer Training that took place on October 6. We will be having more of these offered in 2008.



As October ends, the next two months will be filled with several holidays, which will fill up everyone's calendars. I hope you will make some room on your calendar for a couple of MRC meetings — one in November and a newly scheduled one in December.

Be sure to RSVP for the November meeting. Shari Mattison-Cooper will give a very informative presentation on Risk Communication.

Also, I hope that all volunteers can come to the Volunteer Appreciation Dinner on the evening of December 6. Please let me know if you can attend as soon as possible.

We are continuing to grow our language cadre of the Snohomish County Medical Reserve Corps. If you know of individuals who are bilingual and would like to help in a disaster, please ask them to contact me about how they can help. With the development of the language cadre, we hope to be able to serve more people in Snohomish County in a disaster situation.

WELCOME!

Please welcome these new members of the
Snohomish County MRC!

Steven Blay, an RN from Woodinville

Merle Blevins from Mountlake Terrace

Helen Terri Cottrell, an RN from Everett

Shannon Craig from Mill Creek

Rita Mell, an RN from Mill Creek

Kiyoko Nelson, an interpreter from Lake Stevens

Susan Pace from Everett

Frances Helen Stewart, an LPN from Everett

Greg Stewart, an RN and PA from Everett

There is some exciting news for retired medical professionals — Washington now has a new law to allow retired medical professionals to volunteer in their field during a disaster (RCW 34.05.320, WAC 246-12-400). Please let me know if you would like the rules of this law. It will take effect in December.

Check out this new website for information about what is going on in Everett — <http://everettcityguide.com/> — look for Snohomish County MRC!

We will round up all of this in the December newsletter, hopefully arriving before 2008! Take care and enjoy the holidays that are special to you!

EOC Volunteer Training — October 6

Fifteen volunteers gave up most of their Saturday on October 6 to learn more about how to staff the Call Center at the Snohomish County Emergency Operations Center (EOC) during a disaster. The day started with an introduction from John Pennington, Director. Mark Murphy gave an orientation on the EOC and Ed Madura described ICS structure. Shari Mattison-Cooper gave a short Risk Communications training and then we broke for lunch. Afterwards, Karyn Zigler (K.Zigler & Associates Consulting, LLC) gave a presentation on Cultural Competency. Sandy Gibson with Snohomish County Information Services gave a technical phone training and Mark Murphy explained how volunteers will take calls during a disaster. It

was topped off with an exercise in which half of the Volunteers role played as victims of a disaster calling into the EOC while the other half staffed the Call center. And then each group switched. So far, the feedback on this training is very positive and we hope to offer it again in the new year. If you would like handouts from this training, please contact me and I will send them to you.



PARTNERS & PALS — INTERFAITH ASSOCIATION SEVERE WEATHER SHELTER NEEDS VOLUNTEERS

In partnership with Trinity Episcopal Church, Interfaith plans to open a Severe Weather Shelter in Everett this winter. The purpose of the shelter will be to provide warmth, safety and shelter to families experiencing homelessness during times of inclement weather and to provide opportunities for them to acquire additional information on services to help them move out of homelessness.

The Severe Weather Shelter will focus on serving homeless families. The shelter will not serve single men or women. Guests will be expected to be sober and cooperative with the staff or will be asked to leave regardless of outside weather conditions. The shelter will be open from 7 pm to 7 am and there will be two shifts needing to be covered - 7pm to 2am; 2am to 7pm. Shelter openings will depend on the availability of volunteer staff. There will be no provision at the shelter for feeding guests although water will be provided.

This is a very worthwhile effort to assist the homeless population of Everett and one that greatly needs volunteer support. Interfaith is specifically looking for intake and exit volunteer help, which could be scheduled separately from regular shift coverage but volunteers in any capacity are most welcome! If you are interested in helping with this effort, please see contact info below.

Wink Cushman

Volunteer Coordinator

Interfaith Association of NW Washington

Phone: 425-252-6672

Email: wcushman@interfaithwa.org



Pandemic influenza tabletop with Valley General Hospital

On Thursday, September 27, Snohomish County MRC participated in a tabletop exercise at Valley General Hospital in Monroe on pandemic influenza procedures. That tabletop was the template used to conduct the full scale exercise held on Saturday, September 29 at the Hospital. At 7 am we received the request to activate the MRC from Valley General and the Monroe Department of Emergency Management. Eleven of the 16 volunteers we contacted were able to deploy to the Hospital. Five nurses, one EMT and five support volunteers reported to the Hospital by 9 am. Role Players from Community Transit, Monroe Kiwanis and Boeing played the parts of patients as part of the United Way's Day of Caring. There were six observers from several agencies, including Duvall/Carnation MRC, Whatcom County Public Health and the private sector.

The exercise scenario was that the hospital had a unusual number of patients with flu symptoms coming into the Emergency Room and calling the Emergency Department on the phone on a Saturday morning. The Hospital had called up all available staff and was still unable to take care of the number of patients, so they requested the activation of the MRC. A check in was set up in the foyer of the hospital to separate flu patients from other patients. Those patients who were exhibiting flu symptoms were sent to be triaged. From there they would either be admitted to the hospital, sent to an alternate care center (once the hospital was full) or sent home with instructions for home care. The exercise ended at 11:30 am and a discussion was conducted about the exercise.

As expected, there are several areas in which we can work to improve. We are investigating a more efficient call up system that will be able to send activation alerts to volunteers in less than a minute. Our next exercise will include less acronyms and be more definitive in job descriptions. Please contact me for a more complete report.

The pictures here are just a few of the many photos that United Way sent to us after their tour of the exercise. I will send you more if you wish — just let me know.



United Way Volunteers, MRC Volunteers and Observers get ready for the Day of Caring.



