



Wal-Mart a Generous Neighbor

Richard Bradie

Thanks to the Wal-Mart foundation and Store #2136, the Rappahannock-Rapidan Medical Reserve Corps was the recipient of a check for \$250. This generous donation was a result of one of our own, whose volunteer efforts fit in with Wal-Mart's Volunteerism Always Pays (VAP) Program.

Deborah Baker, one of Wal-Mart's team leaders, took part in the VAP program. Volunteers must complete at least 25 hours of uncompensated volunteer service for one organization within the 6 month period. Debbie volunteered 27.5 hours in three areas: RRMRC Training Classes, Community Health Fairs and Presentations, and office assistance. Many thanks to Wal-Mart and to Debbie for her generous giving of her time. The proceeds for the donation will be used for training, presentations, and supplies.



Assistant Manager Matthew Shelton (L) looks on as RRMRC Volunteer Debbie Baker (R) presents check to RRMRC coordinator, Claudia Vento

Adults Need Vaccinations Too!

Jo Bond, Immunization Nurse

Are your vaccinations up-to-date? Was your last tetanus shot a "long time ago"? Do you work outside in your garden? Are you a healthcare worker (HCW) or volunteer? Do you like to travel? Have you had chickenpox? If you answered yes to any of these questions you should continue reading.

Tetanus is caused by an exotoxin (poison) produced by the bacterium *Clostridium tetani*. *C. tetani* spores may be found in the soil and intestines and feces of animals. Manure treated soil may contain large numbers of spores. Tetanus causes severe, painful muscle spasms and "lockjaw". Three out of ten persons who get tetanus die from the disease. Adult tetanus vaccinations are given every 10 years as *Td*, or as *Tdap*. *Tdap* contains pertussis (whooping cough) vaccine, in addition to tetanus vaccine. A *Tdap* should replace one of the tetanus boosters if you are 64 years of age or younger. All Health Care Workers under the age of 64 should consider a *Tdap* booster to prevent transmission of whooping cough to their patients.

Hepatitis B is a viral infection of the liver. Each year 1,000-1,500 people die in the U. S. of

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POD GAME

Thomas Holbach, RRMRC Leadership Team

My name is Tom. I'm an MRC Volunteer. If you are like me, you have been to the training sessions and have acquired the basic skills for responding to a public health emergency. Principal among these would be a biological threat or epidemic where MRC volunteers join with Public Health professionals to provide medications or vaccinations in a mass point of dispensing clinic. A POD, for short.

With apologies to Conrad Hilton; there are three secrets to success in emergency preparedness: training, training, and training. But how do you train for something like working in a POD? I have read the job action sheets, participated in some live exercises, walked through job assignments in table-top drills, all in the name of trying to get some of that knowledge that comes from practice. Intellectually, I get it.

This is serious business. When and if the time ever comes, I may be sitting behind a table, looking at forms, reviewing them for the correct information while a line of nervous and scared people wait anxiously. This isn't a game like baseball. I can't go to the batting cage and spend some time swatting at fast balls, trying to develop that response that comes from lots of practice.

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Adults Need

Vaccinations Too!

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hepatitis B related liver cancer. Hepatitis B is transmitted through blood and body fluids. All HCW should receive the hepatitis B vaccine series, and all other adults wishing to obtain immunity against hepatitis B infection should be vaccinated.

Influenza is a viral infection and causes over 36,000 deaths each year in the United States. Anyone with chronic medical conditions, Health Care Workers, pregnant women, caregivers of infants and young children, and all others wishing to prevent influenza should be vaccinated **every** fall.

Pneumonia is a bacterial infection. A vaccine is available to prevent the disease and is recommended for all adults 65 years of age and older. It is also recommended for some individuals younger than 65 with certain chronic medical conditions. A one-time revaccination should be considered if the person was under the age of 65 at the time of vaccination and if 5 years have elapsed since vaccination

Shingles is caused by the varicella zoster virus (VZV), which is the same virus that causes chickenpox. A painful skin rash is the primary symptom. After a person has chickenpox the virus stays in the body and can reappear later causing shingles. A single dose of shingles vaccine has been approved for adults over age 60 who have had chickenpox.

