



MRC Connection

GREATER PRINCE WILLIAM
MEDICAL RESERVE CORPS

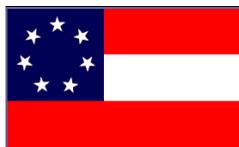
WHAT'S NEW?

- Hurricane Preparedness
- Year In Review
- Volunteer Numbers and Percentages

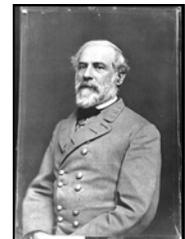
INSIDE THIS ISSUE:

Hurricane Preparedness	1
Hurricane Preparedness	2 & 3
Messages from Bobbi	4
Recent Events	4
Year in Review	5
Contact Info	6
Save the Dates	6
Volunteer Numbers	6

Battle of Bull Run Sesquicentennial Events July 21st-July 24th



General Grant



General Lee

Why are we needed? July 19th thru July 25th, approximately 150,000 visitors will come to Manassas to participate in the Battle of Bull Run reenactment and other events.

What are we doing? Augmenting City of Manassas EMS by staffing first aid tents for 6 Battle of Bull Run events. Medical volunteers will support IV insertion for hydration along with other areas such as lacerations, nose bleeds, tick removal, etc. Non-medical volunteers can assist as aids and logistical support. GPWMRC is the lead, but will be assisted by neighboring MRC units. We need to fill 198 timeslots! Sign up for the Northern Region MRC Battle of Bull Run response team through VVHS!

Upcoming Events

June 18th, 2011—Stonewall Jackson fire and rescue BP screenings

June 26th, 2011—AHA CPR/AED training for healthcare providers.

July 20-24th, 2011 -Civil War Sesquicentennial MD, NP, RN, LPN, and those with first-aid.

STILL NEEDED:

Help in the office doing administrative support and check your VVHS alert for other activities/events/trainings.

Resolve to be Ready in 2011

Get a kit. Make a plan. Stay informed. Ready Virginia



TRAIN Virginia Course ID's

ICS 100.b
(1024627)

ICS 200.b
(1024638)

ICS 700.a
(1016070)

ICS 800.b
(1011882)

ICS 808
(1012892)

DBH
(1024532)

IS 22
(1014732)

Public Health 101
(1000546)

The following information is from **A PREPAREDNESS GUIDE**
U.S. DEPARTMENT OF COMMERCE
National Oceanic and Atmospheric Administration
National Weather Service
Revised March 2011

Thanks to Mike Magner for finding and compiling this and the hurricane preparedness information in this issue and in the recent email.

What to do Before, During, After a Hurricane

Before (Now)-

- ⇒ Check emergency equipment, such as flashlights, generators and battery-powered equipment such as cell phones and your NOAA Weather Radio All Hazards receiver.
- ⇒ Buy food that will keep and store drinking water.
- ⇒ Trim trees and shrubbery so branches don't fly into your home.
- ⇒ Clear clogged rain gutters and downspouts.
- ⇒ Make arrangements for livestock and pets.

In a Hurricane Watch Area-

- ⇒ Frequently listen to radio, TV or NOAA Weather Radio All Hazards for official bulletins of the storm's progress.
- ⇒ Fuel and service family vehicles.
- ⇒ Inspect and secure mobile home tie downs.
- ⇒ Ensure you have extra cash on hand.
- ⇒ Check batteries and stock up on canned food, first aid supplies, drinking water and medications.
- ⇒ Bring in light-weight objects such as garbage cans, garden tools, toys and lawn furniture.

In a Hurricane Warning Area-

- ⇒ Continue monitor radio, TV or NOAA Weather, Radio All Hazards for official bulletins.
- ⇒ Follow instructions issued by local officials.
- ⇒ DO NOT stay in a mobile or manufactured home.
- ⇒ Take pets with you and notify neighbors and a family member outside of the warned area of your evacuation plans. Pet friendly motels can be found on the internet.

If Winds Become Strong-

- ⇒ Stay away from windows and doors. If you are in a two-story house, go to an interior first floor room. Close all interior doors.
- ⇒ If you are in a multi-story building and away from water, go to the 1st or 2nd floor and stay in the halls or other interior rooms away from windows.

