



RRMRC Drill Will Implement New Notification System

Mark your calendars! Reserve the dates! Invite your friends! The RRMRC volunteers are having a **Dispensing Site** drill in April on the **13th and 14th**.

This is your opportunity to practice what you have learned and to show your family and friends what the RRMRC is all about. Please invite family and friends to participate as “patients” and join you for lunch on the 14th.

We would like for everyone to register for the drill ahead of time. This will allow us to verify your contact information and get a head count for lunch. **Please complete the registration form on page 3** and return it by fax or mail by April 10th. Please include any family members and friends who are participating on your registration form so we can order enough lunch.

The RRMRC completed a **Communication Drill** last fall. Thank you to everyone who responded and assisted with the calls. All 266 trained volunteers were contacted, by e-mail or phone. The results of the drill verified how much a new notification system is needed. 89% of the volunteers contacted said they would respond if this was a real emergency. This is awesome! However, we were only able to verify that 52% of the volunteers received the notification in a timely manner.

The RRMRC has signed up to use a service called **OneCall Now** to notify volunteers in an emergency. **OneCall Now** is a web-based telephone notification system. It will automatically call multiple numbers for each volunteer until they acknowledge receipt of the message. Contact information for all trained RRMRC volunteers (business, cell, and home numbers) has been loaded into **OneCall Now**. Please make sure we have up-to-date phone and e-mail information for you.

On **page 3** is the **One Call Now Quick Guide**, please cut it out, fold it, and place it in your wallet or with your Operations Manual. This card provides instructions on how you can identify and retrieve the message from the RRMRC.

OneCall Now also allows us the flexibility to contact special teams of RRMRC volunteers. Call lists are being set

up for the Epidemiology Team, Dispensing Site Directors, Dispensing Site Registrars, and the Logistics Team.

We will be having a communication drill in March to test the new notification system. We will also use it to notify everyone to “deploy” during the April Dispensing Site drill. **Remember this is only a drill!**



Just-In-Time Training at the September 2004 Anthrax Drill.

How Can YOU Prepare for the Drill?

- ◇ **Update your contact information!**
Make sure we know how to contact you. We need correct phone numbers, address, and e-mail addresses.
- ◇ **Fill out the registration form and send it in.**
Invite family and friends to attend as well.
- ◇ **Review your Operations and Management Manual.**
You should have received it by mail or at orientation.
- ◇ **Make sure you have your Go Kit ready.**
You received a black and white laminated card with your Operation and Management Manual called “Be Responsible Be Ready”. Review this to learn what you should have with you.
- ◇ **Make sure your family is prepared for emergencies.**
If you have participated in the Personal and Family Preparedness training please review the handouts for more information.

Wow! October 15—February 15 Wow!

- 2 volunteers joined the RRMRC for a total of 335.
- 4 volunteers attended orientation for a total of 266.
- 75 volunteers attended training.
- **Carole and Michael Roddy** each volunteered **11.25 hours** in the office .
- **Kathleen and Dick Bradie** each volunteered **5 hours** in the office.
- **Martha Neff-Smith** taught *Epidemiology I and II*.
- **Richard Vento** taught *Biological Agents: Category A*.
- **Gene Monago** taught *the Fauquier Hospital Volunteer Training for RRMRC Volunteers*.
- **Debbie Baker** volunteered **4 hours** at the Fauquier Hospital Health Fair.
- **Tricia and Ron Higgins** each volunteered **4 hours** at the Gordonsville Community Fair.

Awards Presented

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

⇒ **Jeanne Nixon**
Rowena Quinta
Ralph Rossi



Eithna Sullivan
Marie Thompson
Jerry Wood

⇒ The following volunteers attended a combination of 8 trainings, drills, or events and earned a **Rappahannock-Rapidan Medical Reserve Corps Flashlight**.

Ellen Berg
Valarie Diamond
Jamila Hassan
Thomas Holbach



Barbara Klagges
Robert Lehmann
Martha Neff-Smith
David Range

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

Ellen Berg



Thomas Holbach

QUARTERLY QUIZ

1. What is Rabies?
2. What part of your body does Rabies attack?
3. How can you become infected?
4. How can you protect your pets?

NIMS TRAININGS SCHEDULED

There are two NIMS trainings scheduled: April 2, 12:30 pm and May 15, 7:00 pm.

All RRMRC Volunteers are highly encouraged to attend a NIMS training and take the test.

RABIES Protect Your Family and Pets

During the spring and summer you and your families may be spending more time outdoors, increasing your chances of contact with wild or stray animals. Keep in mind that you should enjoy all wild animals from a distance, **even if they seem friendly**. Wild and stray animals may carry diseases, including rabies.