All adults should be immune to **measles, mumps, rubella (German measles), and varicella (chickenpox)**. If uncertain of your immune status for these diseases a blood titer may be drawn or vaccines administered.

Recommended travel vaccines vary depending on your destination. Make sure all of your childhood vaccinations and adult boosters are up-to-date prior to travel. Then check with your local health department, or medical provider, for foreign travel vaccines, including hepatitis A, and typhoid.

Just like children, adults need shots to prevent disease and stay healthy! Check with your local health department, or medical provider, today and schedule an appointment to review your immunization history for recommendations. No person should die of a vaccine-preventable disease. For additional information, please visit these websites:

www.immunize.org/catg.d/p2011.pdf

www.cdc.gov/vaccines/recs/schedules/downloads/adult/07-08/adult-schedule-11x17.pdf



Do you have a plan?

The POD Game

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Actually, I discovered that I can. The Chicago Department of Public Health and the University of Illinois at Chicago School of Public Health Center for the Advancement of Distance Education (CADE) in cooperation with the CDC have developed an online Dispensing Center simulation called The POD Game.

In the POD Game, players assume various roles and work to answer challenges from the public while keeping the flow of people moving as quickly as possible. As their intro says, "You are about to be transported into the middle of a drug dispensing center with all the distractions of a frightened and confused public. The scenario is a dispensing site following an Anthrax related event. The game lets you take on one of three roles (Medical Screener, Forms Reviewer or Medical Dispenser).

I started with Forms Reviewer, how hard can that be? On the left of the screen is my "line queue" that shows how many people are waiting for me. There is a timer counting down the session, buttons to call for help from the Medical Screening Leader, Logistics and Security. Symbols show the levels of my supplies. You have to monitor these and call for refills before you run out. Most important is the rate meter that shows how fast (and accurate) I need to be. The goal is set at 1200 people an hour. During the game, you will receive video challenges from members of the public in your line. Wait you say, "I have 3 seconds to review a form, make a decision and someone may be asking me questions"? Yeah, pretty much.

Fair warning, there is a bit more to the position than just review and direct. You may need to correct the form, create the labels they take to dispensing, etc. All things that you spend the first several sessions learning how to do. Did I mention the pop quizzes? Occasionally, a window will pop-up with a short multiple choice question. Just to make it interesting.

Wisely, they have a demo session, 19 people in 15 minutes. Start there. Plan on spending time learning where on the screen you need to go to respond to the scenarios. I recommend playing and remember to approach it with a sense of fun because this time it's only a game.

The POD Game may be found on-line at <http://www.thepodgame.com/> or through the MRC Training site at <https://www.mrc.train.org> Course Description: The POD Game Course ID: 1010523.

Contact Information

RRMRC Volunteer Coordinator: Claudia Vento

Phone: 540.829.7350

Fax: 540.829.7345

Email: RRMRC@vdh.virginia.gov

Website: rrmrc.vdh.virginia.gov

Flu Drive-Through

The Rappahannock-Rapidan Health District is asking residents of Culpeper, Fauquier, Madison, Orange and Rappahannock counties to roll down their car windows and roll up their sleeves for an emergency preparedness drill that will test the efficiency of mass drive-through vaccinations. Participants will receive a free flu shot.

Two drive-through clinics will be held on Monday, November 3rd. Free vaccine will be available at Booster Park in Orange County from 9 a.m. to 1 p.m. and at Lord Fairfax Community College in Fauquier County from 2 p.m. to 6 p.m. or until all flu shots are dispensed. Those receiving shots must be 18 years of age or older.

