



THE NEWSLETTER

WACHUSETT MEDICAL RESERVE CORPS

COMMUNITY OUTREACH IN CREATIVE WAYS

Alburque, New Mexico

We have developed a way of teaching kids how to prepare for disasters and the importance of flu vaccinations called the Zombie Apocalypse Game. Live simulation! The teachers were made up to look like zombies and kids were instructed that there is a pandemic and they need to collect resources, water batteries etc, Students had to care for other students if they were touched by a zombie and get them to go to the vaccination room. Teens needed to answer a preparedness question (the vaccination), if they got the question correct they are allowed to go back and finish collecting there resources. If they don't answer it correctly after three tries, they become zombies. A journalist was there taking pictures and perhaps capturing his quote said it best, "one of the best solutions to taking a power point classroom to a real exercise" I'm going to go home and prepare myself" If the teachers get involved it seems to bring a better perspective and the teachers can go back and reflect with the teens in their classrooms some of the take home messages, that the whole game is not just a game. PS even the principal was into it!

Scottsdale, Arizona

The Emergency Kit Cook-Off is a National Preparedness Month activity inspired by the contents of the 72-hour emergency food kit; it asks you to vote on ingredients and then create a recipe using those ingredients.

In 2011, the Arizona Division of Emergency Management (ADEM) partnered with the Le Cordon Bleu College of Culinary Arts in Scottsdale to design this unique cooking challenge. They have since teamed with additional partners, including

the CDC Foundation and the CDC Office of Public Health Preparedness and Response.

Contestants pick one or more ingredients from a list of 5 items such as canned tuna or chicken, a canned fruit or vegetable, a starch like pasta etc... and then create a recipe that can be used in an emergency.

American Public Health Association

In 2012 APHA held a Get Ready Preparedness Cats Photo Contest to coincide with National Preparedness Month as a fun



way to promote preparedness lessons. They received over 200 photos and the judges selected 23 winning shots for their 2013 calendar. From cats in bathtubs and sinks to kitties



hiding in boxes and under rugs, the photos show that preparedness and cats go hand in hand (or paw in paw)! For all of the pictures: www.getreadyforflu.org/2013GetReadyCalendarWeb.pdf

VOLUME 6, ISSUE 3		FALL 2013	
In this issue:		Special points of interest:	
Training Opportunities	2	* <i>In this issue are lots of ideas to share with your family, friends, neighbors, church, PTA etc. We hope that you will find an idea to use in your neighborhood or community.</i>	
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PROGRAMS COMING UP FOR MRC MEMBERS

Current Events



Boston Emergency Management Summit 2013

September 26, 2013 | Boston Convention and Exhibitor Center

Join top leaders from Boston and the State of Massachusetts at this year's Emergency Management Summit! A rallying point for the Boston area community of first responders, this regional event will gather top leaders in emergency management, public safety and homeland security and provide a forum to share best practices, renew relationships and work on new solutions in MA for both the problems that are anticipated—and those that aren't.

Whether emergencies are storm-related, man-made or just the day-to-day challenges in large urban and suburban areas, government organizations are expected to have the answers.

The Emergency Management Summits bring together the whole community of public and private-sector leaders to help predict, mitigate and better handle crisis situations in order to save lives and property.

Registration is free for non-profit organizations. For more information go to <http://www.emergencymgmt.com/events/Boston-EM-Summit-2013.html?p=home> Interested in going? Call 978-928-3834

FEMA's Emergency Management Institute offers a free, web-based training course that provides leading practices and resources to assist elementary and secondary schools, institutions of higher education, and houses of worship in developing emergency plans for preparing for, responding to, and recovering from mass casualty incidents.

At the end of the IS-360: *Preparing for Mass Casualty Incidents: A Guide for Schools, Higher Education, and Houses of Worship* course, participants will be able to identify key considerations and strategies for preparing for mass casualty incidents, including: understanding the threats and challenges; establishing planning processes; and more. The audience for this course is

the whole community.

