



News and Notes From the MRC

Summer 2008

The Franklin County & Columbus Medical Reserve Corps (FC&C MRC) is dedicated to establishing teams of professional and medical volunteers to contribute their skills and expertise during disasters, as well as throughout the year for community health promotion. More information can be found on our web site at www.volunteermrc.org.

Help Franklin County Prepare: Volunteer Opportunities at Westerville Music & Arts Festival and Dublin Irish Festival

"The FC&C MRC is a group of passionate volunteers ... interested in supporting and improving the health of their communities during an emergency." The key to this portion of the FC&C MRC mission is the VOLUNTEERS, and we always need more volunteers. That is where you come in. We are excited to be tabling at two festivals this summer in order to spread the word about the MRC and personal preparedness. We need more caring people to become part of our team but we can't do the recruiting alone: we need your help!

We also need to teach the people of Franklin County to be prepared for an emergency. As a member of the FC&C MRC you can help the citizens of Franklin County learn how to prepare for any emergency or disaster. Volunteering at these festivals is a great way to give back to your community and help us spread the word about the importance of safety and preparedness. People can sign up for a four hour shift: two people per shift. All you have to do is be there and be enthusiastic. Before or after your shift be sure to enjoy all that these festivals have to offer:

Westerville Music & Arts Festival

July 12th from 11am – 7pm (Shifts are 11am-3pm, 3pm-7pm)

13th from 11am – 5pm. (Shifts are 11am-3pm, 3pm-5:45pm)

Festival will be held at Heritage Park in Westerville. There will be youth activities, musical entertainment, good food and of course lots of art. For more information please visit: <http://westervillechamber.com/festival>

Dublin Irish Festival

August 1st from 4 – 11pm (Shifts are from 3:45pm-7:45, 7:45-11pm)

2nd from 11am -11pm (Shifts are from 11am-3pm, 3pm-7pm, 7pm-11pm)

3rd from 11am – 7pm (Shifts are from 11am-3pm, 3pm-7:15pm)

Festival will be held at Coffman Park in Dublin. There will be a cornhole tournament, bagpipe demonstration, sheep herding demonstration, musical and dance entertainment, cultural activities and much more. Visit the web site to see more: www.dublinirishfestival.org.

Interested volunteers should email mrcintern@franklincountyohio.gov. Please include your name, the shift you would like to work and let us know if you will be driving to the event. –by Lauren Hoffmann

Animal Response Team Training: August 27th

As we prepare to help the people of Franklin County in an emergency, we must remember that many animals may need our help as well. As a result, we must be prepared to help animals during emergency events such as a flood or an animal disease outbreak. In order to prepare you for such an event, there will be a training session specifically for the Animal Response Team (ART) on August 27th in the evening from 6-8pm.

As part of the Animal Response Team, volunteers will be working with a number of other agencies, including the Ohio Department of Agriculture, animal response teams from other counties, and potentially the state and national teams. This training will teach volunteers their role in a disaster and how other agencies are planning to respond.

Training is open to people with all levels of animal experience. It will help you to understand the context of the ART if you complete the MRC orientation online before attending the ART 101 Training, so we are suggesting that you complete this online course beforehand if possible. If you do not already have a username and login for the online course, or if you can no longer find the invite email, please notify Robin Franz at rlfranz@franklincountyohio.gov.

The training will be conducted by **Dr. Aaron K. Messer, DVM, RS** on August 27th from 6-8 pm, Columbus Public Health, 240 Parson Avenue Columbus, Ohio 43215. **You must RSVP to attend. Questions and RSVPs can be directed to Robin Franz at rlfranz@franklincountyohio.gov.**



In this Newsletter

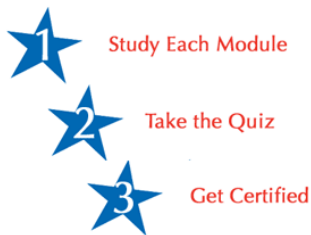
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FC&C MRC Update on Identification Badges

Great news! Badges have been printed! Thanks to our wonderful volunteers that came in to the office to help us out with printing, we are now caught up. Several badges have already been sent out, but the bulk of them will be mailed out in about a month with the new MRC Handbooks. These items will be mailed to those of you that have had your photos taken for your MRC identification badge. If you have not yet completed the MRC orientation, or have not yet come into the office to have your photo taken for a badge, now is the time! Email rlfranz@franklincountyohio.gov with a few times that would work for you and we will schedule an appointment.