“The drill will involve health department staff and Medical Reserve Corps (MRC) volunteers administering flu vaccine to adults through their car windows”, said Kathy Hatter, District Emergency Planner for the Rappahannock-Rapidan Health District. The first 400 people to enter the drive-through clinic at each location will receive a free flu shot. Residents of any county over the age of 18 can pull into the drive-through, fill out a consent form while waiting and receive a flu shot in the arm. Consent forms can be printed and filled out ahead of time by going to the health district website at <http://www.vdh.virginia.gov/LHD/RappahannockRapidan>.

The goal is to give 800 total flu shots in two locations on the same day. The clinics will simulate a mass vaccination that could occur in the event of a bioterrorism attack or naturally-caused outbreak. "We encourage people to come out for a flu shot," Hatter said. "We want this to be a test of our ability to give a large quantity of immunizations quickly." The drill will include about 40 MRC volunteers, with the remainder being health department personnel.

“A flu shot for an uninsured patient normally costs about \$30”, said Dr. Dana Bradshaw, District Health Director for the Rappahannock-Rapidan Health District. “This is an opportunity for individuals who may not be able to afford a flu shot to be protected against influenza this coming season.”

Each year, about 200,000 people are hospitalized and 36,000 people die from the flu nationwide, according to the Centers for Disease Control and Prevention. The best way to be protected against getting the flu is to receive a flu shot sometime during October or November; however the shot can still be effective in December or later. Flu season generally runs from November through March.

MRC Volunteers: Please send an e-mail to rrmrc@vdh.virginia.gov OR call 540-829-7350 x132 to sign up to work at the Drive Through Flu Exercise!

Orange County Shifts:

Early Set-up - 7:00 to 10:00 AM
Shift 1 - 7:45 to 11:00 AM
Shift 2 - 10:45 AM to 2:00 PM

Fauquier County Shifts:

Early Set-up - 12:00 to 3:00 PM
Shift 1 - 12:45 to 4:00 PM
Shift 2 - 3:45 PM to 7:00 PM

Positions Needed:

Dispensing Site Directors
Greeting/Exit Clerical
After Vaccination Area

Staff Check-in
Interpreters
Traffic Control

Nurses
Floaters



Do You Have Your Go-Kit?

QUIZ

1. Why should you receive a shingles vaccination?
2. How often should you receive a Td booster? When was your last Td booster?
3. What is the recommended age to receive the pneumonia vaccine?
4. What is a POD? Do you know what position you would fill?

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Future Newsletters and email



Have you received the emails the RRMRC has sent out since June? If not it may be because the Virginia Health Department email system has changed and your server may not be accepting RRMRC emails. Please make sure you enter these two addresses into your address book:

Name	email address
rrmrc-vdh	rrmrc@vdh.virginia.gov
Claudia Vento (VDH)	Claudia.Vento@vdh.virginia.gov

Please send your email address to RRMRC@vdh.virginia.gov.

Your email address is important to the RRMRC. Besides sending out emails for trainings and drills, the RRMRC newsletter will be sent by email and posted on the RRMRC website on the publication page starting with the next issue. This will save postage and printing costs which will allow us to send our newsletter more frequently.

The volunteers who do not have email will still receive newsletters through postal mail, and will also be notified of trainings through the OneCallNow phone notification system on a monthly basis.

FOOD LION: A HELPING NEIGHBOR

Richard Bradie

Food Lion has initiated a program called "Food Lion's Shop and Share". It is an easy and convenient method of raising money for local non-profit groups. Each time an enrolled participant shops at Food Lion using an MVP card, a portion of the total grocery purchase will be donated to a specified not-for-profit organization. Food Lion realizes the importance of being involved in its local community. The Food Lion program enables communities and non-profit groups to grow and prosper.

The Rappahannock Rapidan Medical Reserve Corps will benefit from this program when you register and shop at Food Lion stores. Organizations must have at least 25 cards linked in order to participate. Once 25 cards are linked the organization will be eligible to participate in the next quarter.