2014 Preparedness, Emergency Response and Recovery Consortium

April 13 Pre-consortium Workshops

April 14 - 16 Main Consortium

Orlando, Florida – Caribe Royale All-Suite Hotel & Convention Center

It is the goal of this consortium to bring together healthcare, medical, public health and volunteer emergency management personnel involved in disaster recovery and response efforts representing the governmental, public and private sectors to discuss shared practices in preparedness, mitigation, response and recovery. This forum will provide a hands-on, adult learning environment promoting the sharing of ideas and discussion of best practices.

<http://www.perrc.org/>

***American Public Health Association
141st Annual Meeting and Exposition
November 2-6, 2013***

***Boston Convention and Exhibitor Center
Boston, MA***

The APHA Annual Meeting & Exposition attracts more than 13,000 national and international physicians, administrators, nurses, educators, researchers, epidemiologists, and related health specialists. APHA's meeting program addresses current and emerging health science, policy, and practice issues in an effort to prevent disease and promote health. APHA has a world of public health in store for you!

<http://www.apha.org/meetings/AnnualMeeting/>

Don't forget to check our website for additional CEU offerings and courses related to Public Health and Emergency Response.

Opportunities for speaking to school groups, Senior groups, Church groups are available. Some queries have been received to have monthly BP clinics at Senior Centers. Opportunities to help at flu vaccine clinics will be available too. If interested check the website www.wachusettmrc.org or email at wachusettmrc@juno.com or call anytime 978-928-3834. Leave a message.

Emergency Preparedness



September is National Preparedness Month

Although the following may seem like common sense, it is still worth the time to review and refresh your emergency supplies. And don't forget to share the emergency preparedness information with your family, friends and neighbors. A knowledgeable and prepared community is a safe, healthy and resilient community.

Find out what type of emergencies could occur in your community and how you should respond. Learn your community's warning signals and evacuation plans. Assess your personal and family risks and identify ways to make your family, home and property more secure.

Meet with your family to create an emergency plan. Pick two places to meet: a spot outside your home for an emergency, such as fire, and a place away from your neighborhood in case you can't return home. Choose an out of state friend as your family's point of contact for everyone to call if the family gets separated.

Discuss what you would do if advised to evacuate.

Implement your plan.

1. Post emergency telephone numbers by the phone.
2. Install safety features in your house, such as smoke alarms and fire extinguishers.
3. Inspect your home for items that can move, fall, break or catch fire and correct them.
4. Have your family learn basic safety measures, such as CPR and first aid, how to use a fire extinguisher, and how and when to turn off water, gas and electricity in your home.

5. Teach children how and when to call 911 or your local emergency number.
6. Keep enough supplies in your home for at least 3 days. Assemble an emergency supplies kit. Store these supplies in sturdy, easy-to-carry containers, such as backpacks or duffle bags. Keep important documents in a waterproof container. Keep a smaller emergency supplies kit in the trunk of your car.

Family Emergency Plan

Practice and maintain your plan. Ensure your family knows meeting places, phone numbers and safety rules. Conduct drills. Test your smoke detectors and change the batteries at least once each year. Test and recharge your fire extinguisher(s) according to manufacturer's instructions. Replace stored water and food every 6 months.

Current Storm Information

National Weather Service:

www.weather.gov

National Hurricane Center:

www.nhc.noaa.gov

The Weather Channel

www.weather.com/newscenter/alerts/national/severeWxAlertsNational.html

Emergency/Preparedness Information

American Red Cross: www.redcross.org

FEMA: www.fema.gov

Mobile NWS Information

Mobile NWS website for smartphones:

mobile.weather.gov

Mobile NWS website in basic HTML:

cell.weather.gov

Other Information

NOAA Weather Radio All Hazards:

