

# THE PULSE

Official Newsletter of the Maryland Responds Medical Reserve Corps

SUMMER 2018



**MARYLAND  
RESPONDS**  
MEDICAL RESERVE CORPS

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**MARYLAND**  
Department of Health  
Office of Preparedness and Response



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by the Maryland Office of  
Preparedness and Response,  
Maryland Responds Medical  
Reserve Corps State Program.

## Stay Safe This Summer

Contributed by: Lornah Misati, Maryland Responds Program Specialist

Follow these summer safety tips to keep your family safe in the heat, at the barbecue, and near the water this summer!

### Heat Safety

Every year, hundreds of people become sick, and may die, from heat-related illness during the summer months. Heat-related illness and death are preventable by taking measures to stay cool, remain hydrated, and keep informed. Heat-related illness, like heat exhaustion or heat stroke, can occur when your body is overwhelmed by heat and can't keep itself cool. The main factors that affect your body's ability to stay cool during hot weather are:

- **High humidity:** When there is high humidity, sweat does not evaporate as quickly, which prevents your body from releasing heat as it should.
- **Personal factors:** Age, illness, poor circulation, obesity, and medication. Those aged 65 and older, as well as children younger than two, are at a higher risk for heat stroke.

### To prevent heat-related illness:

- Stay in air-conditioned buildings as much as possible
- Check on your elderly friends, relatives, and neighbors
- Wear loose, lightweight, and light-colored clothing
- Know the signs and symptoms of heat-related illness

### Food Safety

Increased temperatures can cause food-borne germs to flourish, making summer a peak time for food poisoning. The following steps can help to ensure you and your family have an enjoyable grilling season this summer:

- 1. Separate:** Pick your meat, poultry, and seafood last when shopping in order to avoid cross-contamination. Package them in individual plastic bags.
- 2. Chill:** All meat, poultry, and seafood should be refrigerated until ready to be cooked/grilled.
- 3. Clean:** Always wash your hands with soap and warm water before and after handling food. Wash work surfaces before and after cooking.
- 4. Check your grill and tools:** Use a moist paper towel or cloth to wipe the grill surface before cooking.
- 5. Don't cross-contaminate:** Throw out food items that have come into contact with raw meat or raw meat juices.
- 6. Cook:** While cooking, use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. Check the label for proper cooking temperature, which varies by food type.
- 7. Refrigerate:** Separate the leftovers into small portions. Cover and store all leftovers in the freezer or fridge within two hours of cooking.

**HEAT EXHAUSTION** OR **HEAT STROKE**

**HEAT EXHAUSTION symptoms:**  
 Faint or dizzy  
 Excessive sweating  
 Cool, pale, clammy skin  
 Nausea or vomiting  
 Rapid, weak pulse  
 Muscle cramps

**HEAT STROKE symptoms:**  
 Throbbing headache  
 No sweating  
 Body temperature above 103°  
 Red, hot, dry skin  
 Nausea or vomiting  
 Rapid, strong pulse  
 May lose consciousness

**Actions:**  
**Heat Exhaustion:** Get to a cooler, air conditioned place; Drink water if fully conscious; Take a cool shower or use cold compresses.  
**Heat Stroke:** CALL 9-1-1; Take immediate action to cool the person until help arrives.

Sources: Weather.gov/socialmedia, Weather.gov/heat, @SacramentoOES, SacramentoReady.org

**Get Ready to Grill Safely**

**Separate**  
 When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.

**Chill**  
 Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep below 40°F in an insulated cooler.

**Clean**  
 Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.

**Cook**  
 Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at 225°F to 300°F to keep meat at a safe temperature while it cooks.

145°F	beef, pork, lamb, veal, fish
160°F	hamburgers and other ground meat
165°F	poultry

**Don't cross-contaminate**  
 Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.

**Refrigerate**  
 Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above 90°F outside).

www.cdc.gov/foodsafety

Images: (Top) Tips for responding to heat illness. (Bottom) Tips for a safe grilling season.

