



MEDICAL RESERVE CORPS
OF NORTH IDAHO

MEMBER'S GUIDE

June 2010

Table of Contents

Welcome	3
The Medical Reserve Corps - An Overview	4
The Medical Reserve Corps of North Idaho	
Overview of the Local Corps	5
Volunteer Services Coordinator	6
The Vision and Mission	7
Code of Conduct	8
Members Participation Levels	9
What MRC Members Need to Know About Emergency Activation	
How will MRC members be notified of activation?	10
Where should MRC members report?	10
How long should MRC members plan to be at the site?	11
What should MRC members bring with them to the site?	11
What happens when MRC members gets to their site?	11
Just-in-Time Training	12
On-Site Job Functions of MRC members	13
The Incident Command System	14
Personal and Family Preparedness – Thoughts to Ponder	16
Attachments	
Attachment 1 The USA Freedom Corps	19
Attachment 2 Checklist for Activation	20
Attachment 3 Site Registration for all Members	21
Attachment 4 Home Safety Checklist	22
Attachment 5 Pets are Family, Too	23
Attachment 6 Pet Disaster Supply Kit Checklist	24
Attachment 7 Shelter in Place – Home, School, Work	25
Attachment 8 Want More Information?	26
Attachment 9 Is that Really True?	27
Notes	28

WELCOME

Dear Medical Reserve Corps Member,

On behalf of the Medical Reserve Corps of North Idaho, welcome and thank you for your willingness to serve our community. The Medical Reserve Corps coordinates the skills of practicing and retired physicians, nurses, other health professionals and support personnel who are willing to volunteer during emergency situations and help with other public health matters. These essential services are greatly enhanced with the participation of the volunteers in the Medical Reserve Corps.

The MRC of North Idaho is one of the largest Medical Reserve Corps unit in the nation with a current membership of over 900 physicians, nurses, pharmacists and support personnel throughout the five northern counties of Idaho. Our goal is to add an additional 1,000 members in order to be fully ready to safeguard our community. Please share information about the MRC with your friends, families and business associates.

We recognize your busy schedules and realize your level of activity in the MRC is entirely up to you. If you are available for nothing other than response to an actual emergency threatening the health of our community, we value your membership. If your schedule permits participation at some higher level, we value your membership. The essential point is that we have pre-identified and screened volunteers that we can put to use immediately when disaster strikes.

One of the benefits we offer to our members is the opportunity to take additional training as their time permits. Attending an MRC orientation class will give you a good understanding of the purpose of the MRC, and this guide has been created to give you pertinent information that will get you started and prepare you for service. When called upon to help in an emergency event, we will provide *Just-In-Time Training* that will be strictly event-oriented to assure that you will be ready to assist in that immediate situation.

You have taken the first steps to an exciting and essential organization that offers an opportunity to serve the public health community. As our MRC grows, we will look for opportunities where we can serve in other non-emergency areas. We want to be a vital and responsive Corps to our community. Watch your quarterly newsletter and email for these opportunities to serve.

Please feel free to contact the Medical Reserve Corps of North Idaho Office at 208-415-5185 anytime you have questions, suggestions or comments. Each member is important to us. Again, welcome aboard!

Overview of the National Organization

In the outpouring of volunteer community support for emergency relief efforts after the terrorist attacks of September 11, 2001, it was quickly recognized that volunteers with valuable skills could not be adequately used at the emergency sites. They had not been identified, credentialed or trained in advance, and there was neither sufficient time nor capability to accomplish these tasks in the aftermath of the attacks.



Out of this tragedy, the USA Freedom Corps was established to provide Americans with meaningful opportunities to serve. The USA Freedom Corps became the umbrella parent agency for the existing organizations of the AmeriCorps, Senior Corps, and the Peace Corps. The newly organized Citizen Corps joined these well-established volunteer organizations.

Citizen Corps was created with the prime purpose to coordinate volunteer activities that will make our communities safer, stronger, and better prepared to respond to any emergency situation. The individual organizations within the Citizen Corps provide opportunities for people to participate in a variety of ways to make their families, their homes, and their communities safer from the threats of crime, terrorism, and disasters of all kinds. (See Attachment 1)

The Citizen Corps offers citizens the opportunity to volunteer through:

- The Medical Reserve Corps (MRC)
- Volunteers in Police Service (VIPS)
- Neighborhood Watch
- Community Emergency Response Teams (CERT)
- Fire Corps

The **Medical Reserve Corps** (MRC) plays an integral part in preparedness and response strategy. It provides an organized way for citizens to offer their skills and expertise during an act of terrorism or local public health crisis, such as an influenza epidemic.

Pre-identifying, training and organizing medical and public health professionals to strengthen their communities through volunteerism are at the core of the MRC concept. When a community public health emergency occurs, MRC members can work to supplement existing local emergency first responders.

