

# WALPOLE MEDICAL RESERVE CORP



## H5N1 VIRUS IN GREAT BRITAIN

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### Special points of interest:

- 5 Steps You Can Take to Protect Against Pandemic Flu.
- MRC Training Courses here in Walpole.
- Communication Drill planned in April, 2007.
- More Volunteers Needed
- **Training Provides CEUs and/or certification**

### Steering Committee

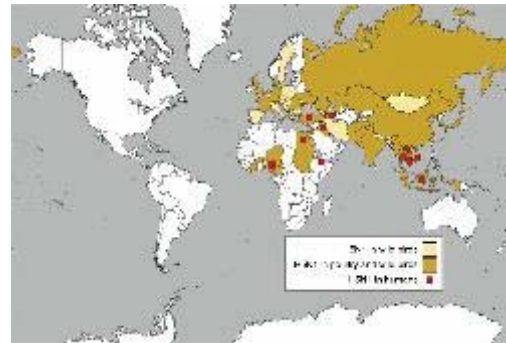
#### Executive Officers

Claire Wolfram, RN	Chair
Joseph Dorsey, MD	Vice Chair
Ann Keller, RN	Secretary

In February of this year there was an alert sent to the Board of Health from [alert.network@state.ma.us](mailto:alert.network@state.ma.us) which stated the following:

There has been an identification of the highly pathogenic H5N1 avian influenza strain on a commercial turkey farm in Great Britain. This is the same strain of the avian influenza virus that has been circulating in Europe, Asia and Africa and has caused human illness and 165 deaths. It is not yet known how the virus was introduced onto the farm however, there have been two other outbreaks of this H5N1 virus in Europe over the past few months. Although only some of the turkeys on the farm were infected, all of the birds have been slaughtered as precautionary measure. None of the birds have entered the food chain. There have been no reports of human illness associated with this outbreak. The identification of this virus on the farm in England poses no risk to the United States nor does it indicate any increased risk that the virus will spread to the United States. It is considered unlikely that this will cause significant human disease in developed countries since the prolonged and intimate contact required to spread the virus between birds and

### Nations With Confirmed Cases H5N1 Avian Influenza (February 2007)



humans does not routinely occur. Poultry workers in contact with infected birds may be at some risk although appropriate

Personal Protective Equipment (PPE) should mitigate that risk. There have been no documented cases of avian influenza in humans caused by eating poultry or eggs. As always, people should be encouraged to consume only thoroughly cooked eggs and meat, and practice appropriate hygiene, particularly hand-washing, in order to prevent food-borne illness.

## PLEASE CONSIDER ENCOURAGING OTHERS TO BECOME A VOLUNTEER

In a natural disaster such as a snow storm or flood, you will be prepared! Please consider encouraging your neighbors in becoming a MRC Volunteer so that they will also be prepared. I'm sure you remember how helpless we all felt after 911. We all wanted to contribute something. Here is your chance. Remember when recruiting to tell potential volunteers that a volunteer does not have to be a medical health

professional. We need dentists, pharmacists and mental health practitioners but we also need essential support staff (office, coordinators, drivers, radio operators) and expert advisors (legal counsel, financial counsel, medical supply experts).

Please remind them that they are protected under the Volunteer Protection Act of 1997.

## TIPS TO HELP YOU AND YOUR FAMILY PREPARE FOR AN EMERGENCY

### **Preparedness tip #1**

Take a minute to imagine there is an emergency, like a fire in your home and you need to leave quickly. What's the best escape routes from your home? Find at least 2 ways out of each room. Now write it down-you've got the beginning of a plan.

### **Preparedness tip #2**

Pick a place to meet after a disaster. Designate 2 meeting places. Choose one right outside your home, in case of a sudden household emergency, such as a fire. The second place you choose needs to be outside your neighborhood, in the event that it is not safe to stay near or return to your home- e.g., pick a friend's house, a church, a shopping mall.

