

# THE PULSE

Official Newsletter of the Maryland Responds Medical Reserve Corps

WINTER 2018



**MARYLAND  
RESPONDS**  
MEDICAL RESERVE CORPS

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**MARYLAND**  
Department of Health

Office of Preparedness  
and Response



*The Pulse is brought to you by the Maryland Office of Preparedness and Response, Maryland Responds Medical Reserve Corps State Program.*

## WINTER WEATHER TERMS DEFINED

*Contributed by: Lornah Misati and Amanda Driesse*

During the cold winter months, the National Weather Service (NWS) as well as news/weather reporting stations use many terms to describe possible or expected winter weather events. It is important to know the meaning of these terms in order to be prepared. Here are some commonly used terms and definitions:

### WINTER WEATHER ADVISORY

This advisory is issued for any amount of freezing rain, or when two to four inches of snow (alone or in combination with sleet and freezing rain), is expected to cause a significant inconvenience, but not serious enough to warrant a warning.

### WINTER STORM ALERTS

A Winter Storm Watch is issued when there is potential for significant and hazardous winter weather within the next 48 hours. A winter storm watch only means that it is possible this weather will occur; it does not mean it will occur.

A Winter Storm Warning is issued when a significant combination of hazardous winter weather is occurring or will occur.

The significant and hazardous potential weather referenced in winter storm watches and warnings may include:

- Five inches or more of snow/sleet within a 12 hour period or seven inches or more of snow/sleet within a 24 hour period, and/or
- Enough ice accumulation to cause damage to trees or power lines, and/or

- A life threatening or damaging combination of snow and/or ice accumulation with wind.

### WIND CHILL ALERTS

The wind chill is the temperature it "feels like" when you are outside.

A Wind Chill Advisory is issued when wind chills of minus five degrees to minus 19 degrees Fahrenheit are expected east of the Blue Ridge Mountains. It is also issued when wind chills of minus 10 degrees to minus 24 degrees are expected along and west of the Blue Ridge Mountains, including Frederick and Carroll counties in Maryland.

A Wind Chill Warning is issued when wind chills of minus 20 degrees or lower are expected east of the Blue Ridge Mountains. It is also issued when wind chills of minus 25 degrees or lower are expected along and west of the Blue Ridge Mountains, including Frederick and Carroll Counties in Maryland.

These definitions are from the NWS Baltimore/Washington Weather Forecast Office's [website](#). Definitions may vary slightly in snow/ice accumulations or temperatures from other NWS Forecast Offices. Find which forecast [office](#) covers your area.



## INFLUENZA AWARENESS AND PREVENTION

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

Influenza activity continues to increase in the United States according to the Centers for Disease Control and Prevention (CDC). Influenza seasons commonly peak between December and February and have been known to last until May. It is important to understand the danger of this disease and how to prevent it.

### BE AWARE

Thousands of deaths and hundreds of thousands of hospitalizations are caused each year by influenza (flu). The flu is highly contagious and is spread person-to-person through the air or by direct contact with infected people.

### PREVENTION

An annual flu vaccine is the best way to reduce your chances of getting the seasonal flu. The vaccine is recommended for everyone who is six months of age and older. A yearly vaccination is important, as the strain of flu virus changes. Although anyone can get the flu, some people are at a higher risk, such as those 65 years of age or older, people with chronic medical conditions (e.g. asthma, diabetes, or heart disease, etc.), pregnant women, or young children. High risk individuals are especially encouraged to receive a yearly flu vaccine.

In addition to vaccinations, the following steps can prevent the spread of flu.



- Wash your hands often with soap and warm water. Alcohol-based hand rubs can be used if soap and water are not available.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Try to avoid close contact with sick people.
- Avoid touching your eyes, nose and mouth.
- If you feel ill, stay home and seek medical care if necessary.

### KNOW THE SIGNS

There are two major types of influenza: type A has the most severe symptoms; type B causes similar symptoms as A, but is less severe. People with the flu are most contagious in the first three to four days after they feel ill. The signs and symptoms include:

- Fever or feeling feverish/chills
- Cough
- Chills
- Headaches
- Runny or stuffy nose
- Sore throat
- Fatigue (very tired)
- Muscle or body aches
- Vomiting and diarrhea

### SEEK TREATMENT

If you get sick with the flu, stay home and avoid contact with other people unless seeking medical care. Antiviral medications can be prescribed by your doctor and can make illness milder and shorten the time you are sick. It is best to contact your doctor early, especially if you belong to a high-risk category of people or are very sick. The drugs help fight against the flu in your body and should not be used as a substitute for the vaccination.