An Overview of the Local Corps

In 2003, 150 Medical Reserve Corps units were established across the nation through federal grants. The Office of the U.S. Surgeon General and the U. S. Department of Health and Human Services have lead responsibility for the Medical Reserve Corps program.



Panhandle Health District was awarded one of the grants to organize a local MRC in July, 2003. The Medical Reserve Corps of North Idaho is part of Public Health Preparedness and is under the direction of the Environmental Health, Response and Information Technology Division of the Panhandle Health District.

Panhandle Health District serves the five northern counties of Idaho. The District maintains offices/clinics in each of these counties as follows:

- Benewah County
137 N. Eighth St., St. Maries
- Bonner County
1300 Michigan, Sandpoint
- Boundary County
7402 Caribou, Bonners Ferry
- Kootenai County
5800 N. Atlas Rd, Hayden
- Shoshone County
114 West Riverside, Kellogg

The Medical Reserve Corps of North Idaho recruits healthcare professionals (active and retired) throughout all five counties of the District– physicians, nurses, dentists, pharmacists, psychologists, social workers, EMS, veterinarians and medical/health students. Non-medical members who can serve as administrative, clerical or support staff during a major public health emergency or local non-emergency health event are also recruited.

Response sites or Points of Dispensing (POD) have been established at eight locations throughout the five counties, with at least one POD within each county. The location the MRC member will respond to is pre-determined and is within the member's home area. Each MRC member has a membership card that states the member's emergency response city. Since an emergency may only affect a part of the area, you may also have the opportunity to serve in one of the other District's counties if the need arises and if you are available.

MRC Unit Coordinator

The primary responsibilities of the Coordinator are to:

- Provide public presentations about the Medical Reserve Corps;
- Recruit volunteers to participate in the Medical Reserve Corps;
- Provide training to the volunteers to be prepared to respond to an emergency;
- Maintain the volunteer database and the skills set of each volunteer;
- Ensure the current contact information of each volunteer;
- Communicate with the volunteer through newsletters, e-mails or other means to keep the volunteer aware of current training opportunities, training exercises or drills;
- Call out the volunteer in times of emergency or need;
- Respond with the volunteer in times of emergency or need; and
- Be the primary liaison between the volunteer and office of Public Health Preparedness.

Judith Scarborough, Unit Coordinator

jscarborough@phd1.idaho.gov

Panhandle Health District
Medical Reserve Corps
8500 N. Atlas Road
Hayden, ID 83835

Phone: 208-415-5185

Fax: 208-415-5181

E-mail: MRC@phd1.idaho.gov

Website: <http://www.phd1.idaho.gov/publichealth/mrc.cfm>

National MRC Website:

www.medicalreservecorps.gov

The Medical Reserve Corps of North Idaho

Vision What we want ...

- ★ To have a robust corps of members trained to support response efforts in the event of a public health emergency or community public health need.

Mission What we will do...

- ★ **Recruit** healthcare professionals and other citizens into member service.
- ★ **Train** healthcare professionals and the necessary support staff in order to respond more efficiently and to be prepared to function in a public health emergency.
- ★ **Respond** as needed in a public health emergency.
- ★ **Sustain** the interest and commitment of the membership.



A simple definition of the Medical Reserve Corps unit:

A Medical Reserve Corps unit is a community-based, organized and trained group of members (medical and non-medical) intended to supplement existing community medical and emergency response systems.

CODE OF CONDUCT

INTRODUCTION:

In an effort to maintain the high standard of conduct expected and deserved by the American public and to enable the organization to continue to offer services required by those in need during a public health emergency or a non-emergency service opportunity, the MRC operates under the following Code of Conduct, applicable to all members.

CODE OF CONDUCT

No member shall:

- a. Authorize the use of or use for the benefit or advantage of any person, the name, emblem, endorsement, services or property of the Medical Reserve Corps.
- b. Accept or seek on behalf of himself or any other person, any financial advantage or gain of other than nominal value that may be offered as a result of the member's affiliation with the Medical Reserve Corps.
- c. Publicly utilize any Medical Reserve Corps affiliation in connection with the promotion of partisan politics, religious matters, or positions on any issue not in conformity with the official positions of the Citizen Corps.
- d. Disclose any confidential Medical Reserve Corps (MRC) information that is available solely as a result of the member's affiliation with the MRC Corps to any person not authorized to receive such information, or use to the disadvantage of the Medical Reserve Corps any such confidential information, without the express authorization of the MRC.
- e. Knowingly take any action or make any statement intended to influence the conduct of the Medical Reserve Corps in such a way as to confer any financial benefit on any person, corporation or entity in which the individual has a significant interest or affiliation.
- f. Operate or act in any manner that is contrary to the best interests of the Medical Reserve Corps.