Raffle Drawing for Members that Complete Orientation By July 20

Prizes include restaurant gift cards and emergency kits

That's right folks, that online orientation you have been thinking about doing ever since you joined the FC&C MRC may well win you a gift card or an emergency kit. All you have to do is complete the 90 minute orientation and take the quiz. If you do that before July 20th, you will automatically be entered in the drawing. Prizes include gift cards to your favorite stores and restaurants as well as starter emergency kits. It is really that easy.

We also want to give it to you straight: **you will not be called in with the first team to respond to an emergency without having completed the online orientation, because you are NOT A FULL MRC VOLUNTEER.** This means that as much as you might want to be part of the emergency response in Franklin County, you will not be part of the first group called. So, just go over to your computer right now, and visit www.volunteermrc.org.

If you have not yet received your username and password for the online course, send an email to rlfranz@franklincountyohio.gov with 'orientation' in the subject line. A username and password will be emailed to you. Then all you have to do is follow the instructions in the email, listen and learn. If you would prefer an in-person class, also send an email to rlfranz@franklincountyohio.gov with the words 'in-person orientation' in the subject line.

JOIN OUR NEW VOLUNTEER TEAMS

Animal Response Team

Any volunteer having a background, interest or licensure in animal care is welcome to join the Franklin County & Columbus MRC Animal Response Team (ART). This team seeks to protect the health and respond to the needs of animals involved in a disaster. This may involve pet rescues during flooding situations, containment of animal diseases, distribution of medicine to animals, and a number of other responses. An ART 101 course is currently in development. Send an email to rlfranz@franklincountyohio.gov to join.

Behavioral Health Team

We currently have 79 mental health volunteers, and have just recruited a number of school counselors as auxiliary help. Some of our first agenda items include creating task and protocol sheets for responding volunteers. Send an email to rlfranz@franklincountyohio.gov to join.

Free CEUs with online Psychological First Aid Course

For those of you that missed our online webcast in April, you are in luck. The training is now available online! Registration still works in the same way, online at OH TRAIN (oh.train.org) and if you complete the evaluation at the end of the course 3.5 hours of continuing education credits are provided.

Psychological First Aid: Helping Others in Times of Stress is designed around the basic principles of Psychological First Aid (PFA). PFA triage care is the first line of mental health help during a disaster and its understanding is a very important facet to public health preparedness.

Instructions for how to register can be found at <http://www.volunteermrc.org/psychologicalfirstaid.html>.





Preparedness Quiz

Just how prepared are you? This test of preparedness scores you on what you know and have already done to prepare. The web link below also provides you with the simple steps to take to improve your score and increase your preparedness. Please answer the questions below from the Council for Excellence in Government to determine your Readiness Quotient (RQ):

1. Does your local government have an emergency or disaster plan for your community?

- Yes
- No
- Don't Know

2. Do you know how to find the emergency broadcasting channel on the radio?

- Yes
- No

3. In the past 30 days, have you seen or heard any messages that encourage people to take steps to be prepared for emergency situations in your community?

- Yes
- No

	Done	Not Done	Not Sure
4. In the last year, have you prepared a Disaster Supply Kit with emergency supplies like water, food and medicine that is kept in a designated place in your home?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. In the last year, have you prepared a small kit with emergency supplies that you keep at home, in your car or where you work to take with you if you had to leave quickly?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. In the last year, have you made a specific plan for how you and your family would communicate in an emergency situation if you were separated?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. In the last year, have you established a specific meeting place to reunite in the event you and your family cannot return home or are evacuated?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. In the last year, have you practiced or drilled on what to do in an emergency at home?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. In the last year, have you volunteered to help prepare for or respond to a major emergency?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Have you taken first aid training such as CPR in the past five years?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



In order to score your RQ, give yourself 1 point for an answer of yes to each of the first three questions and 1 point for an answer of "Done" to questions 4-10. Total your points, and that is your RQ out of ten. Many people in Franklin County would not score well on the above test. In fact, the National Average for the RQ in a random sample in 2007 was only 4.41 out of 10. But, there is some good news: the average RQ in the US actually increase over 1 point from 2006 to 2007, so we know *we can make a difference*. We can teach people why they need to prepared and how to become prepared- volunteer with us this summer at the Westerville Music & Arts Festival and the Dublin Irish Festival (details on page 1). For more information about how improve your score, visit their web site at www.whatsyourrq.org.