For general flu information and where to get a flu shot, visit the [CDC](#) and [Maryland Department of Health](#).



## TRAINING NEEDS ASSESSMENT

Contributed by: Amanda Driesse, Maryland Responds State Coordinator

As we look forward to planning State sponsored training for Maryland Responders in 2018, the Maryland Responds State Program would like to better understand the training needs and interests of our Responders. To get a sense of what additional trainings our volunteers would find useful, the State Program has created an anonymous online training needs assessment survey. The survey has several sections that cover questions about:

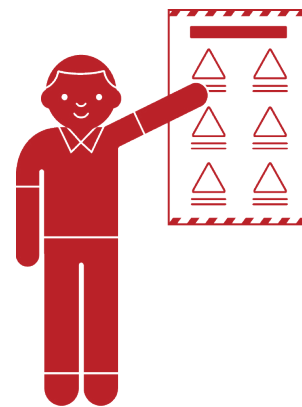
- Deployment training
- Deployment readiness
- Beneficial trainings
- Training logistics

The survey should take between five and 10 minutes to complete. Your answers will assist the State Program with determining what trainings to prioritize this year for our Responders. Thank you in advance for your time and for contributing to the improvement of our training program!

Please complete the survey by March 1, 2018. The survey can be accessed at:

<https://www.surveymonkey.com/r/MDRTNA>.

Trainings we are currently planning to offer regionally this year include CPR/AED/First Aid training and the Maryland Responds In-Class Orientation. Be on the lookout for more information about training dates and locations in the coming months!



## NEW AND IMPROVED PREPAREDNESS WEBSITE

Contributed by: Carin Morrell, Public Information Officer

As 2017 came to a close, the Office of Preparedness and Response (OP&R) unveiled its new and improved website. The redesign project aimed to increase readability and navigation for a public-facing audience. Much of the information is very technical and scientific, but simplified language helps “tell our story” of the important work OP&R does. The redesign also included improved brand consistency for fact sheets and a consistent look-and-feel across all webpages. Check out these other highlights from the website redesign:

- Photos at the top of each page mean improved visual interest;
- Collapsible lists mean less scrolling on long pages;
- New pages, including Reports, Programs, Partners, and Blog.

As the parent office of the Maryland Responds Medical Reserve Corps State Program, we hope you’ll take some time to explore the redesigned website and its exciting new content. Visit [preparedness.health.maryland.gov](http://preparedness.health.maryland.gov) to find emergency preparedness fact sheets in nine languages, new blog stories, in-depth information about OP&R programs, and more!



## DRIVE-THROUGH FLU CLINIC

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

On September 30th, 2017 the Anne Arundel County Department of Health, in partnership with the Annapolis Office of Emergency Management, hosted the 2017 Drive-Through Flu Clinic at the Navy-Marine Corps Memorial Stadium in Annapolis, Maryland. A message was sent to all volunteers in the Maryland Responds Anne Arundel County Unit on August 15, 2017 requesting assistance for the following Flu Clinic jobs: vaccinating children and adults, the medical screening of patient consent forms, assisting with paperwork (scribes), and providing translation services for non-English speaking clients. In 2015, one Anne Arundel County Maryland Responds volunteer assisted with the Drive-Through Flu Clinic, so it was incredibly uplifting that by the day of the event, 11 volunteers showed up to donate their time and expertise to help vaccinate over 700 adults and children.

In addition to the assistance provided during the day of the Flu Clinic, many of the volunteers gave valuable feedback for our after action report by taking the time to complete a Survey Monkey questionnaire. This feedback is crucial to

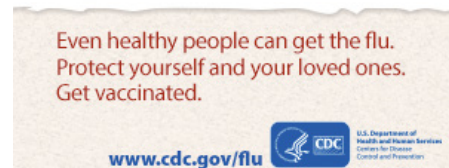
improving the operations of future flu clinics.