### **Preparedness tip #3**

Choose an emergency contact person outside your area because it may be easier to call long distance than locally after a local/regional disaster. Take a minute now to call or e-mail an out of town friend or family member to ask him or her to be your family's designated contact in the event of an emergency. Be sure to share the contact's phone number with everyone in your family. During an emergency, you can call your contact who can share with other family members where they are, how they are doing, and how to get in contact with you.

*More preparedness tips will follow in the fall newsletter-stay tuned...*

*The Theme for this  
year's National  
Volunteer Week is*

*"Inspire by Example"*

*All Walpole MRC  
Volunteers are  
inspiring.*

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### HIGHLIGHTS OF THE MRC STEERING COMMITTEE MEETING

On February 6, 2007 the steering committee discussed their agenda for the year and here are some highlights of that great meeting.

- Three members volunteered to become executive officers. Claire Wolfram, Chair Joseph Dorsey, Vice Chair and Ann Keller Secretary. Thank you for stepping up!
- A Communication Drill will happen at the end of April.
- Recruitment of Junior Volunteers will begin. Betty Nashawaty has volunteered to lead this project.

- Robin Chapell (Health Director), Liisa Jackson (Region 4A MRC Coordinator) and Dr. Joseph Dorsey (Vice Chair of Walpole MRC) will do a Cable broadcast with the hopes of recruiting new volunteers. **Watch for them in March.**
- We now have a website that volunteers can use to contact us [mrc@walpole-ma.gov](mailto:mrc@walpole-ma.gov). Volunteers please send us your ideas and suggestions.

The next Steering Committee meeting is Tuesday **May 1, 2007 at 5:30-6:30** in room 116

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### SENIORS START THEIR 72 HOUR KITS

There are many benefits of volunteering with the Walpole Medical Reserve Corp. Volunteer Evelyn Splaine demonstrates how volunteering can help you enhance and strengthen public health awareness and preparedness. As a volunteer you receive free training and continuing education credits for topics such as Scene and Personal Safety, Emergency Management, and Basic Life Support. Please try to attend the upcoming Spring trainings that are on the last page. We also encourage you to ask others to become part of Walpole's MRC program.



MRC Steering Committee Volunteer Evelyn Splaine helps at TRIAD meeting by giving seniors flashlights to start their 72 hour emergency kits.

## 5 STEPS YOU CAN TAKE TO PROTECT AGAINST PANDEMIC FLU

The United States Department of Health and Human Services suggests the following:

- 1) Individuals, business and communities should talk to their local public health officials and health care providers, who can supply information about signs and symptoms of a specific disease outbreak and recommend prevention and control actions.
- 2) Adopt business and school practices that encourage sick employees or students to stay home and anticipate how to function with a significant portion of the workforce or school population absent due to illness or caring for ill family members.
- 3) As always, practice good health habits, including eating a balanced diet, exercising daily, and getting sufficient rest.
- 4) Take common-sense steps to stop the spread of germs, including frequent hand washing, covering coughs and sneezes and staying away from others as much as possible when you are sick.
- 5) Stay informed about pandemic influenza and be prepared to respond appropriately and calmly. Consult [www.pandemicflu.gov](http://www.pandemicflu.gov) frequently for updates on national and international information on pandemic influenza.

These guidelines were adapted from the *State and Local Pandemic Influenza Planning Checklist*.

## WHY IS THERE SUCH CONCERN ABOUT H5N1?

Health professionals are concerned that the continued and expanded spread of a highly pathogenic avian H5N1 virus across eastern Asia and other countries represents a significant threat. The H5N1 virus has raised concerns about a potential human pandemic because:

- It is especially virulent.
- It is being spread by migratory birds.
- It can be transmitted from birds to mammals and in some limited circumstances to humans.
- Like other influenza viruses, it continues to evolve.

Since 2003, a growing number of human H5N1 cases have been reported in Azerbaijan, Cambodia, China, Egypt, Indonesia, Iraq, Thailand, Turkey and Vietnam. More than half of the people infected with the H5N1 virus have died. Most of these cases are believed to have been caused by exposure to infected poultry. The concern is that H5N1 will evolve into a virus capable of human-to-human transmission.