Be Alert For...

- ⇒ Tornadoes— they are often spawned by hurricanes.
- ⇒ The calm “eye” of the storm—it may seem like the storm is over, but after the eye passes, the winds will change direction and quickly return to hurricane force.

Hurricane Preparedness Month

After the Storm

- ⇒ Keep listening to radio, TV or NOAA Weather Radio All Hazards.
- ⇒ Watch for closed roads. If you come upon a flooded road turn around. Don't try to drive through flooded areas.
- ⇒ Stay on firm, dry ground. Moving water only 6 inches deep can sweep you off your feet. Standing water may be electrically charged from power lines.
- ⇒ If using a generator, avoid carbon monoxide poisoning by following the manufacturer's instructions.
- ⇒ Avoid weakened bridges and washed out roads.
- ⇒ Use a flashlight to inspect damage. Never use candles and other open flames indoors.
- ⇒ Avoid electrocution by not walking in areas with downed power lines.

Family Emergency Plan

Gather information about hazards. Google PWCAN (Prince William Community Alert Network). Assess your risks and identify ways to make your home and property more secure.

Meet with your family to create an emergency plan. Pick two places to meet: a spot outside your home for an emergency, such as fire, and a place away from your neighborhood in case you can't return home. Choose an out of state friend as your family's point of contact for everyone to call if the family gets separated. Discuss what you would do if advised to evacuate.

Implement your plan.

1. Post emergency telephone numbers by the phone.
2. Install safety features in your house, such as smoke alarms and fire extinguishers.
3. Inspect your home for items that can move, fall, break or catch fire and correct them.
4. Have your family learn basic safety measures, such as CPR and first aid, how to use a fire extinguisher, and how and when to turn off water, gas and electricity in your home.
5. Teach children how and when to call 911 or your local emergency number.
6. Keep enough supplies in your home for at least 3 days. Assemble an emergency supplies kit. Store these supplies in sturdy, easy-to-carry containers, such as backpacks or duffle bags. Keep important documents in a waterproof container. Keep a smaller emergency supplies kit in the trunk of your car.

Practice and maintain your plan. Ensure your family knows meeting places, phone numbers and safety rules. Conduct drills. Test your smoke detectors and NWR monthly and change the batteries at least once each year. Test and recharge your fire extinguisher(s) according to manufacturer's instructions. Replace stored water and food every 6 months.

An Emergency Supplies Kit Should Include:

- ⇒ At least a 3-day supply of water (one gallon/person/day)
- ⇒ At least a 3-day supply of non-perishable food
- ⇒ At least, one change of clothing and shoes per person
- ⇒ One blanket or sleeping bag per person
- ⇒ First-aid kit
- ⇒ Battery-powered NWR and a portable radio, extra batteries
- ⇒ Emergency tools
- ⇒ Flashlight, extra batteries

- ⇒ Extra set of car keys
- ⇒ Credit card and cash
- ⇒ Special items for infant, elderly or disabled family members
- ⇒ Prescription and non-prescription medicines



**TRAIN Virginia
Course ID's**

**ICS 100.b
(1024627)**

**ICS 200.b
(1024638)**

**ICS 700.a
(1016070)**

**ICS 800.b
(1011882)**

**ICS 808
(1012892)**

**DBH
(1024532)**

**IS 22
(1014732)**

**Public Health 101
(1000546)**

Messages from Bobbi

Please remember to show up for an event if you register. For some reason lately there have been quite a few no shows. If you indicate availability in VVHS, you can go back and then click unavailable and it will take you off of the roster.

Thank you for keeping in touch with me through email. However, if you don't get a response within 48 hours, please resend your email. Due to the large volume of incoming email, please be patient with me.

MCM Irish Sprint



Volunteer administering First Aid

**Recent
MRC
Events**



Cougar Elementary Literacy 5k Walk-Run

KUDOS!!

THANKS FROM OUR LEADER, BOBBI

The March 14 Exercise successfully coordinated multiple organizations in distributing “antibiotics” to 361 heads of household.