Levels of Participation by Members

Members decide their level of participation in the Medical Reserve Corps. Participation can range from being very limited – emergencies only – to being very involved with extensive training, participating in drills and non-emergency volunteer opportunities and assisting with the coordination of the Corps. The participation level can change at any time. It is dictated only by the member's interest and time he or she is willing to give. All members, regardless of participation level, are vital to the success of the Medical Reserve Corps.

The levels of participation are defined as:

ACTIVE MEMBER

This member

- Receives the quarterly newsletter
- Is advised of all trainings, drills and exercises and participates as desired
- Will be advised of non-emergency volunteer opportunities
- Will be advised of additional training opportunities available through independent studies, online classes, or group training offered by city, county or state entities
- Is advised of emergency events

LIMITED MEMBER

This member

- Receives the quarterly newsletter
- Is advised of training drills, exercises and participates as able
- Is advised of emergency events

EMERGENCY ONLY MEMBER

This member

- Receives the quarterly newsletter
- Is advised only of major emergency events

Regardless of level of participation, all members are encouraged to attend the two-hour orientation training (dates will be announced in newsletter)

WHAT HAPPENS DURING EMERGENCY ACTIVATION?

How will the MRC member be notified of activation?

MRC members may be notified of activation due to a public health emergency in a variety of ways.

Emergency Alert System (EAS) This system will interrupt all television and radio station broadcasts to announce an emergency.

Emergency Television Advisory - This system is a reader display on the bottom of a television screen that will advise the viewer of an emergency.

CodeRed Telephone System – This system is housed at the Bureau of Homeland Security and has the capability to contact members in specific geographical areas. Members may all be contacted in a matter of minutes and will hear a recorded message providing them with instructions.

E-mails – In some instances, members may be notified by using their E-mail address currently on file with the MRC.

Please do not respond until you have been notified. (See Attachment 2)

Where should MRC members report?

Panhandle Health District has established eight Points of Dispensing (POD) units throughout the district. Your destination cities are shown on the MRC membership card. An orientation will be conducted at your designated POD. All members will be advised where the POD is located in individual communities. The location of these sites is for the MRC member only and should not be disclosed to others.

In most cases the notification will advise MRC members to report to the site and the time to report. MRC members will also be instructed as to whether families should accompany the volunteer in order to receive priority vaccination or necessary medical assistance. Family members may not remain at the site after receiving their care.

Note: If MRC members want a site other than that listed on their membership card, contact should be made with the Unit Coordinator to make this change.

As members report to a site, please remember to drive carefully; do not speed. Obey all traffic signs and directions. Once at the site, park where instructed. Volunteers may be requested to present identification, including the MRC membership card to access the site.

How long should MRC members plan to be at the site?

The MRC member should plan to be at the site for a maximum of a 12-hour shift. Additional shifts may be necessary after a 12-hour rest period.

What should MRC members bring with them to the site?

All MRC members will be required to bring with them:

- government-issued picture ID (driver's license, passport).
- MRC membership card.

Additionally, all **medical** MRC members (doctors, nurses, pharmacists) will be required to present a registration card/license issued through their appropriate licensing agency.

Because of limited capability to secure personal items, all members are urged not to bring purses, wallets, money, or other valuables into the site. Members should, however, be prepared with any personal medications that may be needed during the 12-hour shift. Comfortable clothing and closed-toe shoes should be worn. A fanny pack is recommended to keep necessities with the member at all times. Medical personnel may wish to bring personal stethoscopes and blood pressure cuffs or other desired medical equipment. Again, security for personal belongings is limited on site. The risk of loss or damage to any personal possessions brought to the site is assumed by the member.

Meals, refreshments and beverages will be provided at the site for MRC members.

What happens when MRC members get to the site?

The MRC member will register with the intake receptionist and/or member coordinator on site. The process to complete on-site registration is as follows:

All MRC members:

At the dispensing or emergency site, all members will be subject to verification of their identity. This will be accomplished by two means:

1. All members will be required to complete a brief registration form (Attachment 3). This form will:
 - Update the member's personal information.
 - Obtain emergency contact information.
 - Serve as a registry of who is on-site.
 - Provide a mechanism for logging hours worked.

2. All members will be required to present a government-issued photo identification.

In addition, MRC physicians, nurses and pharmacists will be required to present a licensure card issued through the appropriate state-licensing agency.

The intake receptionist will verify by visual observation that the picture ID and the member match and that the information submitted by medical personnel is current.

If at any time during this verification/identification process any inconsistencies arise, or if members indicate there are pending disciplinary actions against them, the Medical Officer at the site will be advised. The member's information will be reviewed prior to the member being assigned an appropriate job function.