This article was taken from [pandemicflu.gov](http://pandemicflu.gov)

*“Historically, the 20th century saw three influenza pandemics:*

*1918 influenza pandemic caused at least 500,000 United States deaths and up to 40 million deaths worldwide,*

*1957 influenza pandemic caused at least 70,000 United States deaths and 1-2 million deaths worldwide,*

*1968 influenza pandemic caused about 34,000 United States deaths and 700,000 deaths worldwide.”*

## DO YOU KNOW WHAT TO DO IN A EMERGENCY?

It is important for volunteers and Walpole families to understand the National Incident Management System (NIMS) and the Incident Command System (ICS) in order to work well on an emergency scene together. There are two very good introductory courses that can be taken on the web and you can get certificates for successfully completing the courses.

The NIMS course contains “Planning Activity” screens giving you an opportunity to complete some planning tasks during this course. You can print them when you have completed the course so that you can use them if needed.

The ICS course describes the history, features, principles, and organizational structure of the Incident Command System. It also explains the relationship between ICS and NIMS.

Website trainings are listed on the back cover please take the time to take these courses.

***Best of all you can get this training right from the comfort of your home.***

## Spring Training Courses

All Courses are at Walpole Town Hall

<u>Date</u>	<u>Training Type</u>	<u>Location</u>	<u>Time</u>
April 6, 2007, Friday	Scene Safety	MMR *	9:00 am-12:00 pm
May 2, 2007, Wednesday	Basic Life Support	Rm 112	6:00 pm-10:00 pm
May 15, 2007, Tuesday	CPR/AED	Rm 112	6:00 pm-10:00 pm
May 22, 2007, Tuesday	PPE for non clinicians **	Rm 112	6:00 pm-7:30 pm
May 23, 2007, Wednesday	PPE for non clinicians **	Rm 112	9:30 am-11:00 am
June 5, 2007, Tuesday	Applying ICS in an EDS ***	Rm 112	6:00 pm- 7:30 pm
June 6, 2007, Wednesday	Applying ICS in an EDS ***	Rm 112	9:30 am-11:00 am
June 6, 2007, Wednesday	Heartsaver First Aid	Rm 112	6:00 pm -10:00 pm
June 8, 2007, Friday	First Aid	Rm 112	9:00 am-12:00 pm
June 19, 2007, Tuesday	Pandemic Planning/Avian Flu	Rm 112	6:00 pm-7:30 pm
June 20, 2007, Wednesday	Pandemic Planning/Avian Flu	Rm 112	9:30 am-11:00 am
June 26, 2007, Tuesday	Behavioral Health: Psychological First Aid	MMR*	6:00 pm- 8:00 pm
June 27, 2007, Wednesday	Behavioral Health: Psychological First Aid	Rm 112	9:30 am-11:30 am

**The training opportunities are appropriate for all volunteers and are open to the public.**

**Please call at least one week ahead of time to secure a seat in class (508) 660-7321**

**\* Main Meeting Room \*\* Personal Protective Equipment \*\*\* Emergency Dispensing Sites**

### Website Training and Resources

IS-700 National Incident Management System (NIMS)

<http://training.fema.gov/EMIWeb/IS/is700.asp>

IS-100 Introduction to Incident Command System, (ICS) I-100

<http://training.fema.gov/EMIWeb/IS/is100.asp>

Mass Dispensing Sites: A Primer for Volunteers

<http://cpheo1.sph.umn.edu/massdisp/index.html>

**We encourage all of our MRC Volunteers to take this important course.**

**Please let the Health Department know when you have completed it.**

**Please access the following sites:**

Region 4A Public Health Emergency Response

<http://www.region4a-mrc.org/index.php>

This site is our home base. Region 4A has 34 communities. This site is a great source for news and updates.

Town of Walpole's MRC site

<http://th.walpole.ma.us/WMRC/WMRCHome.htm>

**Email us your ideas and suggestions**

[mrc@walpole-ma.gov](mailto:mrc@walpole-ma.gov)

**Town of Walpole Board of Health, Tel. 508-660-7321, Fax 508-660-6345**

**Robin L. Chapell, R.S., M.S. Health Director**