



INSIGHTS

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JULY 2010

Allen County Scottsville Medical Reserve Corps

Allen County Scottsville Student Medical Reserve Corps

Health Concerns - Flood Damaged Homes

INSIDE THIS ISSUE:

Many homes in our area were affected by recent floodwaters and people are busy starting necessary repairs and could find the following checklist helpful:

- Never use an emergency generator indoors (including garages). Always run the generator outdoors, away from open windows and doors.
- Remove water soaked porous materials like wallboard, insulation, carpeting, wood paneling and wallpaper from your home.
- Dry out your home before rebuilding to prevent mold growth - open windows/doors, use fans, and dehumidifiers.
- When removing water damaged materials containing mold, use a recommended respirator (N95) for protection.
- Flooded drinking water wells should be disinfected first with bleach and then tested several days later to ensure that the water



is safe to drink.

- Flooded septic systems will need time to dry out. Restrict the use of toilets, sinks, showers, and laundry to prevent sewage backups both inside and outside the home.
- Flood damaged hazardous household materials (pesticides, fertilizers, paints, varnishes) should be placed in a leak proof container and removed from the home for proper disposal.
- Check for damages and leaks to any heating oil tank.

Beat The Heat	2
Large POD Training Exercise	2
MRC Conference In Las Vegas, NV	2
Calendar of Upcoming Events	3
Family Communication Plan	3
MRC Contact Information	4
Member Spotlight - Christy Davis	4

A Letter From The Editor

Hello and welcome to the first edition of the Allen County MRC Newsletter! It is my hope that you will find the information within both helpful and interesting. I am very excited that Jennifer has asked me to take on the challenge of writing this newsletter because it is a way to not only become even further involved in the MRC, but also a great way to meet and get

to know its many members. Please do not hesitate to relay information, ideas, or feedback to what you read here. This is OUR newsletter and we want it to be both meaningful and informative to all of our volunteers!

Dee Douglas

- **Follow the safety checklist when repairing your flood damaged home.**
- **Learn how to prevent, recognize and assist with heat exhaustion and heat stroke.**
- **Develop a Family Communication Plan.**
- **Meet MRC member Christy Davis.**

Beat The Heat

To prevent heat exhaustion and heat stroke this summer, drink more fluids. Stay away from liquids that contain caffeine, alcohol, or large amounts of sugar. Wear lightweight, light-colored, loose-fitting clothing; and limit your outdoor activity to morning or evening hours when it is cooler outside.

Some symptoms of heat exhaustion include: cool, moist, pale or flushed skin; muscle cramps; heavy perspiring; nausea and sometimes vomiting; weakness; dizziness; dry mouth; and a headache. If you feel you are suffering from heat exhaustion, get out of the sun and into a cool place; loosen clothing; drink water; take a cool shower, bath or sponge bath; and rest.

Signs of heat stroke include: very high body temperature (above 103 degrees); hot, dry, red skin; no sweating; nausea; dizziness; confusion, disorientation, hallucinations; or loss of



consciousness. Heat Stroke is a medical emergency - have someone call for immediate medical assistance while you begin cooling the victim. Cool him rapidly using whatever methods you can (immerse in a tub of cool water, place in a cold shower, spray with cool water from a garden hose); do not give fluids; if convulsions occur, keep the victim from injuring himself. Heat stroke is a life-threatening situation.

Large POD Training Exercise

Saturday, May 22, Jennifer Fugate and Dee Douglas attended a Large Pod (Point of Distribution) Training exercise in Bowling Green, KY. This exercise was extremely informative and enjoyable while giving hands on experience. Jodie Weber, Kentucky Department for Public Health (KDPH) discussed the MRC and the KHELPS (Kentucky Emergency Listing of Professionals for Surge) organization and the role they play during times of need and spoke firsthand of her experiences during the recent ice storms that plagued much of Kentucky. Volunteers will be activated state wide using this system. Michael Johnson (KDPH) gave an excellent presentation on the Strategic National Stockpile (SNS) and how supplies are filtered down to each specific POD. Breakout sessions were then held for both Medical and Non-Medical volunteers. There was an in depth question and answer period after each speaker's presentation. Then it was time to use their new-found information in an actual mock POD situation where they took turns being the workers and the patients. Several 'patients' were instructed to have special needs to give the workers a chance to see what could be needed in a real circumstance.

KHELPS Registration ensures that volunteers will be contacted for deployment opportunities. Are you registered? Go to khelps.ky.gov to register!