MRC Members without licensure verification cards:

There may be circumstances under which MRC members do not have their licensure card in their immediate possession. If the current licensure has been previously verified by the MRC Unit Coordinator, the member will be accepted for service. If this has not been completed and current licensure cannot be confirmed, the member will be refused for medical service until verification can be supplied/obtained.

Just-In-Time Training

At the POD or emergency site, MRC members will receive Just-in-Time training. This training is specially designed to inform members about the event, to provide the most current information about the incident, and to prepare members to serve in the POD in a defined job function. All job functions assigned will be within the capabilities of the member. If, at any time, a member is assigned a job function that he or she feels not trained to perform, cannot perform because of physical limitations, or for any other reason, the member should advise the assigned supervisor or the Volunteer/Member Coordinator at the site immediately for reassignment.

MRC members should not attempt to perform a job function that is outside of their personal comfort level or their scope of practice.

Upon completion of the MRC member's shift, the MRC member will 'check-out' with the appropriate staff member. A record will be maintained of the MRC member's time on-site. If the MRC member returns for an additional shift, the MRC member should return with the event-specific identification that was issued at the original registration in order to avoid needing to complete the entire registration process. The returning member will only have to check-in. If the MRC member does not have the event-specific identification, then the registration process must be completed again.

ON-SITE JOB FUNCTIONS OF MRC MEMBERS

The following are types of job functions MRC members may be assigned to at a Point of Dispensing (POD) unit, dependent upon their qualifications, skills and abilities:

Examples of **MEDICAL** Tasks at a Point of Dispensing (POD) Center:

- Triage
- Medical Screening and Evaluation
- Medication and/or Vaccine Preparation
- Medication and/or Vaccine Dispensing
- Medical Dispensing Assistant
- Emergency Medical Services

Examples of **NON-MEDICAL** Tasks at a Point of Dispensing (POD) Center:

- Greeters
- Forms and Information Distribution
- Orientation/Education
- Registration
- Transportation
- Data Collection
- Administrative/Clerical
- Interpreters
- Phone Bank Operators

THE INCIDENT COMMAND SYSTEM

The Incident Command System (ICS) was established by the U.S. Forest Service in order to direct, coordinate, and control responders at large-scale fires. This system has been adopted by many agencies, including fire, police, and emergency responders to emergency events, large and small. The Panhandle Health District also adopted this system. As responders, MRC members need to understand the functions, purpose and management provided by this system. A similar system will be utilized at a POD.

Things to remember about the Incident Command System.

Defined responsibilities

All persons at an emergency event have defined responsibilities and job functions.

Clear Reporting Channels

Each supervisor manages only 5-7 people – so you always know who to report to.

Common Language

Everybody uses the same terminology, so there is no confusion between organizations.

The Incident Command System (ICS) provides:

Flexible Responses to Specific Emergency

Depending upon the emergency, the number of staff can be increased/decreased by phasing in/out additional staff and supervisors as the situation warrants.

