



RRMRC Volunteers - Are You Ready for a Drill or Event?

If you were activated today would you have everything ready to respond?

- Do you have your family's go kit ready or are there enough supplies in the house to leave them for 72 hours?
- Do you know where your equipment bag with your t-shirt, ID badge and arm ID badge holder is?
- Do you have your go kit ready with items you would need for 72 hours?
- Do you have another picture ID with you?
- Do you have up-to-date photo-copies of your medical professional license already placed in your Arm ID badge holder?
- Is all your paperwork up-to-date?
- Have you read your Operation and Management Manual?
- Is your **tetanus** shot up-to-date? Adults should have a tetanus/diphtheria booster every 10 years.

COMMUNICATION

When was the last time you received an email from the RRMRC? Did you receive the drill email on October 31? Emails are sent out on an average of two or three times per month. If you are not receiving them:

- Check to see if they are being blocked by your spam filters.
- Did you add the RRMRC – Rappahannock-Rapidan Medical Reserve Corps to your email address book.
- Did you notify the office of changes to your email address?

Is your email accessible from your home? If not, please notify the office so we can add you to the first contact phone list. List the phone numbers in the order you want them called.

First Contact Phone list:

This is the list of volunteers who do not have email at home or only have access at a place other than home.

Process for notification if there is a drill or an event:

Emails will be sent out by the RRMRC Volunteer Coordinator to all volunteers. The RRMRC Volunteer Coordinator will contact the Volunteer Registrars, who will call the RRMRC volunteers on the First Contact Phone list. The Registrars will then start calling the volunteers who were emailed.

Event only:

The RRMRC volunteers will also be notified by radio stations WCVA/WCUL, WJMA, WLSA, WTOP, TV Channels: Culpeper 21, Charlottesville 29, Orange 3 and Fauquier County Cable.

DRILL

Thank you for reserving the week of October 23 through 30 for the State's Pandemic Flu drill. This drill was predominately a communications drill on October 23rd and 24th. In our Health district the health department, both hospitals and two county Emergency Operations Centers participated.

The RRMRC drill was also focused on communications. The drill started with a call down for the epidemiology 201 volunteers on October 24. Then on October 31, emails were sent and the first call list was contacted by the Volunteer Registrars. The volunteers on the email list were not called by phone. The response was good-approximately 65%. The drill proves the need for every volunteer to be called as well as emailed. The response times were anywhere from 15 minutes to 24 hours.

SPRING DRILL

On a Friday evening and Saturday morning sometime next spring the RRMRC volunteers will be asked to participate in a mock drill. Your families are invited to participate as patients and join us for the hotwash during lunch. More information and a date will be coming soon.

Personal Preparedness is A Personal Responsibility

Flu and You ... What To Do

The Rappahannock-Rapidan Health District and the Virginia Department of Health recommend the following precautions to prevent flu and other respiratory illnesses:

- **Wash hands with soap and water for 20 seconds. Make sure to wash between your fingers as well as the back and front of your hands**
- **Wash your hands** more frequently than usual.
- Use an antibiotic gel when unable to wash your hands with soap and water.
- Get plenty of sleep and eat well-balanced meals.
- Avoid close contact with people who are sick. Preferably be 3 feet away.
- If you become ill with flu, **stay home**. You may be contagious for up to five days. If your **children become ill, keep them home** from school or daycare where they can spread the germs to others.
- **Cover your cough or sneeze** by coughing or sneezing directly into the triangle of your elbow or into your shoulder, preferably where there is clothing.
- **Do Not** use the back or front of your hand to cover your cough or sneeze. You will pass on your germs. After coughing or sneezing, **wash your hands with soap and water**.
- If you use a tissue throw that tissue away after one use and **wash your hands**.
- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.
- Remember, antibiotics do not cure flu.

In general, anyone who wants to reduce their chances of getting the flu can get vaccinated. However, it is recommended by the Advisory Committee on Immunization

Keep Us Informed!

New home address? Updated professional license?
New phone number? Updated drivers license?
New email address? Updated CPR, or first aid cards?

Please make sure we have the correct information on file.

QUARTERLY QUIZ

1. What is the most important thing to do during Flu season and anytime?
2. How do you cover your cough or sneeze?
3. Where should you be when you are sick?
4. Who should get vaccinated for the flu?

Want to Join or Learn More?

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

Practices (ACIP) that certain people should get vaccinated each year. They are either people who are at high risk of having serious flu complications or people who live with or care for those at high risk for serious complications. During flu seasons when vaccine supplies are limited or delayed, ACIP makes recommendations regarding priority groups for vaccination.

People who should get vaccinated each year are:
Those at high risk for complications from the flu, including:

- Children aged 6–59 months
- Pregnant women
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long term care facilities

Those who live with or care for those at high risk for complications from flu should be vaccinated each year including:

- Household contacts of persons at high risk for complications from the flu (see above)
- Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)

Tdap Vaccine (Tetanus, Diphtheria, acellular Pertussis)

The following provisional recommendations for a single dose of Tdap (ADACEL) apply to adults 19-64 years of age who have not received Tdap previously.