Please send your Food Lion card number to RRMRC, 640 Laurel St, Culpeper, VA 22701 or email it to rrmrc@vdh.virginia.gov.

Help the RRMRC Spread the Word on All-Hazards Preparedness!

Hurricane season lasts until November 1st, then comes ice and snow. There are many reasons to be prepared; each season brings its own set of hazards to prepare for.

The RRMRC provides presentations in the Rappahannock-Rapidan Health District on All Hazards Preparedness and Pandemic Influenza. If you belong to or know of a business, church or organization who would like to learn how to be prepared, call 540-829-7359x132 to arrange for a presentation.



An example of a Go Kit displayed during a presentation on All-Hazards and Pandemic Flu Preparedness.

RRMRC.vdh.virginia.gov

Your RRMRC Website

Don't be surprised when you check the RRMRC website after the first of the year. The look will be different, but the information will be the same.

Answers to Quiz on Page 2

- Question 1 If you are over 60 and have had chickenpox, you may get shingles. Consult your doctor about the shingles vaccine.
- Question 2 You should receive a tetanus booster every 10 years. Pneumonia Vaccine should be given to people age 65 or older, or earlier if they have a medical condition.
- Question 4 A POD is a Point of Dispensing, or as the RRMRC refers to it, a Dispensing Site. Your primary and secondary positions are listed on the personnel report you received last January. Remember your position could change as the need arises.

Get on board TRAIN Virginia

Do you want to be more involved with the RRMRC? Are you having trouble finding time to attend the local trainings?

TRAIN Virginia is the place to register and track all of your trainings.

Get on board TRAIN Virginia to:

- ◆ Track your training (transcripts)
- ◆ Use Discussion Boards
- ◆ Use Quiz functions

How to access TRAIN Virginia

- ◆ Use Internet Explorer Browser. Type **https://va.train.org/DesktopShell.aspx** into the address line and hit enter
- ◆ To Create an Account follow the directions on the screen. **Say yes** when it asks if you are a member of an MRC. If you have already created an account and don't remember the Login Name or Password **DO NOT CREATE ANOTHER ACCOUNT** contact Robert.Bradley@vdh.virginia.gov.
- ◆ To Search for a course: Go to Keyword Search and enter the course you would like to take, or use a Course ID number.
- ◆ After registering for a course you can either:
 - > Check completed when you finish the course
 - > Check withdraw if you do not want to take it
 - > Archive the course
 - > Add non-TRAIN courses to transcript

For further information you can go to the TRAIN Quick Reference Guide at:

<http://www.vdh.virginia.gov/EPR/Word/TrainQuickRefv5.doc>

Have You Planned at Least Two Evacuation Routes Out of the Area?



RRMRC Leadership Team

The RRMRC Leadership Team trains for 3 hours on a Saturday morning quarterly. Each training starts with a staff check-in drill. After the drill we evaluate the drill and suggestions are made to refine the process.

During these trainings the Leadership Team has:

- reviewed the smallpox drill and made suggestions for changes in the process
- reviewed the staff check-in procedure
- held a mini drill to test the changes
- reviewed the job action sheets for management positions
- completed Incident Command System trainings

Members of the RRMRC Leadership Team could fill the following Dispensing Site positions:

- Dispensing Site Director
- Administrative Manager
- Logistics Manager
- Medical Operations Manager
- Medical Screening Leader Sick and Well
- Dispensing Vaccination Leader
- Communication Leader
- Staff Check-in

Congratulations to the following Leadership Team members who have **completed IS100, IS200 and IS700**:

Michael Arnold	Pat Arnold
Ellen Berg	Becky Bohler
Rose Bowman	Sandra Clatterbuck
Valarie Diamond	Catherine Finke
Charles Finke	Susan Frech
Ron Higgins	Trish Higgins
Tom Holbach	Gordon Meriwether
Dorothy Seibert	Martha Stanley
Jack Thompson	Marie Thompson
Amy Utley	Richard Vento
Mary Walter	Jerry Wood
Karen Woods	