97 volunteers from Greater Prince William MRC, Arlington MRC, Loudon MRC, Rap Rap MRC, Volunteer Prince William and community members (not affiliated) helped with the Exercise.

THANKS TO ALL FOR HELPING TO MAKE THIS A SUCCESS!

KUDOS from [Karen Remley](#) the state health commissioner to PWMRC for helping with the Dispensing Exercise

And from the local press: [“Prince William Mounts Successful Mass Dispensing Exercise”](#)

And from the local press: “Prince William Mounts Successful Mass Dispensing Exercise”

On March 14, the Prince William Health District (PWHD) joined with a number of community and jurisdictional partners to practice its emergency dispensing plan at Round Elementary School in Manassas. The dispensing plan provides a framework for delivering medications to the entire population of Prince William County and the cities of Manassas and Manassas Park within 48 hours of a known disease outbreak or bioterrorism attack. This exercise tested the number of people that could be processed through a dispensing site in an hour. More than 360 people went through the dispensing site, picking up simulated “Cougar” and “doxy,” as they might be required to do in a real emergency.



THANKS FROM THE MARINES

Dear Bobbi,

On behalf of the staff and all the participants of the Irish Sprint, I would like to express gratitude and appreciation for your individual contribution to the success of this event. Thanks to your selfless volunteering of time and effort to provide medical assistance, the event was conducted seamlessly and with great success.

Your dedication to the MCM Event Series is greatly appreciated. As a returning volunteer, you have shown yourself to be quite dependable and are a great asset to the medical team. We look forward to seeing you at our future events.

The Irish Sprint is important to the military and civilian communities surrounding Marine Corps Base Quantico and nationwide as 21 states were represented by the participants. With your assistance, the Marine Corps Marathon was able to function with the customary precision and efficiency expected of the United States Marine Corps. Your honorable assistance is in keeping with the highest traditions of the United States Marine Corps.

Semper Fidelis,
R. G. Nealis
Director, Marine Corps Marathon



It's Back—Hurricane Season that is.

Virginia's Hurricane Preparedness Sales Tax Holiday runs from [May 25-31](#).

Hurricane season preparedness

Rainfall- Tropical cyclones often produce widespread, torrential rains in excess of 6 inches, which may result in deadly and destructive floods. In fact, **flooding is the major threat from tropical cyclones for people living inland.** Flash flooding, defined as a rapid rise in water levels, can occur quickly due to intense rainfall. Longer term flooding on rivers and streams can persist for several days after the storm.

Winds- Hurricane-force winds, 74 mph or more, can destroy buildings and mobile homes. **Debris, such as signs, roofing material, siding and small items left outside become flying missiles during hurricanes.** Winds can stay above hurricane strength well inland. In 2004, Hurricane Charley made landfall at Punta Gorda on the southwest Florida coast and produced major damage well inland across central Florida with gusts of more than 100 mph.

Tornadoes- Hurricanes and tropical storms can also produce tornadoes. These tornadoes most often occur in thunderstorms embedded in rain bands well away from the center of the hurricane; however, they can also occur near the eyewall. Usually, tornadoes produced by tropical cyclones are relatively weak and short-lived, but they still pose a significant threat..

A Special thank you to the following volunteers for support during events and going out of your way to assist the coordinator:

Maggie Hall
Valerie Cyrus
Blake Leggett
Nancy Neeper
Ralph Neeper
Christina Holcomb
Kathy Cobb
Elizabeth Koren

Contact Information

facebook

Unit Coordinator: Bobbi Steneck
Address: 8470 Kao Circle, Manassas VA 20110
Main: (703) 792-7341
Cell: (703) 675-9588
Fax: (703) 257-5138
Coordinator Email: bobbi.steneck@vdh.virginia.gov
Unit Email: princewilliammrc@vdh.virginia.gov
Website: www.vdh.virginia.gov/mrc/princewilliammrc

Have any suggestions for the newsletter? What would you like to see or what would be helpful?
Send suggestions to
bobbi.steneck@vdh.virginia.gov