2010 TRAINING SUMMIT in LAS VEGAS

Jennifer Fugate and Christy Davis attended the 2010 Integrated Medical, Public Health, Preparedness and Response Training Summit May 12-16 in Las Vegas, NV. This conference combines the national conferences of the Medical Reserve Corps, Emergency Services And Registration for Volunteer Health Professionals (ESAR-VHP's), National Disaster Medical Services and the United States Public Health Services. They attended several Workshops and training sessions, honing their skills and acquiring new information to come back and share with Allen County's own MRC in such areas as: Integration, Healthcare Systems, Leadership, Public Health and Clinical Care Services, and Scarce Resource Management and Medical Evacuation.

Shown here, left to right, are: Jennifer Fugate, Assistant to the Surgeon General Lt. Rutstien, and Christy Davis.



BIRTHDAYS:

- ♦ **July 1—Richard Herrington**
- ♦ **July 7—Lena Petty**
- ♦ **July 16—James Taylor**
- ♦ **July 23—Hazel Wyatt**
- ♦ **July 28—Lena Smith**
- ♦ **July 30—Tanya Pontz**

UPCOMING IMPORTANT DATES:

- **July 5 - Health Department closed for Independence Day**
- **July 17 - CERT Practical Exercise - 9 a.m. at ACSRS**
- **July 24—Large Pod Training Somerset Preregistration required DRAIN Course #1021415**
- **August 7 - MRC Orientation - 9 a.m. at Allen County Health Department**

July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				Richard Herrington		
4	5 <i>Allen County Health Department Closed for Independence Day</i>	6	7	8	9	10
			Lena Petty			
11	12	13	14	15	16	17
					James Taylor	CERT Practical Exercise - 9 a.m. - ACSRS
18	19	20	21	22	23	24
					Hazel Wyatt	Large POD Training (Somerset) TRAIN #1021415
25	26	27	28	29	30	31
			Lena Smith		Tanya Pontz	

Family Communication Plan

After a disaster occurs we want to get in touch with our families and see if they're OK, and let them know that we're OK. However, the disaster may have rendered traditional communications systems unusable. But there are some things that you can do to make sure that you and your family can communicate.

Have a designated location where your family knows to meet after a disaster. Make sure all members of your family know who needs to be contacted and the numbers to call. Place these numbers in water

resistant packaging such as a Ziploc bag or laminate the list. Keep it in your family disaster kit.

In a disaster, land-line communication is frequently sporadic and cell-phone service may or may not work and have frequent interruptions. Local calls are often more difficult to make than long distance calls. Use an out of state family member or friend as your point of contact. Make sure all family members have access to coins for making long distance calls from payphones or prepaid long distance calling cards in the family disaster kit. Make sure to let the

contact person know his or her



role.

**MRC CONTACT
INFORMATION:**

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*“Preparation through training
is less costly than learning
through” tragedy.”*

**Please be sure to keep your
contact information current!**



Member Spotlight - Christy Davis

Christy is an advanced level “Kentucky Blue” MRC volunteer. She is the Secretary of the Citizen’s Corps Council and the Volunteer Coordinator of the Student MRC. Christy is active in the MRC, CERT, the Allen County Rescue Squad, and KHELPS at the KY Blue level. Scotty, her husband, is also an active member of both the MRC and CERT.

Christy has been instrumental in bridging the gap between local response agencies and the MRC by putting a familiar face to a new and unfamiliar program. She has a very easy-going attitude that makes it easy for both first responders and volunteers to feel comfortable working with her.

She originally joined the MRC after learning about the organization at the Allen County Fair in hopes of cross training for the Rescue Squad. She soon became interested in the concept of taking the average person off the street and training them as an asset to first

responders saving manpower and time as well as making our community a safer place to live.

While enjoying the social aspect of the organization, Christy has recruited many of her friends and family and now feels secure in knowing that they have the capability and knowledge to be prepared for emergency situations themselves.

Christy’s training enabled her to be deployed in several emergency situations such as the recent ice storms that covered much of Kentucky, the H1N1 Flu vaccination

clinic, and the recent flooding here in Allen County.

But even more importantly, Christy’s training helped her to recognize the symptoms of Diabetes when her husband became recently ill. She was able to make a quick and correct diagnosis and get him emergency medical help right away and may very well have saved his life!

MRC Coordinator Jennifer Fugate attributes much of the success of the MRC program to Christy’s dedication: “Christy has tirelessly worked to recruit volunteers, train those recruits, and respond to emergencies in our community and in the Commonwealth of Kentucky. She is excited about the program, and her enthusiasm is contagious! Her efforts are worth much more than we could ever pay her.”



Congratulations Christy! Keep up the good work.