## Water Safety

Drowning ranks fifth among the leading causes of unintentional injury death in America. It is important to know your risk factors and how you can lessen the chances of drowning. The main factors that contribute to drowning risk are:

- Not knowing how to swim
- Lack of supervision while swimming, whether in a pool, bathtub, or at the beach
- Failure to wear Coast Guard Approved life jackets while boating
- Lack of fences or other barriers to prevent unsupervised water access
- Alcohol use
- Seizure disorders

## To stay safe in and around the water:

- Use the Buddy System
- Take formal swimming lessons
- Avoid alcohol before or during swimming, boating, or water skiing
- Learn Cardiopulmonary Resuscitation (CPR)
- Check the weather conditions and forecast before boating or swimming
- Watch for dangerous waves and signs of rip currents at the beach
- If you have a pool at home, install a four sided pool fence that separates the pool area from your house and yard

## Resources

For more tips and information, visit the Centers for Disease Control and Prevention's (CDC's) [Extreme Heat website](#), [Food Safety website](#), and [Unintentional Drowning website](#).

## Illness And Injury Prevention After A Hurricane

Contributed by: Amanda Driesse, Maryland Responds State Coordinator

As of June 1, the 2018 Atlantic Hurricane Season has started and will continue until November 30. Preventing illness and injury after a hurricane is essential to ensuring your family can cope with and recover from a disaster. Follow these tips to stay healthy and safe after a hurricane.

### Personal Hygiene and Hand Washing

Practicing good personal hygiene and hand washing during an emergency helps to prevent the spread of germs. Only wash your hands and body in clean, safe water. If your tap water is not safe to use, wash your hands with soap and water that has been boiled or disinfected. Use hand sanitizers if soap and water are not available.

### Diarrheal Diseases

Diarrheal diseases can occur when a person eats or drinks anything that has been contaminated by flood water. To prevent diarrheal diseases like E. coli or Salmonella infection, avoid contact with flood waters. Do not allow children to play in flood waters or with toys that have been in contact with flood waters. Ensure that all members of your family practice good hand hygiene frequently and always before meals.

### Food and Water Safety

Food and water may not be safe to consume after a storm. Discard any food that may have come in contact with flood waters, perishable food, and any food with an unusual color or odor. Do not use contaminated water to wash dishes, prepare food, make ice, or for personal hygiene. Safe water includes bottled, boiled, and treated water.

### Tetanus

The bacteria that causes tetanus infections can be found in soil, dust, and manure, and enters the body through breaks in the skin. People with existing wounds or wounds received during cleanup may be at risk. Tetanus infection can lead to serious health problems including lockjaw and difficulty swallowing and breathing. This disease is preventable by vaccination, however, boosters are needed every ten years after the initial shot series.

### Medications

When preparing for an emergency, be sure to include a seven day supply of medication in your emergency kit. Keep in mind that some drugs require the use of refrigeration to maintain potency. If a drug that requires refrigeration has been kept at room temperature, use it only if a person's life depends on the drug, and only use it until a new supply is available.

### Electrical Dangers

Downed power lines can present a major hazard after a storm. Never touch a downed power line and do not walk or drive through standing water if downed power lines are in the water. Avoid contact with overhead power lines when cleaning up after a hurricane or storm.

### Carbon Monoxide Poisoning

Carbon monoxide (CO) is an odorless, colorless gas that can cause illness and death when inhaled. The use of alternative sources of fuel and electricity for heating, cooling, or cooking can cause CO to build up in a home or garage, causing poisoning. Never use a generator, pressure washer, or any gasoline-powered engine inside your home, basement, or garage. Never use them within 20 feet of a window, door, or vent in your or your neighbor's home.

For more prevention tips, visit the [CDC's Illness and Injury Prevention website](#) or the [Office of Preparedness and Response Storms website](#).

## The Strategic National Stockpile: Protecting the Nation's Health

Contributed by: Amanda Driesse, Maryland Responds State Coordinator

In a large-scale disaster or public health emergency, medical supplies and medications can quickly be depleted. This can severely hinder a state's and local jurisdiction's ability to respond and protect the public. The Strategic National Stockpile (SNS) is a program managed by the CDC that was created to assist during these times.

The SNS is the nation's largest supply of medications and medical supplies for use during an emergency when local resources run out. When this occurs, state and local officials can request assets from the stockpile to support response efforts. This ensures that life-saving medications and equipment are rapidly delivered to affected jurisdictions to prevent illness and loss of life. Stockpiled supplies can protect people from bacterial and viral diseases, pandemic Influenza (flu), radiation and nuclear emergencies, chemical attacks, and natural disasters.