Congratulations to the following Leadership Team members who have **completed IS800**:

Ellen Berg	Tom Holbach
Dorothy Seibert	Jack Thompson
Amy Utley	

2008 RRMRC Training Calendar

Revised 10/22//08

Training Course	Date / Time	Place	Instructor
Psychological First Aid <i>Core Training Competency</i>	Friday October 31 12:00 pm - 4:00 pm	Community Services Board	Beth Nelson Disaster Preparedness and Response Director, Office of Planning and Development
Psychological First Aid <i>Core Training Competency</i>	Saturday November 1 9:00 am - 1:00 pm	Community Services Board	Beth Nelson Disaster Preparedness and Response Director, Office of Planning and Development
Hands on Fire Extinguisher Training	Saturday November 8, 2008 9:00 am - 12:30 pm	Salem Fire Department	Robert W. "Wayne" Green Training Coordinator Culpeper Office of Emergency Services
Orientation <i>Core Training Competency</i>	Monday November 10, 2008 6:00 - 7:15 pm	Culpeper County Health Department	Claudia Vento RRMRC Volunteer Coordinator
Biological Agents Category A <i>Core Training Competency</i>	Monday November 10, 2008 7:15 - 9:00 pm	Culpeper County Health Department	Richard Vento MT-ASCP
IS100 and IS700 Overview <i>Core Training Competency</i>	Tuesday December 2 9:00 am - 12:00 pm	Culpeper County Health Department	Kathy Hatter, Emergency Planner

REMINDER:

Please fax or mail a photo-copy of your medical license and driver's license every time it is renewed.

In case of inclement weather, please call 540-829-7350 x132 two hours before class.

Culpeper County Health Dept, 640 Laurel St, Culpeper

Fauquier Health Dept, 320 Hospital Drive, Warrenton

Community Services Board, 15361 Bradford Rd, Culpeper

Salem Fire Department, 13428 Scotts Mill Road, Culpeper



Have you attended at least one training (online or in person) this year? If not, there are still 6 more trainings you can choose from. Remember Psychological First Aid is a competency and only offered once a year.



Have You Received Your New RRMRC Badge?

Do you know where your badge is? Could you find it in an emergency? Remember you will need your badge to be able to enter a dispensing site in an emergency.

In March the RRMRC started issuing new badges to all volunteers. The new badge has a different layout, colors, and your new picture with a blue background. The new badge also identifies RRMRC volunteers who are on teams.

If you are planning on attending one of the trainings this fall and you do not have your new badge your picture will be taken, and the badge issued at that time. Otherwise, please call or email Claudia to set up a time to get your picture taken and receive your new badge.

Virginia Volunteer Health System

The RRMRC has joined the VVHS (Virginia Volunteer Health System), a state internet registry for all the Medical Reserve Corps in the state.

VVHS is where:

- > People who want to join the Rappahannock-Rapidan Medical Reserve Corps go to register.
- > You have your own password.
- > Current volunteers check their files and can make necessary changes to their address, phone etc.
- > Only three people will have access to this information for the purpose of your volunteer role: Claudia Vento, RRMRC Volunteer Coordinator, Kathy Hatter, RRHD Emergency Planner, and Jennifer Freeland, State Volunteer Coordinator.
- > There will be secure page for information such as the Operation and Management Manual, etc.

Before the end of this year all current RRMRC volunteers, as a formality, will be receiving an email from the VVHS saying they are approved to volunteer. All new volunteers will receive this message once they are approved by the RRMRC coordinator. This will be your key to access your file.