ROUTINE: Adults should receive a single dose of Tdap to replace a single dose of Td for booster immunizations against tetanus, diphtheria, and pertussis if they received the last dose of tetanus-containing vaccine (e.g., Td) more than 10 years earlier.

SHORTER INTERVAL between Td and Tdap: Adults who have or who anticipate having close contact with an infant less than 12 mos. of age should receive a single dose of Tdap. An interval of 2 yrs or more since the last dose of tetanus-containing vaccine is suggested. Healthcare workers who have direct patient contact should receive a single dose of Tdap as soon as feasible if they have not previously received Tdap. Priority should be given to vaccination of health-care workers with direct contact with infants aged less than 12 mos. An interval as short as 2 years from the last dose of Td is recommended for the Tdap dose.

Some people should not receive Tdap, check with your health care provider, or your local health department, if you have any questions.

- 23 volunteers joined the RRMRC for a total of 335
- 21 volunteers received orientation for a total of 265
- 163 volunteers received training
- **Carole Roddy**, and **Michael Roddy** volunteered a total of 36 hours in the Office and are teaching *Personal and Family Preparedness*
- **Kathleen and Dick Bradie** volunteered 16 hours in the office.
- **Martha Neff-Smith** taught *Epidemiology I and II*
- **Richard Vento** taught *Biological Agents: Category A*

Congratulations to the following volunteers who completed **Dispensing Site Directors'** training:

Richard Bradie
Weldon Hamlet
Lydia Hansen
Michael Roddy

Thomas Holbach
Michael McCaffey
Donald McCormack

Congratulations to the following volunteers who completed **Dispensing Site Registrars'** training

Martha Berkemyer
Kathleen Bradie
Nita Brindley
Russ Brindley

Diane Bruce
Catherine Finke
Carole Roddy
Monica Williams

Awards Presented

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

Donna Abel
Elaine Anderson
Deborah Baker
Russell Brindley
Nita Brindley
Valarie Diamond
Catherine Finke
Charles Finke
Christine Fowler
Ronnie Hamlet
Jamila Hassan



Sarah Hays
Nancy Hicks
Barbara Klagges
April Markgraf
Demaris Miller
Donald McCormack
Carole Nowak
Leigh Purdum
Michael Roddy
Betty Thomas

⇒ The following volunteers attended 12 trainings or combination of trainings, drills, and events and earned a RRMRC flashlight for their equipment bag.

Ellen Berg
Kim Johnson-Smith

Carole Roddy
Leigh Purdum

Orientation, Trainings, and Drills

Orientation must be attended prior to attending a training.

Orientation and Biological Agents training

- Wednesday, January 10 6-9 pm

Monthly Training topics:

- Wednesday, December 13 5:30-8:00 pm
Fauquier Hospital Volunteer training
This training will allow RRMRC volunteers to assist Fauquier Hospital during an emergency.
- January 24 2007 7:00-9:00 pm
Epidemiology 101
- January 31 2007 7:00-9:00 pm
Epidemiology 201
Must attend 101 to participate
- March 2007 7:00-9:00 pm
Epidemiology 301
Must attend 101 and 201 to participate

Some of the classes planned for 2007

- NIMS
- Introduction to Hazardous Materials
- Directing Traffic Safely
- Psychological First Aid
- How to Interpret Correctly
- AHA CPR
- ARC Basic First Aid and Disaster Shelter Overview

Did you know that you can take on-line classes?

Websites such as fema.gov or vdem.gov offer on-line classes, including ICS 100 and 200 and NIMS IS700 and IS800. If you participate in on-line training, please send a copy of the certificate to the office to be entered into your file.

Answers to Quiz on Page 2

- Question 1 Wash your hands.
- Question 2 Cough or sneeze into your elbow, shoulder or a tissue.
- Question 3 At home.
- Question 4 People at high risk for complications from the flu or who live with or care for people at high risk for complications from the flu.

Special Recognition

As a special recognition for added service, the national and state MRC presented a letter, backpack, t-shirt, and pin to the following volunteers: **Wanda Beavers**, and **William Laffond, MD** for working with the Katrina disaster and **Susan Frech** for the hours she spent assisting in the office.



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 Culpeper Virginia 22701
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DATES TO REMEMBER

December 13, 2006	
Training Topic:	5:30-8:00 pm
Fauquier Hospital Volunteer Training for RRMRC trained volunteers	
January 10, 2007	
Orientation:	6-7:30 pm
Training Topic:	7:30-9 pm
Biologic Agents: Category A	
January 24, 2007	
Training Topic:	7- 9 pm
Epidemiology 101	
January 31, 2007	
Training Topic:	7- 9 pm
Epidemiology 201	
March 2007	
Training Topic:	7- 9 pm
Epidemiology 301	

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.



Happy Holidays from the RRMRC