Observers from Carnation/Duvall MRC.



Incident Command



*MRC Volunteer
Nancy Blevins*



*Triage — Role Player
and MRC Volunteer
Marion Davis (left)
and MRC Volunteer
Frances Stewart*



Staging area for Role Players



*Triage — MRC Volunteer Stephen Blay
and Role Player Linda Cline*

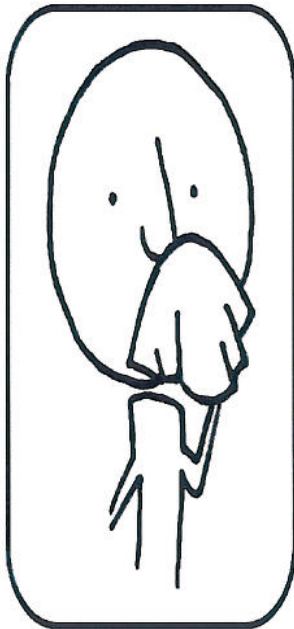


Incident Command

FLU SEASON — BE PREPARED!

DR. GARY GOLDBAUM, PUBLIC HEALTH OFFICER, SNOHOMISH HEALTH DISTRICT

Cover
your
Cough



Washington State Department of
Health

Influenza season is upon us. The weather is growing colder and wetter. Most of us are staying indoors more often, with windows closed and the air re-circulating. Soon, we'll hear coughs and sneezes at work, in school, just about everywhere. Shortly thereafter, someone you know will mention that they had "the flu".

We all know about influenza. Caused by a virus, it comes every winter, as we crowd together indoors. It sweeps through the community, keeping students home from school and adults out of work. It can be mild, with fever, chills, muscle aches, and fatigue that last a few days. Or it can be severe, leading to pneumonia or even death. It will undoubtedly lead to hundreds of office visits and dozens of hospitalizations in Snohomish County. And it will be disruptive.

Treatment is largely supportive. Doctors will recommend rest, fluids, and perhaps ibuprofen or acetaminophen for the fever and aches. However, influenza can be prevented. It is spread by the droplets created when an infected person sneezes or coughs. The infectious droplets can be inhaled by someone else. More likely, the droplets will end up on a person's hands, which then touch someone else or touch something that is touched by someone else. The exposed person ultimately brings the virus to his or her eyes, nose, or mouth—and is infected. So, the first defenses against influenza are "covering the cough" (an elbow or surgical mask do nicely) and frequent handwashing.

Influenza vaccination also protects. Because the virus changes a bit every year, a new vaccine is needed every year. Scientists must guess what the new virus will be, based on viruses identified the year before. And not all new influenza viruses can be included each year. So, the vaccine may not be perfect. However, it always offers at least some protection.

I recommend that everyone over 6 months of age get vaccinated. Older adults are most susceptible to severe influenza, so older adults should be vaccinated. However, older adults may not develop full immunity, because their immune systems are not as robust as the immune systems of younger adults. Children often get milder disease, but they are also in very close contact in school. Children can easily spread influenza and so should also be vaccinated. Adults 18-65 years are likely to be less exposed and to get relatively milder disease, but it can still be very unpleasant and disruptive. For these reasons, I believe everyone should get vaccinated.



GET YOUR FLU SHOT TODAY!



Photo by Chris Smith HHS

RN Jane Johnson of Federal Occupational Health administers a seasonal flu shot to HHS Secretary Mike Leavitt as Dr. Julie Gerberding, Director of the Centers for Disease Control and Prevention, looks on. Every year in the United States, on average 5 to 20 percent of the population gets the flu. The single best way to prevent seasonal flu is to get a flu vaccination each year. For more information, visit: <http://www.cdc.gov/flu/protect/keyfacts.htm>

Note: All HHS press releases, fact sheets and other press materials are available at <http://www.hhs.gov/news>.

SOUTHERN CALIFORNIA FIRE RELIEF

Our hearts go out to the people in Southern California who have suffered so much during the horrific fires. Although the Snohomish County MRC has not been requested to be deployed to the area, there are many other ways in which we can help. You can make a donation to Red Cross either on line at www.redcross.org or by calling 1-800-REDCROSS. If you would like to donate to local Red Cross efforts, you can go to <http://snohomishcounty.redcross.org> or 425-252-4103.



Free Trainings Available for Volunteers

Classes in **CPR and First Aid and AED** are available to our volunteers for free. See page **Upcoming Events** on page 6 for more details!

CERT Classes: Please visit www.esca1.com for a complete listing of CERT classes in the county or contact me and I will send you a copy of that information.

Please contact me if you are interested in a 4 hour on-line course, "**Core Disaster Life Support**" given by the AMA Center for Public Health Preparedness & Disaster Response.

Some **on-line training resources** are:

NIMS (National Incident Management System) 700 — <http://www.training.fema.gov/EMIWEB/IS/is700.asp>

ICS (Incident Command System) 100 — <http://training.fema.gov/EMIWeb/IS/is100.asp>

Disaster Mental Health Training Organization — Green Cross — <http://www.greencross.org>

**SNOHOMISH COUNTY MEDICAL RESERVE
CORPS**

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*Volunteers Building Strong,
Healthy and Prepared
Communities!*

UPCOMING EVENTS

Wednesday, November 7 — First Aid/CPR/AED Class.

Thursday, November 15 — MRC Meeting. Risk Communication training (12425 Meridian, Everett), 6:30-8:30 pm. Contact MRC office to register.

Wednesday, December 5 — First Aid/CPR/AED Class. Call to register for this class.

Thursday, December 6 — Volunteer Appreciation Dinner. Call to RSVP for this soon!

Wednesday, January 2 — First Aid/CPR/AED Class

Thursday, January 24 — MRC Meeting — look for more information.