



Central District Health Department Medical Reserve Corps



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September is National Preparedness Month

What would you do if you were faced with an emergency? Although Idaho is not as vulnerable to disasters as some of our other neighboring states, it is still important to be ready. There are a few things you can do now to insure you are ready in case disaster would strike.

One step you can take is to create an emergency kit to be used during an incident. Good items to include in an emergency kit are:

- Water — you should have about one gallon per person per day
- Nonperishable food
- A flashlight with extra batteries
- A first aid kit
- Sanitation items such as wipes, antibacterial soap and hand sanitizer
- Copies of all personal documents
- A warm blanket
- A map of the area
- Cash
- Emergency contact information for family and friends
- Medications — if you use daily medications, it is recommended that you have 7 days worth of those medications in your emergency kit

It is also important to develop a disaster plan. In the plan, establish what steps you would take in case of an emergency or disaster. It is good to establish two areas to meet if you must evacuate. The first area should be close to your home for situations contained in your home, such as a house fire. It is also wise to have an additional location to evacuate to outside your neighborhood for large scale emergencies. Your plan should include an emergency contact such as a family member or friend who lives out of the area. Local phone lines can become overwhelmed during an emergency. Utilizing an out of the area contact can sometimes be the quickest way to contact friends of family.

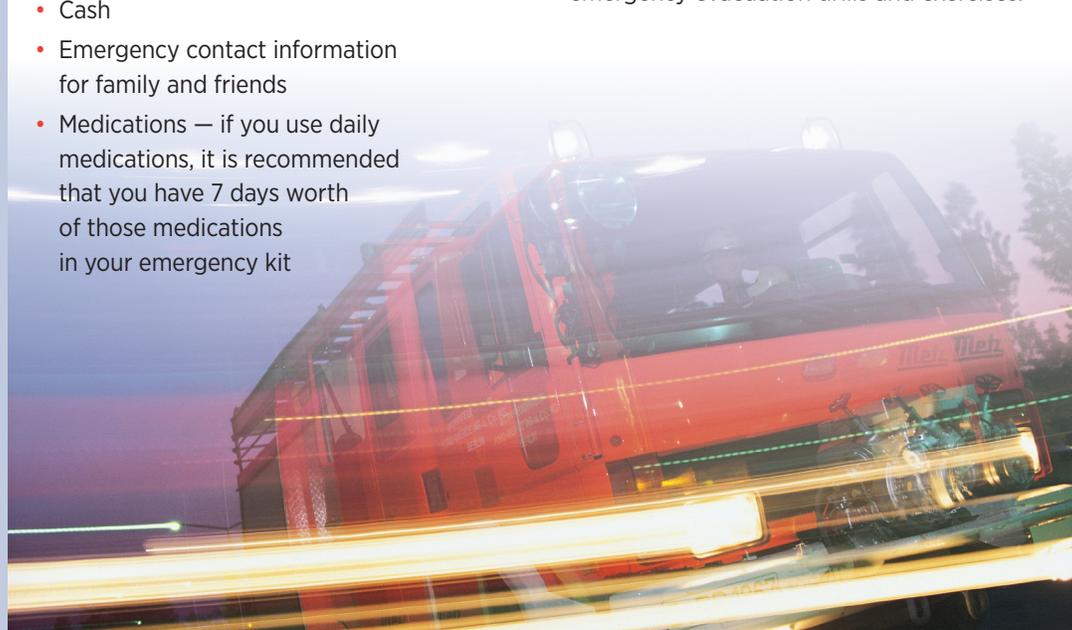
Once you have a plan, you should practice it. For families with children, try quizzing your children over the plan every six months to help them stay familiar with the steps. It is also helpful to conduct your own emergency evacuation drills and exercises.

We're A Tobacco Free Zone



To protect the health of **everyone** at CDHD, no smoking or other tobacco use is permitted in our facilities or on our property, both indoors and out.

Thank you for your cooperation.





Ada and Boise County

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Here Comes Flu Season

Fall is here along with flu season. On average 200,000 Americans are hospitalized for flu like symptoms and approximately 36,000 people die from flu related causes every year. The best way to protect your family and yourself from the flu is to get vaccinated. Everyone six months of age and older should receive the flu vaccine, especially those who have chronic health conditions such as asthma or diabetes, are pregnant, or are sixty-five or older. If you are healthy and between the ages of 2 and 49 you may also get the FluMist, a nasal spray, instead of the flu shot. The flu vaccine protects against

multiple strains of the flu virus and it's important to get vaccinated every year. People are urged to get a flu shot as soon as it is available because it can take up to two weeks for the vaccine to start providing protection from the flu.

In the Preparedness Program, some of our emergency planning focuses on responding to a Pandemic Flu, such as H1N1, which should not be confused with the seasonal flu. Listed below is a comparison of the Seasonal Flu and the Pandemic Flu.