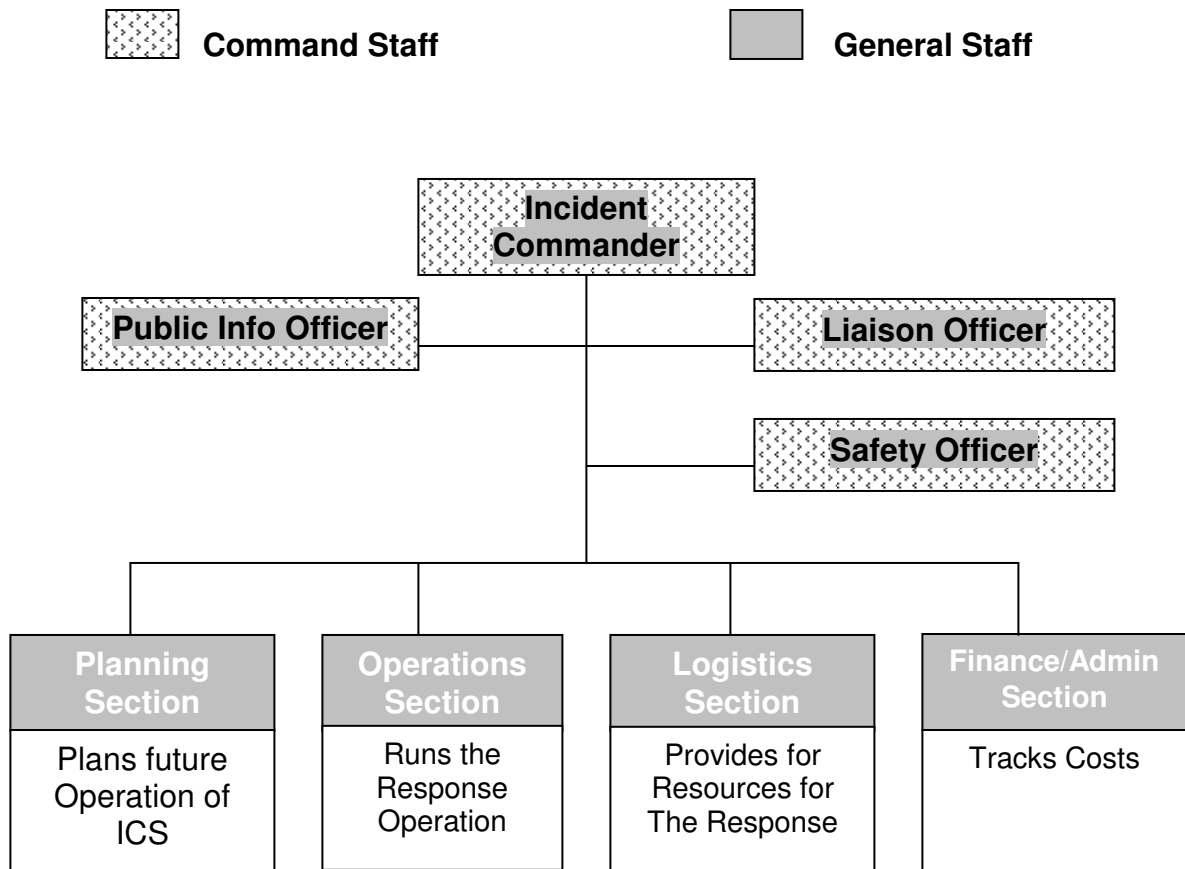
Accountability of Position Function

Each position in the Incident Command System structure has defined job duties and reporting requirements.

Documentation for Cost Recovery

Due to the defined structure, accounting for time/supplies is easily tracked for future billing and cost recovery.

Basic Structure of an Incident Command System (ICS)



The MRC Unit Coordinator activates volunteers from within the Logistics section of the Incident Command System.

The POD falls under the Operations Section. Once volunteers arrive at the POD, they become part of the Operations Section as well.

FAMILY PREPAREDNESS



Before you are activated for the Medical Reserve Corps, your family must be prepared and protected.

THOUGHTS TO PONDER

What disasters – manmade or Mother Nature – can affect your area?

- ❖ Severe thunderstorms
- ❖ Floods
- ❖ Ice and snow storms
- ❖ Forest fires
- ❖ Hazardous materials incidents
 - I-90 and US 95
 - Numerous pipelines
 - Railroads crisscrossing all counties

What could happen to you and your family . . .

- ❖ If children are in school?
- ❖ Does their school have a Shelter-in-Place Plan? (See Attachment 4)
- ❖ Is your workplace prepared with a Shelter-in-Place Plan?
- ❖ If parents are working, can the children contact them?
- ❖ Are there elderly grandparents/relatives who need help?
- ❖ What about your animals? (See Attachments 5 and 6)
 - Who will take care of them?
 - Remember, animals cannot go to shelters

Create a Disaster Plan NOW!

- ❖ Meet with your family and discuss the disasters that could occur
- ❖ What are the plans for an evacuation from home?
- ❖ What should you take?
 - ❖ Documents, medications, extra money
 - ❖ Children's comfort toys/snacks
- ❖ What if you must remain in the home?
 - Review where everybody "could" be, and where they "could" go
 - Pick two places to meet
- ❖ Have an out-of-state contact
 - Be sure everybody knows the phone number
 - Post emergency telephone numbers by phone
 - Teach children how and when to use 9-1-1
- ❖ Show family members how and when to turn off utilities at the main switch
- ❖ Check your insurance coverage
- ❖ Learn how to use a fire extinguisher and know where each one is kept
- ❖ Have smoke detectors in all levels of your home, especially near bedrooms (remember to check batteries every six months)

Create a Disaster Supplies Kit (See Attachment 7)

Include at least the following:

- Water
- Food
- First Aid kit
- Tools/household supplies
- One change of clothing for everybody
- Bedding, sleeping bags, blankets
- Special items
- Comfort/play toys
- Pet food
- Kitty litter
- Diapers/Wipeups

After the Disaster Kit is made – don't forget it!

- ❖ Store it in a clean, convenient location known to all family members
- ❖ Keep a smaller version in your car(s)
- ❖ Change stored water every six months to keep it fresh
- ❖ Replace stored food every six months
- ❖ Re-think your kit and family needs at least once a year
- ❖ Replace batteries
- ❖ Update clothes – children grow up!

Practice Your Plan!