Rabies is a deadly disease, caused by a virus that attacks the nervous system. It kills almost any human or animal that gets sick from it. You can become infected with rabies through the bite of an infected animal, or by getting saliva from an infected animal into your eyes, mouth, or an open wound.

“You may be inclined to help a stray domestic animal or a sick, injured or orphaned wild animal, but the animal could be infected with rabies. Feeding, picking up, or taking in such an animal could put you, your family, and your pets at risk of rabies,” says District Health Director Lilian Peake, M.D., M.P.H.

If you have been bitten by a wild animal, wash the wound immediately and seek medical attention. If it can be safely done, capture the animal under a large box or try to identify it before it runs away. **DO NOT** try to pick up the animal. Contact your local animal control or health department for advice.

Bats, skunks, raccoons, foxes, and coyotes are the most frequent carriers of the rabies virus. In Virginia, there were a total of 495 confirmed animal rabies cases in 2005. The majority of rabies cases reported in Virginia occur in raccoons. **However, persons in the United States are most likely to become exposed through contact with unvaccinated cats and dogs, or contact with bats.**

If you have been bitten by a family pet, you need close follow-up even if the animal is fully vaccinated. Vaccinated pets can still become infected and transmit the virus. Healthy vaccinated pets that bite someone must be confined for 10 days.

The good news is that there are steps you can take to protect yourself and your family.

- Avoid contact with wild animals, especially bats, skunks, foxes and raccoons.
- **If you have pets, keep their vaccinations up to date. An animal whose vaccination has expired has little or no protection against rabies.**
- Limit the possibility of exposure by keeping your animals on your property. Don't let pets roam free.
- If your pets come into contact or fight with a wild animal, call your veterinarian as soon as possible.
- Don't leave garbage or pet food outside; it may attract wild or stray animals.

RRMRC Drill Registration Form

Name: _____
Number of Patients (family/friends) who will attend: _____
TOTAL Number of people staying for lunch: _____

If your Contact Information has changed within the past year, please include it here:

Address: _____
City: _____ State: _____ Zip: _____
Home Phone Number: _____
Business Phone Number: _____
Cell Phone Number: _____
Fax Number: _____
Pager Number: _____
E-Mail Address: _____

Please return your registration form by April 10th - fax (540-829-7345) or mail to RRMRC

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

Answers to Quiz on Page 2

- Question 1 *A deadly disease caused by a virus...*
Question 2 *Rabies attacks the nervous system*
Question 3 *Through a bite from an infected animal, or getting the saliva of the infected animal in your eyes, mouth or an open wound.*
Question 4 *Keep your pets' vaccinations up-to-date. Don't let them roam free.*

Keep Us Informed!

New: Home address
Phone number
Email address
Updated: Professional license
Drivers license
CPR card
First Aid card
Received: NIMS certificate

Thank You!

Captain Russell Lane from the Culpeper Sherriff's Department for the great job presenting the Directing Traffic Safely Class.

Caller ID **1-877-698-3261**
(this is the number that will be displayed on your Caller ID when OneCall Now is delivering a message.)

- Normally, your phone will ring and play your leader's message when you answer the phone. If your leader asks for a touch- tone response, enter your selection after listening to the message.
- If a message was left on your answering machine and you need to enter a touch tone reply, see Retrieving Your Messages.
- If your answering machine cut-off your message, see Retrieving Your Messages.

Call in & retrieve your messages from anywhere, anytime!

QUICKGUIDE

OneCall Now

Retrieving Your Messages

1. Dial 877-698-3261 from any touch-tone telephone.
2. At the greeting press 1, and then enter the phone number that OneCall Now normally calls. Be sure to enter the number that your Group Leader gave to OneCall Now.
3. If your message requires that you enter a touch-tone reply, press the appropriate key for your answer.



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

Inside This Issue:	
RRMRC Drill Will Implement New Notification System	1
“WOW”	2
Rabies - Protect Your Family and Pets	2
Quiz	2
Keep Us Informed	3
Drill Registration Form	3
Orientation, Trainings and Drills	Insert
As a RRMRC Volunteer can you —	Insert
OneCall Now QuickGuide	3

DATES TO REMEMBER	
Thursday, March 8, 2007	
Orientation	6:00-7:15 pm
Thursday, March 8, 2007	
Training Topic:	7:30-9:00 pm
Biologic Agents: Category A	
Wednesday, March 14, 2007	
Training Topic:	6:30-9:00 pm
Smallpox Vaccination	
Wednesday, March 21, 2007	
Training Topic:	6:00-8:00 pm
Epidemiology 301	
Monday, April 2, 2007	
Training Topic:	12:30 pm
NIMS	
Friday, April 13, 2007	5:00-9:00 pm
Logistics Drill	
Saturday, April 14, 2007	7:30 am-2:00pm
Dispensing Drill	

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.

RRMRC Volunteers Trained and Prepared to Deploy in an Emergency