MRC CROSSWORD PUZZLE ANSWERS

For all you super-sleuths out there, the answers from last quarter's MRC crossword puzzle are below.

1	M	E	D	I	2	C	A	L	R	E	S	E	R	V	E	3	C	4	O	5	R	6	P	7	S	
C					O											8	A	V	I	A	N					
I		9	G	M				10	N			11	M	12	U		R							S		
		13	P	R	O	P	H	Y	L	A	X	I	S				15	M				14	T			
			A	E	C				G							16	S	O	P			A				
			N	T	C										17	N	I	M	S							
18	P	E	T		19	E	M	20	T	H		21	P	A	H	P	A						E			
						N	R	O									22	K			23	R	T			
24	I		25	N	26	C	N	A				27	C	D	C							I	I			
C		U		I		I						28	N			29	P	A	R	T	N	E	R			
31	S	U	R	G	E	O	N	G	E	N	E	R	A	L									S			
			S	S					E	E			33	S	U	V										
			E			35	A	I	D													36	P			
37	E	D	S										38	C	I	V	I	L	I	A	N					
S			41	Q	U	I	E	T			43	E	R	R		39	F	L	U	N						
A			U	N					X						O					I	N	D				
45	R	N		46	A	B	C								47	S	U	B	T	E						
V				R		I													48	T	E	A	M			
49	H	A	Z	A	R	D	S								52	C						E	I			
53	P	L	A	N		E				54	P	I	O										R	C		
						T														55	P		56	J		
				57	H	I																				
								58	T	A	B	L	E	T	O	P							F	I		
				59	M	A	N									60	H	E	A	L	T	H				
				61	E	M	E	R	G	E	N	C	Y													

Other Exercises and Trainings

- This year, on September 12, 2008, our 9 Franklin County hospitals will be participating in another full-scale exercise to test their capabilities in conjunction with a **Full-Scale Airport Exercise**. In order for the exercise to be a success, the planning committee is seeking 200 volunteers to be made up (moulaged) with injuries as well as 25-30 volunteers to serve as faux family members seeking loved ones at the hospitals. Right now we are estimating we would need your time between 7:30am-2:00pm. This time period will be adjusted as we determine how many volunteers we need to moulage and coordinate. Volunteers will need their own transportation to the staging area and to the hospitals. At this point, transportation will not be provided-although this too could change. If you are interested or available for this event please contact Barb Lyon at blyon@goodhealthcolumbus.org, 614-255-4422. Details will be confirmed in July.
- **Online Orientation:** This online FC&C MRC orientation fulfills the training requirement for MRC membership, and can be completed at your leisure. This online course is for those volunteers with computer access (with speakers) and a need for a more flexible orientation time. All volunteers taking the online course will need to come in to the FC&C MRC office at their convenience to allow county officials to check wallet license cards, driver's licenses and have a photo taken for an ID badge. If you are interested please send an email to mrc@franklincountyohio.gov with the words "online orientation" in the subject line. Orientation is **REQUIRED** of all volunteers with the MRC. If you want to be called during a disaster, you must complete this training.

Emergency Kit Tip: Include First Aid Supplies

In any emergency you or a family member may be cut, burned or suffer other injuries. If you have these basic supplies you are better prepared to help your loved ones when they are hurt. Remember, many injuries are not life threatening and do not require immediate medical attention. Consider taking a first aid class, but simply having the items listed below can help you stop bleeding, prevent infection and assist in decontamination. Find out more at www.ready.gov.

Things you should have:

- Two pairs of Latex, or other sterile gloves (if you are allergic to Latex).
- Sterile dressings to stop bleeding.
- Cleansing agent/soap and antibiotic towelettes to disinfect.
- Antibiotic ointment to prevent infection.
- Burn ointment to prevent infection.
- Adhesive bandages in a variety of sizes.
- Eye wash solution to flush the eyes or as general decontaminant.
- Thermometer
- Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.