In part due to the success of the 2017 Drive-Through Flu Clinic, there is an increased interest in finding more ways to engage our volunteer base. As a result, a survey was sent to the Maryland Responds Anne Arundel County Unit in an effort to measure current volunteer engagement, and in order to prepare for future volunteer opportunities. The majority of the 10 question survey focuses on volunteers' personal topics of interest and availability for future events, training opportunities, and meetings.

Thank you to our wonderful volunteers! With your continued dedication, 2018 will bring more opportunities for volunteer engagement!

### 1. Who needs a flu vaccine?

- a) You
- b) You
- c) You
- d) All of the above



## UNIT MEMBERS' NARCAN TRAINING

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

Narcan (naloxone HCl) is a narcotic blocker and nasal form of naloxone used for the emergency treatment of a suspected or known opioid overdose. Since most overdoses occur in a home setting, the spray was developed for family, friends, caregivers, and first responders to assist in preventing deaths from narcotic overdose.

On Wednesday, November 1, 2017, Charles County Health Officer, Dr. Dianna Abney provided Narcan use training to six members of the Charles County Maryland Responds Unit. It was a great evening for those who were able to attend.



**Above:** Mary Lilly, Linda Jeffries, Sharonne Martin, Leon Hayes Jr., Martha Hemphil-Hidgon, Sheila Tyson.

**Below:** Dianna Abney, MD, and event attendees.



## STOP THE BLEED KIT

*Contributed by: Jerry Truit, Public Health Emergency Coordinator-Cecil County*

Everyone who has a disaster kit probably knows to include a first aid kit. While this is an important item, it may not be enough to assist in some of the emergencies we may face. Why is this? Because we are seeing active shooter incidents happening across the United States more and more frequently.

Active shooter incidents produce combat type wounds and your first aid kit is most likely not capable of being of much assistance for these type of wounds.

With so many domestic active shooter incidents taking place, in October of 2015 the White House launched the "Stop the Bleed" national awareness campaign and a call to action. This campaign seeks to encourage bystanders to become trained and equipped to help in a bleeding emergency before professional help arrives.

As Maryland Responders, we should join in this effort and equip ourselves to take action to save lives during serious blood loss injuries. The Army, whose soldiers experience serious blood loss

wounds from Improvised Explosive Devices (IEDs) in Iraq, developed what is now known as the CAT or Combat Application Tourniquet, which dramatically increased survival rates. Today, each soldier, as well as many police officers, carries a stop the bleed kit which includes this type of tourniquet. Consider the items you will need and the type of situations you expect to be placed in when compiling your kit.

When creating a stop the bleed kit, remember you can always add to it later. It's great to have everything at once but there is nothing wrong with getting the essentials and adding as you go. Learn more at: <https://stopthebleedingcoalition.org>.



**Left:**  
*Combat Application Tourniquet*

## COMMUNITY RESOURCE DAY

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

On October 4, 2017, the Charles County Department of Health participated in the local Community Resource Day. The event offered extensive services to the homeless community in Charles County under one roof. There were 38 providers present, which assisted 195 households (473 individuals) throughout the day.

The health department has been participating in this event from its inception in 2010. The Emergency Preparedness & Response (EP&R) division serves on the planning and logistics team, and called on Maryland Responds Medical Reserve Corps (MDRMRC) members of the Charles County Unit to assist with flu immunizations.

This year, EP&R staff member Cheryl Newton, Registered Nurse, was Medical Operations

manager for the immunization efforts. Cheryl and two MDRMRC members (pictured) Annabelle Montinola (right) and Victoria Thompson (left) administered 79 doses during the event.

Thank you!



## 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 great 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.

Finally, by joining the Maryland Responds [LinkedIn](#) group, you will be able to add your experience to your professional profile and connect with other Maryland Responders!

- Facebook: [www.facebook.com/MDResponds](http://www.facebook.com/MDResponds)
- Twitter: [@MarylandOPR](https://twitter.com/MarylandOPR)
- LinkedIn: <http://bit.ly/MDRlinkedin>

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 about preparedness and response tips from the [Office of Preparedness and Response Facebook](#) page and from their website, <https://preparedness.health.maryland.gov>.

Follow the [Maryland Department of Health](#) on [Facebook](#) and [Twitter](#).



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