The next step is to use the password provided to enter VVHS and create your own password. Please correct any information in your file that you feel should be changed. You will be able to re-enter your personal record in the VVHS with your password and update it as needed. Remember we will use this information to contact you in an emergency. We will also use it to inform you of upcoming RRMRC activities. The VVHS alerting system will contact you by recorded messages and email.

There are plans to have VVHS connected to the TRAIN Virginia site. You will be able to keep track of your trainings on this site. Until that time they are listed in the comments section of your personal record.

How Does VVHS Effect RRMRC Volunteers Who Do Not Have Internet and email?

RRMRC Volunteers without access to the internet and email have also had your personal information entered into VVHS. Claudia will continue to make the changes in the VVHS when you mail, fax, or phone-in the necessary changes. It is very important that you keep your contact information current.

In an emergency you will be contacted using the VVHS alerting system via a recorded message similar to the OneCallNow phone system we currently use.

Please call Claudia at 540-829-7350x132 with any questions.

Wow! January 24 - October 22, 2008 **Wow!**

Thank You

Office, Training and Community Fair Assistants:

Debbie Baker	Kathleen Bradie
Richard Bradie	Ellen Berg
Kimberly Johnson-Smith	Kathleen Seeber

All Volunteers who help with clean-up after trainings

Instructors

Major Russell Lane	Wayne Green
April Achter	Angela Armstrong
Jo Bond	Mary K Collins
Kathy Hatter	Thomas Holbach
Martha Neff-Smith	Richard Vento

Awards Presented

The following volunteers attended 4 trainings, drills, or events and earned a **Medical Reserve Corps pin**.

Delma Bagley	Holly Brim
Thomas Brissette	Amy Brubaker
John Greenaway	Carolyn Klose
Mary Kobman	Edna Mason
Gordon Meriwether	Martha Stanley
Mary Walter	



The following volunteers attended 8 trainings, drills, or events and earned a **RRMRC Flashlight**.

Becky Bohler	Kathleen Bradie
Richard Bradie	Les Brim
Amy Brubaker	Sharon Cave
Mary Kobman	Edna Mason
Demaris Miller	Gordon Meriwether
Jeanne Nixon	Martha Stanley
Mary Walter	Rosemary Wlaschin



The following volunteers attended 12 trainings, drills, or events and earned a **RRMRC First Aid Kit**.

Michael Arnold	Pat Arnold
Deborah Baker	Becky Bohler
Rose Bowman	Kathleen Bradie
Richard Bradie	Ron Higgins
Mary Kobman	Edna Mason
Demaris Miller	Benda Notokoesoemo
Carole Nowak	Jim Smith
Martha Stanley	Mary Walter





640 Laurel St
 Culpeper Virginia 22701
 Web address: <http://rrmrc.vdh.virginia.gov>

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DATES TO REMEMBER

- Friday, October 31 12:00 pm-4:00 pm
 Training Topic: Psychological First Aid
- Saturday, November 1 9:00 am-1:00 pm
 Training Topic: Psychological First Aid
- Monday, November 3 All Day
 Drive-Through Exercise - FREE Flu Shots
- Saturday, November 8 9:00 am-12:30 pm
 Training Topic: Fire Extinguisher Training
- Monday, November 10 6:00 pm-7:15 pm
 Training Topic: Orientation
- Monday, November 10 7:15 pm-9:00 pm
 Training Topic: Biological Agents
- Tuesday, December 2 9:00 am-12:00 pm
 Training Topic: IS100 & IS700 Overview
- Thursday, January 15 6:00 pm-7:15 pm
 Training Topic: Orientation
- Thursday, January 15 7:15 pm-9:00 pm
 Training Topic: Biological Agents

Vision
 Volunteers
 Protecting Local
 Public Health

Mission
 To serve the counties of
 Culpeper, Fauquier,
 Madison, Orange and
 Rappahannock by
 establishing teams of
 volunteers to strengthen
 the public health
 infrastructure and
 improve Emergency
 Preparedness
 and Response.

Volunteers Protecting Local Public Health