www.weather.gov/nwr

Twitter

<https://twitter.com/SimpleWeatherMA>

SimpleWeatherMA@SimpleWeatherMA

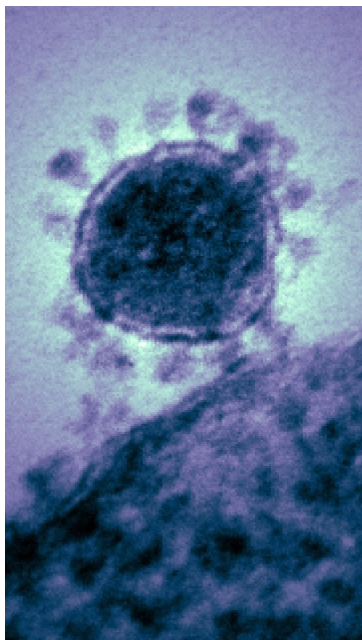
NOAA Weather

NOAACommunications@NOAAComms



Upper Merrimac Valley MRC volunteers teach a Boy Scout troop First Aid.

Public Health Focus



Infectious disease control at mass gatherings is always a challenge, but this year even more so.. In early May Saudi officials startled the world by announcing 13 new cases MERS (Middle Eastern respiratory syndrome) over the course of a few days. Since the start of May there have been 38 new cases worldwide—31 of them in Saudi Arabia—and 20 of the victims have died. Ramadan, begins July 9 and could draw as many as two million people to Saudi Arabia.

With virtually no clues to draw on about where the virus lives in nature and how people contract it, WHO is trying to figure out what guidance to give those pilgrims, and the countries they will return to, about how to avoid infection and the international dissemination of a devastating new illness.

The new virus was first isolated in June 2012. Coronaviruses such as MERS, SARS and numerous others are named for the hallmark halo, or crown, they appear to sport in their outer shells. Many infect bats; the few that infect people cause illnesses ranging from the common cold to the severe lung devastation seen with many MERS cases, forcing patients to undergo mechanical ventilation. Health officials do not want to pull out the big hammers used during the SARS outbreak, such as WHO travel advisories that urged the world's citizens to avoid infected hubs such as Hong Kong and Toronto but there is concern that international travel to large gatherings such as umrah and the even larger hajj pilgrimage that will follow in October may trigger a global outbreak.

WHO issued this statement on May 12,2013:

We know that the disease is caused by a virus from a group called coronaviruses. One member of the coronavirus family is the SARs virus. This new virus is NOT the SARS virus. They are distinct from each other. However, the fact that they are related has added to the world's concern. We know this virus has infected people since 2012, but we don't

know where this virus lives. We know that when people get infected, many of them develop severe pneumonia. What we don't know is how often people might develop mild disease. We also know that most of the persons who have been infected so far have been older men, often with other medical conditions. We are not sure why we are seeing this pattern and if it will change over time.

There are many other things that we don't understand. For example, how are people getting infected? Is it from animals? Is it from contaminated surfaces? Is it from other people? Finally, we don't know how widespread is this virus, both in this region and in other countries.

The greatest global concern, however, is about the potential for this new virus to spread. This is partly because the virus has already caused severe disease in multiple countries, although in small numbers, and has persisted in the region since 2012. Of most concern, however, is the fact that the different clusters seen in multiple countries increasingly support the hypothesis that when there is close contact this novel coronavirus can transmit from person-to-person. This pattern of person-to-person transmission has remained limited to some small clusters and so far, there is no evidence that this virus has the capacity to sustain generalized transmission in communities.

Excerpts from:

Scientific American June 7, 2013

Saudi Silence on Deadly MERS Virus Outbreak Frustrates World Health Experts

By Helen Branswell

<http://www.scientificamerican.com/article.cfm?id=saudi-silence-on-deadly-mers-virus-outbreak-frustrates-world-health-experts>

More On The New Coronavirus: Cases in France, The WHO In Saudi Arabia

By Mary McKenna 05.12.13

Wired Science May 12,2013

<http://www.wired.com/wiredscience/2013/05/coronavirus-france-saudi/>

MRC News

Wachusett MRC update:

We need to update files and obviously we cannot call 400 plus volunteers. I have started to call some to fill in some missing details like occupation but we know we have some emails that are wrong, we have telephone numbers that we know have been changed and we need to have a copy of CORI permission in each record and we are missing quite a few due to the merger issue .