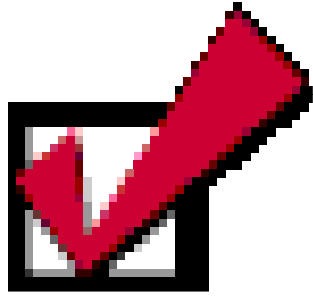
- ❖ Make it fun for younger children
- ❖ Have everybody involved
- ❖ Neighbors
- ❖ Contact people

USA Freedom Corps

Make a Difference. Volunteer.



www.usafreedomcorps.gov



Checklist for Activation

In the event you are either contacted by the Medical Reserve Corps of North Idaho or are notified through the Emergency Broadcast System to report, the following checklist should be reviewed:

Family:

- Notify appropriate family members of your activation.
- Implement your personal Family Preparedness Plan.
- Ensure your pets are being cared for.

Employer:

- Advise your employer that you have been contacted for activation and request approval for time off to volunteer

Personal Items:

- Government issued picture ID
- MRC membership card
- State licensure card for medical personnel
- Personal medications sufficient for 12-hour shift
- Comfortable clothing
- Closed-toe shoes
- Fanny pack for personal items

Remember:

Drive safely to your reporting site. Obey all traffic signs and directions. Park where instructed at the site. Present your MRC identification to parking personnel, if requested.

DO NOT REPORT UNLESS YOU HAVE BEEN NOTIFIED.



SITE REGISTRATION FOR ALL VOLUNTEERS

Location of sign in

Coeur d'Alene <input type="checkbox"/>	CDA Command Post <input type="checkbox"/>	Post Falls <input type="checkbox"/>	Plummer <input type="checkbox"/>	Priest River <input type="checkbox"/>
Bonnars Ferry <input type="checkbox"/>	Kellogg <input type="checkbox"/>	St. Maries <input type="checkbox"/>	Sandpoint <input type="checkbox"/>	

Are you a member of the Medical Reserve Corps? Yes No

All NON-MRC members must complete an MRC Volunteer Application

Please print:

Name			
Street Address (Mailing)	City	State	Zip
Medical Volunteer: Please present your registration card issued by your licensing agency: <input type="checkbox"/> Doctor <input type="checkbox"/> Nurse <input type="checkbox"/> Pharmacy <input type="checkbox"/> Other		<input type="checkbox"/> Non-Medical Volunteer	
Pre-Verified by MRC Yes No Yes No Yes No		All Volunteers Please Provide A Picture ID <input type="checkbox"/> Idaho Drivers License Other _____ Expiration _____ Expiration _____ Expiration Date _____ Issuing State _____	
Your specialty _____ Please indicate License or Certificate Number _____		Are there any disciplinary actions pending against your license? Yes <input type="checkbox"/> No <input type="checkbox"/> If yes, please explain _____	
In case of an emergency, please contact:			
Name		Phone Number	Relationship

Intake staff: You must verify all information and initial all yellow fields.

Medical Officer's Review with Non-MRC Volunteer

Accepted for Service
 Deferred for Service

Signature of Medical Officer _____

Volunteer Data verified by

Hard Copy of Volunteer List
 Computerized Data
 Other _____

Date	Arrival Time	Initials	Date	Departure Time	Total Hours Worked	Initials

PANHANDLE HEALTH DISTRICT VOLUNTEER AGREEMENT

This Agreement is entered into by Public Health District I, also known as Panhandle Health District, hereinafter referred to as the **District**, and _____, a member of the Medical Reserve Corps of North Idaho, hereinafter referred to as **Volunteer**. This Agreement is effective as of _____ and expires on _____. The Volunteer must not provide services nor incur expenses related to this Agreement prior to acceptance and execution of this written agreement.

If required, the Volunteer has the background, experience, all certificates of qualification and all licenses issued by the State of Idaho, to perform the services described and is willing to provide services to the District, based on this background. The Volunteer acknowledges and understands that all information obtained during performance of services is confidential and must not be disclosed or discussed with others, including but not limited to the media, friends, relations, or other volunteers.

Therefore, the parties agree as follows:

- DESCRIPTION OF SERVICES:** Beginning on the dates stated above, the Volunteer will provide the following services
- PAYMENT:** Both parties understand that this is a voluntary position and no compensation is provided.
- TERM/TERMINATION:** This agreement shall terminate as above stated.
- RELATIONSHIP OF PARTIES:** It is understood by the parties that the above-named Volunteer is a volunteer and as such will be covered by the State's liability coverage. The Volunteer is not an employee of the District. The District will not provide fringe benefits, including health insurance benefits, paid vacation, or any other employee benefit.
- NOTICES:** All notices required or permitted under this Agreement shall be in writing and shall be deemed delivered in person or deposited in the United States mail, postage prepared, addressed as follows:
 Volunteer Address: As shown above.
 District Address: Darrel Kirking, Panhandle Health District, 8500 North Atlas Road, Hayden, ID 83835
- ENTIRE AGREEMENT:** This Agreement contains the entire agreement of the parties and there are no other promises or conditions in any other agreement whether oral or written. This Agreement supersedes any prior written or oral agreements between the parties.
- AMENDMENT:** This Agreement may be modified or amended if the amendment is made in writing and is signed by both parties.
- SEVERABILITY:** If any provision of this Agreement shall be held to be invalid or unenforceable for any reason, the remaining provisions shall continue to be valid and enforceable. If a court finds that any provision of this Agreement is invalid or unenforceable, but that by limiting such provision it would become valid and enforceable, then such provision shall be deemed to be written, construed and enforced as so limited.
- WAIVER OF CONTRACTUAL RIGHT:** The failure of either party to enforce any provision of this Agreement shall not be construed as a waiver or limitation of that party's right to subsequently enforce and compel strict compliance with every provision of this Agreement.
- APPLICABLE LAW:** The laws of the State of Idaho.

I attest that the foregoing information is true to the best of my knowledge and belief.

PARTY RECEIVING SERVICES:

 Lora Whalen, Director, Panhandle Health District

 Date

PARTY PROVIDING SERVICES:

 Signature of Volunteer

 Date



Home Safety Check List



Stocking up now on emergency supplies can add to your safety and comfort during and after an emergency. Store enough supplies for at least three days.

Survival

- Water, 1 gallon per person per day
- First aid Kit freshly stocked
- First aid Book
- Food (packaged, canned, no-cook, baby food, and for special diets)
- Can opener (non-electric)
- Blankets or sleeping bags
- Portable radio, flashlight and spare batteries
- Essential medication and glasses
- Fire extinguisher A-B-C type
- Food and water for pets
- Money

Sanitation Supplies

- Large plastic trash bags for trash, water protection
- Large trash cans
- Bar soap and liquid detergent
- Shampoo
- Toothpaste and toothbrushes
- Feminine and infant supplies
- Toilet paper
- Household bleach
- Newspaper to wrap garbage and waste

Safety and Comfort

- Sturdy shoes
- Heavy gloves for clearing debris
- Change of clothing
- Knife or razor blades
- Garden hose for siphoning and fire fighting
- Tent

Cooking

- Barbecue, camp stove, chafing dish
- Fuel for cooking (charcoal, camp stove fuel, etc.)
- Plastic knives, forks, spoons
- Paper plates and cups
- Paper towels
- Heavy-duty aluminum foil

Tools and Supplies

- Axe, shovel, broom
- Crescent wrench for turning off gas
- Screwdriver, pliers, hammer
- Coil of rope
- Plastic tape and sheeting
- Toys for children



Pets Are Family, Too!

When preparing your home for disaster, don't forget to include supplies for your pets. When disaster strikes they will need you more than usual to care for their needs and provide for their safety.

Before a Disaster

- Store enough food and water to last at least three days.
- Prepare an evacuation kit for your pet. The kit should include:
 - An unbreakable dish
 - Medications and instructions
 - A leash or pet carrier, and
 - Your pet's veterinary records
- Consider having a permanent microchip implanted in your pet; this ID cannot be lost or removed. See your veterinarian for more information.
- Make arrangements with a neighbor or close relative to care for your pet in the event you are unable to return home immediately following a disaster.
- Make sure your pet's ID tag is up to date with accurate information.
- Secure bird cages and fish tanks. They can move and break during a disaster, especially an earthquake. Secure fish tanks with industrial strength Velcro and have the tanks on low stands or tables. Tighten the latch on your bird cage so that the door cannot be shaken open easily.

During and After a Disaster

- If the ground starts shaking, do not try to hold on to your pet during the shaking. Animals will instinctively protect themselves and hide where they are safe.
- Be patient with your pets after a disaster. Pets get stressed just as people do and may need time to readjust.
- If you have outdoor pets, you should consider bringing them inside after an earthquake. Keep them inside until the threat of aftershock has disappeared and your pet has had time to calm down.
- Make arrangements for your pet if you must evacuate after a disaster. Remember, pets are not allowed in shelters. Leave your pet in a secure place with ample water and food. If possible, return daily to check on your pet until you can return to your home.



Pet Disaster Supply Kit Checklist

Your pet depends on you for care after a disaster. The following are items you should place in a pet disaster supply kit. Prepare your kit before a disaster occurs.