The stockpile stands ready to deliver:

- **Inventory:** Medicines, vaccines, and supplies used to respond to any public health emergency across the United States (U.S.) in 12 hours or less
- **Chempacks:** Pre-positioned containers which provide chemical antidotes to more than 90 percent of the U.S. population within one hour of exposure
- **Federal Medical Stations (FMS):** Caches of beds, supplies, and medicines which provide care for 50–250 displaced people with health-related needs

### Stockpile Responses Across the Nation

The SNS has been activated for large-scale emergency responses many times since 2001. Most recently, this includes activations in response to Zika virus prevention efforts and response to Hurricanes Harvey, Irma, and Maria as depicted in this infographic from the CDC.

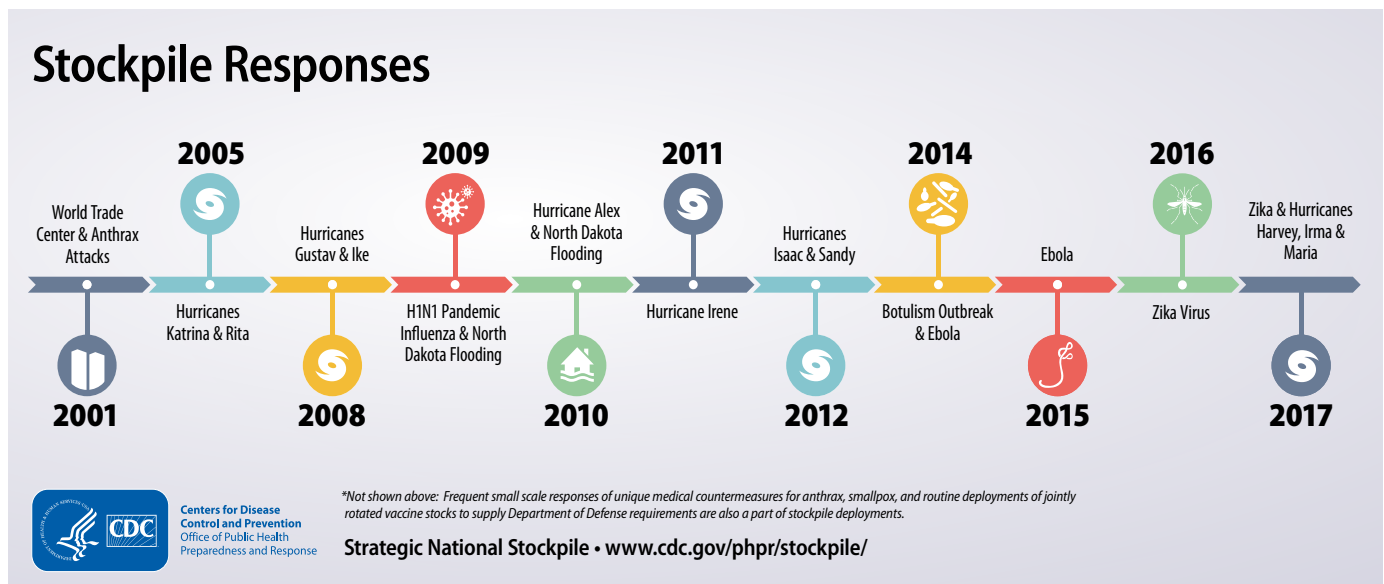


Image: Timeline of the multiple large-scale emergencies the stockpile has responded to including floods, hurricanes, and influenza pandemics.



## Exercising the Stockpile in Maryland

On May 9, 2018, Maryland held an exercise to practice receiving and distributing medical materials from the SNS. This exercise, known as Vigilant Guard, was used by the state to test Maryland's Medical Countermeasure (MCM) plan after a fictitious hurricane and subsequent illness outbreak. Maryland Department of Health (MDH) staff requested SNS assets from the CDC, and test materials were delivered to Maryland's Receipt, Stage, Store (RSS) warehouse. Distributing the medical supplies and medications from the state RSS warehouse to the local jurisdictions was then simulated. Maryland Responds pharmacists on the Board of Pharmacy's Emergency Preparedness Taskforce team assisted the state by:

- Ensuring the security and safety of any controlled dangerous substances shipped from the stockpile
- Performing quality assurance/control checks on incoming and outgoing medical materials
- Coordinating repackaging of bulk medications

## Resources

Free trainings are available through the CDC's online learning management system (CDC TRAIN). Visit <https://www.cdc.gov/phpr/stockpile/training.htm> to see what online courses are available and for links to create an account and register for CDC TRAIN.