*Additionally to “accept” you into the MAREsponds I need to send a copy of the CORI permit, so they can complete the entry on their end. Right now I have 75 “accepted” into MAREsponds and have been working with them to get everyone accepted and **the CORI form is a key component.***



So we are including in this newsletter a form that will get us up to date information and CORI completed once and for all. I know some of you have done this before, maybe several times before, but to get the data corrected please be patient with us and we will get you into our database and accepted in MAREsponds. Also needed are pictures of yourself for badging .

Many of you have sent in copy of your license, which is very helpful for CORI records but does not translate well to a badge, a paper copy or a digital copy emailed is needed. Thank you .

Personal Comment: For those who are transferred, our database is not connected to the internet and information is backed up regularly. It is not shared with anyone except our community “point people” and this is done only on a need to know basis. We will use MAREsponds as appropriate for events beyond the local area, but my concern is to have a local database accessible when the telephone poles are laying in the street as in the ice storm of 2008. judie

Still trying to find point people for communities and/or geographical areas. Each community is unique so responsibilities may range from touching base with folks in your community through summer activities, school activities etc. to developing a “Community Health and Emergency Response” group that is willing to help out with small community outreach projects to actively working with the Board of Health to help put in place plans for sheltering or programs related to public health in the community.

Some of the point people we have right now are Lisa Foster of Athol, who is working closely with the Board of Health, Rita Pope of Petersham/Phillipston area who helps to set up an MRC table each year at their summer town event, Deb Pressey of Rutland who helps the BoH with Flu Clinics each fall, Barry Lein of Sterling who is very active in keeping the Sterling group growing and active, and PJ Taucer of Leominster and Bill Lawton of Princeton are just getting started with the hopes of building the MRC presence in those communities.

If you think you can help your town or city build a “Community Health and Emergency Response Volunteer Group” or need further information give us a call at 978-928-3834. Thanks, judie

Please check the website and your email for updates and Mark Your Calendar notices for flu clinics, requests for nursing support and trainings. Have an idea or saw something that you would like to share, call or email. Would love to hear about it.



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Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has.

Margaret Mead



SEPTEMBER IS NATIONAL PREPAREDNESS MONTH

How Ready Are You for an Emergency?

- I know what category of emergency is most likely to occur in my local area.
- My family members know which out-of-town relative or friend to call in case of emergency.
- I know how much food to store for a 14 day supply.
- I have stored 14 gallons of water for each family member.
- Each family member can quickly find their personal flashlight and it has fresh or fully charged batteries.
- My computer is backed up frequently and backups are stored off site and out of my local area.
- I have first aid supplies, including extra prescription medication, if needed.
- I have talked with my neighbors about emergency preparedness and know who I can count on.
- If I live in an area that gets cold, I know how to stay warm in my home or on the move. I have an alternative source of heat if the power fails or my furnace does not work.
- If there is a biological attack or an epidemic, I can stay home for an extended time. I have food and water to last 14 days.
- I always either wear comfortable walking shoes, or have them available where I work and in my car.
- I have an emergency kit or bag ready to grab if I need to leave my home quickly.
- I have hand wipes or waterless hand cleaner available.
- If I have children, I know their school's emergency plans and I know where they will be in various types of emergencies.
- My children know how to contact me or a trusted family member or friend.
- If I have pets, I have their veterinary records available and I have extra supplies for them.
- I understand that in a widespread emergency, I will be on my own and I have enough supplies to be self sufficient for 14 days.

www.y2kkitchen.com/index.html