Getting plenty of rest, washing your hands before you eat or drink, and staying away from those who are sick will also help you and your family stay healthy this flu season.

Pandemic Flu	Seasonal Flu
Rarely happens (three times in 20th century)	Happens annually and usually peaks in January or February
People have little or no immunity because they have no previous exposure to the virus	Usually some immunity built up from previous exposure
Healthy people may be at increased risk for serious complications	Usually only people at high risk, not healthy adults, are at risk of serious complications
Health care providers and hospitals may be overwhelmed	Health care providers and hospitals can usually meet public and patient needs
Vaccine probably would not be available in the early stages of a pandemic	Vaccine available for annual flu season
Effective antivirals may be in limited supply	Adequate supplies of antivirals are usually available
Number of deaths could be high (The U.S. death toll during the 1918 pandemic was approximately 675,000).	Seasonal flu-associated deaths in the United States over 30 years ending in 2007 have ranged from about 3,000 per season to about 49,000 per season.
Symptoms may be more severe	Symptoms include fever, cough, runny nose, and muscle pain
May cause major impact on the general public, such as widespread travel restrictions and school or business closings	Usually causes minor impact on the general public, some schools may close and sick people are encouraged to stay home
Potential for severe impact on domestic and world economy	Manageable impact on domestic and world economy

Source: Flu.gov



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CDHD Has Been Honored as “Public Health Ready”!

The National Association of County and City Health Officials (NACCHO) has recognized Central District Health Department for its ability to respond to public health emergencies through the Project Public Health Ready Program. This program is a criteria-based preparedness health program that assesses local health departments and their capacity and capability to plan for, respond to, and recover from public health emergencies. In order to be recognized within the program, the local health districts are assessed on their preparedness planning, workforce competency, and a demonstration of all hazards readiness.

Project Public Health Ready, in association with NACCHO, recently recognized twenty-seven local health districts around the country for their ability to meet the Project Public Health Ready objectives and included in that twenty-seven was Central District Health. Since 2004, only ten percent, 285 agencies total, have been recognized for meeting all the Project Public Health Ready objectives. Central District Health Department was also recognized in 2005 and joins the 69 local health districts that have been recognized twice since 2004.



CDHD Gears Up for a Full Scale Exercise

Beginning Monday, April 29, 2013 and concluding Wednesday, May 1, 2013 Central District Health Department (CDHD), in concert with the six other health districts in Idaho, will be participating in a full scale exercise. CDHD will be testing its ability to receive medical supplies from the CDC's Strategic National Stockpile through the state, and then distribute the supplies to the general public through designated Points of Dispensing or “PODs.”

Part of the exercise will involve coordinating command and control from CDHD's Department Operations Center which is staffed by those in the main Incident Command System (ICS) roles. Other exercise activities will include distributing medical supplies to PODs and then dispensing the medicines to the public (simulated supplies and medicines will be used).

CDHD participates, along with the other six local health districts in Idaho, in the Public

Health Emergency Preparedness (PHEP) Program which is funded by the Centers for Disease Control and Prevention (CDC). Additionally, CDHD also participates in a more focused program known as the Cities Readiness Initiative (CRI). These programs outline very aggressive timelines to get medications into the hands of the general public, which can be critical in an emergency. This full scale exercise will allow CDHD to test and validate our plans to distribute and dispense medications within that timeframe.

Some MRC volunteers may recall a similar exercise conducted in Idaho in June of 2006. Just like the one before, this exercise will require assistance from the MRC volunteers. CDHD will be conducting smaller scale training and exercise activities to prepare for the larger scale exercise in the spring. Stay tuned for more information regarding volunteer opportunities for this event, as well as activities leading up to it.



Volunteer Idaho

Just a reminder — if you haven't yet registered on Volunteer Idaho, please do so soon! Visit www.volunteeridaho.org to get started.



Update Your Contact Information

If you are wondering why you haven't received any emails regarding volunteering, you might need to update your contact information. We want to stay in touch! If you are registered on www.volunteeridaho.org, please update your account information there. If you are not registered online, please email any new or updated information to the MRC Coordinator at Ispanber@cdhd.idaho.gov.

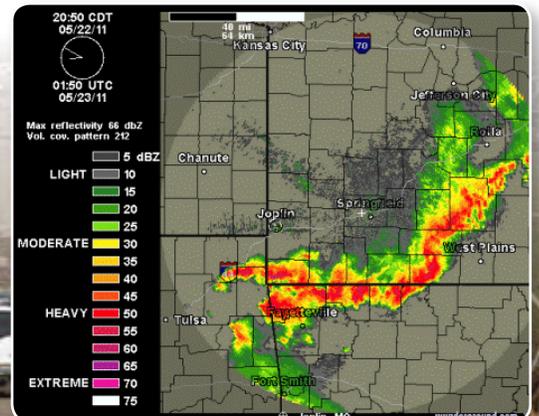


Facebook as a Preparedness Tool?