*Image: Maryland Responders from the Board of Pharmacy Emergency Preparedness Task Force work to ensure medical supplies are correctly stored and labeled at the RSS warehouse.*

## State Program Recruitments

*Contributed by: Lornah Misati, Maryland Responds Program Specialist*

The State Maryland Responds Program Specialist, Lornah Misati, represented the Maryland Responds Medical Reserve Corps (MRC) at multiple recruitment events over the past three months. The first event was at the University of Maryland Eastern Shore Point of Dispensing (POD) Exercise on April 3, 2018. The POD participants/players included pharmacy, respiratory, laboratory science, and nursing students. Many students were interested in learning more about Maryland Responds and came to visit our table. Maryland Responds gained 31 new volunteers at this event!

The second event was the Puerto Rico Medical Mission Banquet Fundraiser, facilitated by University of Maryland Eastern Shore, School of Pharmacy professor Dr. Hoai-An Truong and his students. Donations from the fundraiser were allocated towards mission work and aid for those still recovering from the 2017 hurricane season destruction. Among the attendees and presenters were relief agency volunteers who deployed to Puerto Rico after the hurricane. Misati gave a brief presentation about how volunteers are utilized during disasters and public health

initiatives throughout the state of Maryland, and the importance of being ready for emergencies as a community. The night ended with a live performance from a Puerto Rican band.

These and other events are excellent opportunities to discuss preparedness and encourage new volunteers to join Maryland Responds. Do you know someone who would be a great Maryland Responder? Have them sign up by visiting: <https://mdresponds.health.maryland.gov>.



*Image: Lornah Misati at the Puerto Rico Medical Mission Charity Banquet in Gaithersburg, Md.*

## Garrett County Health Fair

*Contributed by: Cindy Mankamyier, Garrett County Department of Health*

During the 2018 Garrett County Health Fair in April, local Maryland Responds Unit Administrator, Cindy Mankamyier, set up a booth to promote the county's local MRC unit.

The fair, held at the Community Aquatic and Recreation Complex at Garrett College, is a free community event to increase health awareness for all ages. The event draws hundreds of residents and out-of-town guests who enjoy the many booths and tables offering health education, free health screenings, door prizes, and fun give aways.

Mankamyier spoke to many interested people about the MRC unit and hopes to gain some valuable volunteers for the county.



*Image: Cindy Mankamyier at the Garrett County Health Fair.*



## Charles County Unit At The Volunteer Fair

*Contributed by: Mary Lilly, Charles County Department of Health*

The Parent Teacher Student Organization (PTSO) of North Point High School in Waldorf, Md. and the Non-Profit Institute at the College of Southern Maryland co-sponsored the 2018 Annual Volunteer Fair at North Point on April 5, 2018. Charles County MRC Unit Administrator Mary Lilly represented Maryland Responds at the event.

North Point High School is a school for career and technology education. One of the programs is the School of Health and Protective Services, under which the Academy of Health Professions is positioned.

Over 40 organizations attended the event to share information about their efforts and missions and to recruit new volunteers. There were students as well as community members and retirees looking for a match where they felt a connection and the purpose to become involved with a group.

It was a great opportunity to network with other organizations that provide services in emergencies/ disasters and trainings; one group involved is a national organization which hosts a website where volunteer opportunities can be posted.

Six students who stopped by were very excited when they saw the Maryland Responds MRC banner and even more so when they learned about the opportunities in becoming a Responder. These students have identified their careers and their education paths are geared as such (Bio-Engineering/Med-School; Nursing; Engineering; Psychology). Five students are soon completing 10<sup>th</sup> and 11<sup>th</sup> grades and one is a senior. Due to age limitations, the students will not be able to join as volunteers at the moment. However, the Charles County unit's next step will be to try to work out a solution with the school's officials and modify the scope of the student's participation to allow them (at a minimum) to participate in trainings and limited local volunteer opportunities. The outcome of these discussions will be shared in the next issue.