Pet Emergency Supplies

- Sturdy crate as a pet carrier
- Identification tag containing accurate, up-to-date information
- A sturdy leash
- Food and water for at least three days
- Non-spill bowl
- Portable litter box and litter
- Large plastic bags for cat litter disposal and dog clean up
- Prescriptions and special medications
- Manual can opener
- A copy of your pet's veterinary records
- Recent photo of your pet
- Blankets
- Paper towels
- Phone number of the local emergency veterinary clinic
- Phone number of your local and county animal shelter






Pet First Aid Kit

- Large and small bandages
- Scissors
- Tweezers
- Q-tips
- Antibiotic ointment
- Hydrogen peroxide
- Elastic tape
- Eye wash (saline)
- Ear cleaning solutions
- K-Y jelly

Shelter in Place – for Home, School and Work

Chemical agents are poisonous gases, liquids, or solids that have toxic effects on people, animals, and plants. Most chemical agents cause serious injuries or death. Severity of injury depends on the type and amount of the chemical agent used, and the duration of exposure.

If a chemical agent attack were to occur, authorities would instruct people to either seek shelter where they are and seal the premises (Shelter-in-Place), or evacuate immediately. If the order is to remain in your home, office or school, you will need to follow these directions for "Shelter-in-Place."

			
Move or stay inside	Close all windows	Turn off ventilation systems (Heating & A/C, fireplace dampers, etc.)	Go into a room with the fewest doors and windows and seal the room
		Stay in the room until told by the authorities that it is safe to come out	

How to Shelter In Place

- Dampen towels and place over the crack under the door.
- Cut plastic sheeting to fit over the windows and vents. Secure the plastic in place with duct tape.
- Tape around the door.
- Turn on the radio.
- Don't ventilate (air out) or leave your sealed shelter until you are told to do so.
- There is no assistance that the untrained can offer victims that would likely be of any value during a chemical attack.
- If you have symptoms of exposure, call 9-1-1 immediately and follow their instructions.
- If you were outside before taking shelter and think you may have been exposed to a chemical agent, there are several things you can do. If you are in a sealed shelter, take off at least your outer clothes, put them in a plastic bag and seal the bag. If water is available, wash or take a cool to warm (not hot) shower, using lots of soap and water. Do not put the soap in your eyes; just lots of water. If you leave the area, tell emergency responders or medical staff at your destination that you may have been exposed. Tell the emergency responders about the sealed bag so that they can arrange for its safe removal after the emergency.



WANT MORE INFORMATION?

US Government

Centers for Disease Control	http://www.cdc.gov/train.htm
FEMA: Emergency Management Institute	http://www.bt.cdc.gov http://www.fema.gov/tab_education.shtm
US Department of Health and Human Services	http://www.hhs.gov/
US Department of Homeland Security	http://www.ready.gov/index.html
US Nuclear Regulatory Commission	http://www.nrc.gov
US National Library Medline Plus	http://www.nlm.nih.gov/medlineplus/
US: Office of Disease Prevention and Health Promotion	http://www.healthfinder.gov/

State Government

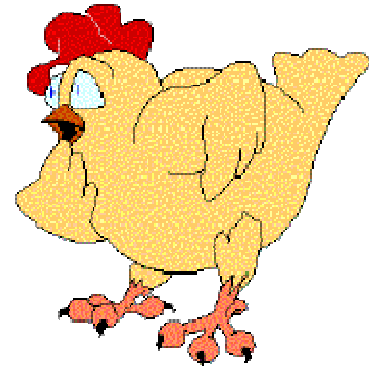
State of Idaho – Department of Home Security	http://www2.state.id.us/bds/training
State of Idaho – Department of Health and Welfare	http://www2.state.id.us/dhw/
State of Washington- Emergency Management Division	http://emd.wa.gov/
State of Washington- Department of Health: Spokane Regional Health District	http://www.srhd.org
State of Idaho: WebEx	https://idhw.webex.com

...Is That *Really* True???

Some Links to Help You Sort Out Fact From Fiction on the Internet

"Where are you going, Chicken-Little?"

"Oh, The sky is falling!"
"I am going to tell the king."



Got an email from a friend with a hot news item that's just a touch off-kilter? Before you panic and send out your own *blast-o-gram*, check out the veracity of the story first. It may help put some sanity back into this life we're living.

- Centers for Disease Control and Prevention - Current Health Related Hoaxes and Rumors. www.cdc.gov/hoax_rumors.htm
 - HoaxBusters - Published by the Computer Incident Advisory Capability of the US Department of Energy. <http://hoaxbusters.ciac.org>
 - Internet Scambusters - avoid being taken by Internet scams and fraud. www.scambusters.org/809Scam.html
 - NetSquirrel.com - A good resource. Has some of the older legends that live on and on. <http://netsquirrel.com/combatkit/>
 - Urban Legends and Folklore - Comprehensive rumor control and information from the About folks. www.urbanlegends.about.com
 - Urban Legends Reference Page - Lots of information on rumors of the WTC attack and war. www.snopes.com
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