



Welcome Nehalem Bay MRC

The regional newsletter welcomes Nehalem Bay MRC. This unit is one of the only MRC's located in a rural area throughout the whole country. This poses some issues that unit coordinators (pictured, L to R) Margaret Steele, Kristen Roach, and Sandy Kosik are working to mitigate. The accessibility and functionality of their healthcare system are not constants in a disaster, forcing their unit to be creative and train the volunteers accordingly. Here is an excerpt from a recent newsletter written by Kristen:



“Do you remember being without power for a week? How Nehalem and Manzanita became cut off from Wheeler and all three were isolated from Tillamook and Seaside? How do we cope with a medical emergency in a storm where the phones are down and we can't reach a clinic? How can we take care of ourselves, our neighbors and our communities?”

I wish we had the answers to those questions but what I can tell you is that we're getting closer all of the time. I hope you join our mission of medical preparedness.”

Regional Activity

Clackamas County MRC: Has a new web page! Point your browsers to http://www.clackamas.us/community_health/ph/mrc.jsp. We will be holding a new volunteer orientation July 19th.

Multnomah County HRC: Held a new volunteer orientation on June 14th. Zumana Rios, regional coordinator, has spear-headed the development of a framework to support regional MRC unit cooperation.

Over the past 3 months, the unit has welcomed 12 new members.

Columbia County MRC: Unit held three orientations for seven new members bringing the unit total to 23. Local partners volunteered to teach the NIMS ICS 100, 200, 700, and 800 courses for MRC and CERT volunteers, allowing the partner volunteer groups to meet and socialize before they respond to a disaster. Volunteers involved with H1N1 activities will be honored during a local ceremony.

Nehalem Bay MRC: The unit identified three key trainings that will best prepare the volunteers: First Aid, Triage, and Psychological First Aid. These trainings have and will be offered periodically.

Regional News: All counties held a series of Psychological First Aid Trainings open to all volunteers. Thanks to all who attended, and to instructor Judy Olivier, PhD.

Washington County MRC: Will be holding orientations in June and July. New volunteers will have the chance to meet other members, Public Health Preparedness staff, and learn MRC history and activation procedures.

U.S. Dept. of Health and Human Services hosted the 2010 Integrated Training Summit from June 2-6 in Las Vegas. In attendance was the deputy Surgeon General, Medical and Health professionals from all over the U.S., and all regional unit coordinators. Attendees gained useful information to share with their units. The VISTAs presented a poster on the MRC - American Corps partnership project.

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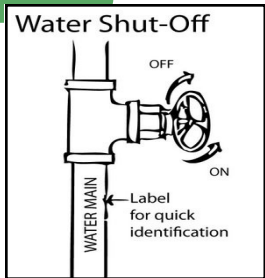
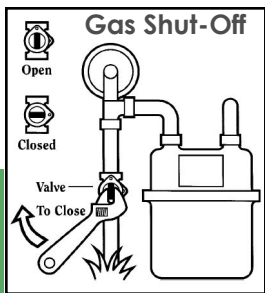
What counts as hours for RN license renewals?

Besides hours volunteered in a medical capacity, developing medical/nursing protocols, or building the infrastructure of the MRC are also eligible.

For more details, go to: http://www.oregon.gov/OSBN/pdfs/policies/practice_012001.pdf



Public Health



Keep your contact information current

Please keep your profile updated on Serv-OR regarding any changes to your address, phone number, or email address. We use the information to contact you for trainings, exercises, or activations.

<https://serv-or.org>

HRC volunteers, contact:
Zumana Rios
503-988-3663 ext. 26115
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Earthquake Preparedness

Each quarter we will be featuring a "How to Be Prepared" section for specific disaster scenarios.

There is a 1 in 3 chance of a major Pacific NW earthquake within the next 50 years. Here's how to prepare!

•**Have a Plan:** Practice and teach children how to DUCK, COVER, and HOLD.

•**Communications Plan:** Ask an out-of-state relative to serve as an emergency contact to reunite those separated by disaster.

•**Prepare an Emergency Supplies Kit:** Have materials for at least 2 weeks after an earthquake.

•**When the Shaking Starts:** DUCK, COVER, HOLD. Stay indoors until it stops. Drop down on the floor, take cover under a sturdy piece of furniture, and hold on! Be prepared to move with it. If you're outside, find a clear spot away from buildings, trees, and power lines and drop to the ground. If you're in a car, slow down and drive

to a clear place.

•**After the Shaking Stops:** Get to a safe place outdoors if in an unstable structure. Provide first aid for anyone slightly injured and seek medical attention for anyone seriously injured. Assume there will be aftershocks. Listen to the radio for instructions regarding turning off gas and water. If you smell gas, or think it is leaking, shut it off.

Only a professional should turn it back on.

Why Do I Have to Take ICS?

History:

Incident Comment System (ICS) was developed in the 1970's after a series of catastrophic fires in California. It is a standardized management tool for meeting the demands of small or large scale incidents. A key feature of the National Incident Management system (NIMS), ICS represents best practices used by emergency management

departments across the country. It is scalable, and easily applicable in medical emergencies.

Advantages:

- ◆ Management by Objectives
- ◆ Clear Lines of Authority
- ◆ Common Terminology
- ◆ Standardized Roles

Why Me?

As an MRC volunteer, you will be acting within ICS when participating in a medical response.

We use this in the MRC because it allows us to provide medical intervention to a large amount of people in a short amount of time. Understanding the framework within which you are operating creates a smoother and more efficient response. If your unit requires these trainings, make sure you have completed them!

Questions? Comments? Something to add? Contact us at...

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|--------------------------|------------------|-------------------------|--|
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