*Image: Mary Lilly at the 2018 Annual Volunteer Fair.*



*Image: Dogs Edgar and Milie from Bay K-9 Search and Recovery, an all-volunteer non-profit search team, playing with participants at the fair.*

## Region V Active Shooter Exercise

Contributed by: *Natasha Carter, Prince George's County Department of Health*

On May 3, 2018, a few Prince George's County Unit volunteers participated in an exercise to assist the Region V first responders in practicing how they would respond to an active shooter situation. The hypothetical scenario was centered on a region-wide, mass casualty event involving three local colleges. Maryland Responds volunteers worked alongside the Prince George's County Police Cadets-in-training to play victims of a mass shooting at Prince George's Community College. They had the chance to experience what it would be like to be injured (with the application of mock injuries), triaged by first responders, transported to a local hospital, and treated for injuries. Players for the exercise included the Maryland Region V Emergency Preparedness Coalition, hospital/health care facilities, emergency management, fire/emergency management, law enforcement, and community colleges. Some of the objectives were:

- For hospitals to demonstrate their ability to deliver appropriate levels of care to all patients as well as to provide no less than 20 percent immediate bed counts within four hours
- For participants to demonstrate coordinated and integrated health care surge operations with mass casualty emergency medical services protocols

Keep up the great work Region V!



*Images: (Top) Victim actors waiting for help. (Center) Unit Administrator Natasha Carter getting wound make-up applied. (Bottom) Prince George's County Emergency Medical Services' vehicles used for the event.*



## Anne Arundel County MRC Training Events

*Contributed by: Jessica Bangel, Anne Arundel County Department of Health*



The Maryland Responds Anne Arundel County Unit recently hosted two Stop-the-Bleed training sessions. The curriculum for this training consisted of approximately 60 minutes of instruction on bleeding control and the use of tourniquets, followed by a hands-on session where participants were able to practice the application of tourniquets and basic bleeding control methods. On March 29, 2018, 15 Maryland Responds volunteers completed the Stop-the-Bleed training at the Anne Arundel County Department of Health. Also in attendance were members of the Riviera Beach Volunteer Fire Department. Each participant received a first aid kit and tourniquet upon completion of the training.

On April 5, 2018, two Maryland Responds volunteers attended a Stop-the-Bleed training at the South County Recreation Center in Harwood, Md. Also in attendance were over 20 participants from various faith-based organizations and members of the Woodland Beach Volunteer Fire Department. In addition to receiving tourniquets upon completion of the class, many in attendance took the extra step to become Stop-the-Bleed instructors, enabling them to further promote this important program.

On May 15, 2018, the Maryland Responds Anne Arundel County Unit, in partnership with the Samaritan Women of Baltimore, hosted a seminar on Human Trafficking at the Anne Arundel County Department of Health in Annapolis, Md. The topics of the seminar included signs of human trafficking, human trafficking and the health care profession, and local case studies. The guest speaker was Meghan Ross, RN, who is the Health Impact Liaison for the Samaritan Women of Baltimore. One of the organizational goals of 2018 is to increase partnerships within the health care profession. Those interested in learning more about the issue of human trafficking can visit: <http://thesamaritanwomen.org/anti-trafficking/domestic-human-trafficking>.

## Find Us On Social Media

*Contributed by: Carin Morrell, Public Information Officer*

Are you following Maryland Responds on social media? Connecting with us on social media is a great way to see what we are working on and to discover helpful preparedness resources!

Find videos, pictures, preparedness tips, and more on our Facebook page and be sure to “Like” us!

Maryland Responds shares a Twitter account with the Maryland Office of Preparedness and Response. When you follow this account, you will have access to preparedness resources and tips shared by Maryland Responds and the Office of Preparedness and Response.

- Facebook: [www.facebook.com/MDResponds](http://www.facebook.com/MDResponds)
- Twitter: [@MarylandOPR](https://twitter.com/MarylandOPR)

Our Maryland Responds website also has lots of great information including what a responder is, how to register and complete your road to readiness, and frequently asked questions. Visit our website at <https://mdr.health.maryland.gov>.

You can also learn more preparedness and response tips from the Office of Preparedness and Response [Facebook](#) and website, <https://preparedness.health.maryland.gov>.



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