It seems like everyone has a Facebook account these days. While the site is great for sharing pictures and reuniting with old friends, could you ever imagine using it as a preparedness tool? This is exactly what it was used for during the tornado disaster in Joplin, Missouri in May of 2011.

The tornado touched down on May 22, 2011 leaving in its wake a large swath of destruction and damage as well as many missing people. In response to the events, the Joplin Globe, the local newspaper, created a Facebook page in order to reach a large scale audience. The site acted as an information portal for the public offering locations of triage centers and shelters as well as a contact list of support resources.

The citizens of Joplin and the surrounding areas utilized the site to post the names of missing loved ones, offer information to help find missing persons, and communicate with other survivors. By utilizing this social media tool, the public had access to a large amount of information very quickly. As a result, this new form of technology proved to be very helpful in this situation. Whether you use Facebook or not, it's important to be aware of several types of communication so you know where to send and get reliable information. These tools are just one type of resource that can help you stay resilient and connected to your community in an emergency situation.



THANK YOU!

Thank you to everyone who participated in our volunteer activities recently. We really appreciate the work our volunteers do and know our program would not be as successful without the ongoing support and involvement of our MRC volunteers.

ICS 100 Training

Margo Flaherty
 Sherepta McLeod
 Deniece Halford
 Ima Scantling
 Jenn Andrews
 Tamara Johnson
 Kirsten Sorensen
 Trisch Taylor
 Irene Crook
 Dee Evans
 Connie Gifford
 Mark Spiegel
 Dana Hoyer
 Jana Feldman
 Doug Anderson
 Vinci Anderson
 John DeMotte

Immunization Peer to Peer Program

Dr. Noreen Womack

Cholesterol Screening Clinic

Marti Meldrum
 Jeanette Tanner

Tuberculosis (TB) Clinic

Eva Hrubec
 Levi Mitchell
 Naomi Larsen
 Betsy Moynihan

The Tuberculosis (TB) Clinic has moved to the Family Medicine Health Center. The move will improve client access and better coordinate care, especially for refugee populations living in Boise. We want to thank all the volunteers who have given their time with this project. Your support has not gone unnoticed.

Coordinator's Corner



Hello everyone! My name is Lisa Spanberger and I am the new Medical Reserve Corps Volunteer Coordinator for Central District Health Department. Before joining the Public Health Preparedness team at CDHD I worked for the Idaho Department of Health and Welfare within the Environmental and Community Health Bureau. I have a bachelor's degree in Health Science Studies from Boise State University and I am currently finishing my master's degree in Public Health from Idaho State University.

I was born and raised in Boise and in my spare time I enjoy cycling and running. My goal is to complete my first marathon next spring. I also spend much of my free time in McCall, Idaho where I love to hike

and waterski in the summer and snowshoe and downhill ski in the winter.

This year looks like it is going to be another busy one for the Preparedness Program providing many volunteer opportunities including a full scale exercise this spring. I am excited for the opportunity to work with the Medical Reserve Corps and look forward to meeting many of you at the activities throughout the year. Please feel free to call or email me anytime at (208) 327-8597 or lspanber@cdhd.idaho.gov.

Emergency Preparedness Word Search

M	T	E	S	N	E	A	R	T	H	Q	U	A	K	E
O	E	I	S	O	L	A	T	I	O	N	V	D	E	T
E	M	E	R	I	D	O	O	L	F	P	M	E	H	I
P	E	I	L	T	A	A	F	S	T	S	N	S	H	E
I	R	Q	U	A	R	A	N	T	I	N	E	R	E	X
D	G	E	G	U	C	L	A	R	I	V	I	T	N	A
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E	I	A	N	S	S	R	I	R	E	T	O	G	R	P
B	M	O	I	S	E	R	S	S	P	S	U	E	A	M
I	C	D	E	S	A	E	S	I	D	I	S	N	N	A

Anthrax
 Evacuation
 Preparedness
 Antiviral
 Tornado
 Fire
 Tsunami
 Vaccine
 Bioterrorism
 Storm
 Chemical
 Flood
 Quarantine
 Hazard
 Infections
 Contamination
 Disaster
 Isolation
 Disease
 Earthquake
 Emergency
 Pathogen
 Epidemic
 Plan



Central District Health Department

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Upcoming Events

Keep an eye on your email. Volunteer Orientations and other trainings are coming up this spring. I will send out more information as dates are set with as much notice as possible.

MRC Newsletter Goes Green

The MRC Newsletter is going green by becoming mainly an electronic-based newsletter. In an effort to reach all of our volunteers, however, we will be happy to mail a paper version to anyone who requests one. You may request a paper copy by contacting Lisa Spanberger, the MRC Coordinator, by phone (208-327-8597) or email lspanber@cdhd.idaho.gov

