

THE PULSE

Official Newsletter of the Maryland Responds Medical Reserve Corps

AUGUST 2016



**MARYLAND
RESPONDS**
MEDICAL RESERVE CORPS

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The Pulse is brought to you by the Maryland Department of Health and Mental Hygiene, Office of Preparedness and Response, Maryland Responds Medical Reserve Corps State Program.



BE PREPARED THIS HURRICANE SEASON

Contributed by: Hannah Thomas, Maryland Responds State Administrator.

Hurricane season (June 1 and November 30) is upon us. Hurricanes can pose a serious risk when they pass through our area. Knowing how to prepare for one now will help you stay safe and informed in the event that a Hurricane strikes this season. Follow these tips to stay prepared.

1. Update your emergency kit.

When was the last time you looked through your emergency kit? Have you checked to see if any of your supplies have leaked out of their containers or expired? Your emergency kit should be designed to take care of you, your family, and even your pets for three or more days. When updating your emergency kit, be sure to check the batteries in your flashlights and change them a minimum of once per year to avoid battery-leak corrosion. Then make sure your first aid kit is fully stocked, and don't forget to re-charge your backup phone battery! Lastly, it is recommended that you change the water in your kit every three months. Use that time period as a guideline, and set aside 10-15 minutes every three months to check and update your emergency kit. For more information, visit: <https://www.ready.gov/kit>.



2. Review your evacuation plan with your family.

Not only is it important for everyone to have an evacuation plan and emergency kit, but its just as important to make sure your family members know the plan. This knowledge is crucial because you may be separated from your family members and not know how or where to reunite with them. With small children in the house, be sure to go over your evacuation plan and practice it with them. You can draw maps, and even write down meeting spots and important phone numbers so that your children are also prepared when it comes to an emergency. This step will not only make a difference when it comes to an evacuation, but can also come in handy if they are lost or need to evacuate your house due to other unforeseeable reasons. Finally, every family member should have a short list of valuable or essential personal items to take with them – i.e., cell phones and chargers, required medicines, pets, vital documents, rain gear, etc. Going through this checklist can expedite the evacuation process, where all time is precious. For



BE PREPARED THIS HURRICANE SEASON (CONT'D)

more information, visit: <https://www.ready.gov/make-a-plan>.

3. *Keep your gas tank at least ¾ Full.*

In any emergency situation, and especially during a hurricane evacuation, it is important to keep your gas tank at least ¾ of the way full so you are ready to go at a moment's notice. Oftentimes in these situations there will be long lines of traffic leading to long stand stills. This means it will take more fuel than normal to travel even moderate distances. Gas station lines may be long, and this will stall your evacuation. Any delays to purchase fuel will seriously hamper your successful get-away - so try to avoid unnecessary pit stops!

4. *Know your shelter locations.*



Do you know where your nearest shelter location is? This is extremely important to know if a hurricane were to displace you and your family. You will need to know where you can go to take cover and receive follow-up care such as a food and water, emotional support, essential relief supplies and even first aid support. Hurricanes have the potential to cause widespread destruction with powerful winds, falling trees, flooding, long term power outages, and can even pollute local water supplies. Yes, hurricane flooding can pollute municipality as well as private water sources by pushing large amounts of contaminants and toxic substances from the ground - such as bacteria from flooded sewer systems and fertilizers from agricultural land - into public and private water supplies. All in all, you and your family need to know where to go for shelter and short-term care following a hurricane as well as many other natural or man-made disasters. If you

need help finding a shelter please visit: <http://bit.ly/2adqfw3>. Good knowledge of short term care will make long term recovery much easier.

5. *Become familiar with weather terminology.*



Hurricane watches and warnings are issued well in advance because hurricane preparedness and evacuation activities are far more difficult to accomplish after the storm has arrived. Do you know the difference between a hurricane watch and a warning?

A hurricane **WATCH** means that hurricane conditions (sustained winds in excess of 64 mph) are possible within the next 48 hours. Steps to take during a hurricane watch include preparing yourself and your household by reviewing your evacuation plan and listening to what local officials and weather stations are telling you. This is also a good time to review the items in your emergency kit and add any additional items as needed.

A hurricane **WARNING** means that hurricane conditions are expected within 36 hours. In other words, a hurricane is imminent and it's time for action! Steps to take during a hurricane warning include gathering your emergency kit and taking the appropriate actions outlined in your evacuation plan. Be sure and listen to your local television news channels. This is where local officials will be providing the latest storm information and evacuation instructions on a continuous basis. And remember, you took time to make a plan, so trust it, and remain confident when putting it into action!

PROTECT YOURSELF FROM MOSQUITO BITES

Contributed by: Stephanie Parsons-Freeburger, Maryland Responds State Administrator.

A travel advisory has been issued by the U.S. Centers for Disease Control and Prevention warning pregnant women against visiting the Wynwood area in northern Miami, Florida with ongoing Zika virus transmission. At least 14 people have been infected in the first locally transmitted Zika outbreak in the continental United States. Some countries, including the United Kingdom, have already issued travel warnings for their pregnant citizens about traveling to the affected area in Florida. For more, see the ABC article here: <http://goo.gl/l1uay1>.

While no cases of local transmission have currently been found in Maryland, the Centers for Disease Control and Prevention recommends that everyone living in areas with mosquitoes known to transmit Zika virus (including Maryland) take steps to avoid mosquito bites. Everyone, especially women who are pregnant, should use the information below to avoid mosquito bites. For more information, visit: www.cdc.gov/zika.



PROTECT YOURSELF from MOSQUITO BITES

Mosquitoes spread Zika and other viruses.



Daytime is the most dangerous

Mosquitoes that spread Zika are aggressive daytime biters. They can also bite at night.



Use insect repellent It works!

Look for the following active ingredients:

- DEET • PICARIDIN • IR3535
- OIL of LEMON EUCALYPTUS
- PARA-MENTHANE-DIOL



Wear protective clothes

Wear long-sleeved shirts and long pants or use insect repellent. For extra protection, treat clothing with permethrin.



Mosquito-proof your home

Use screens on windows and doors. Use air conditioning when available. Keep mosquitoes from laying eggs near standing water.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

For more information: www.cdc.gov/zika

CS263829-8
June 27, 2016 2:00 PM

MARYLAND RESPONDS WELCOMES NEW STAFF MEMBER

Contributed by: Hannah Thomas, Maryland Responds State Administrator.



Hello Maryland Responders! My name is Hannah Thomas and I am the new Maryland Responds Program Assistant. I will be assisting with Maryland Responds volunteer engagement and recruitment activities. I am really looking forward to meeting and working with you all!

To give you a little background on myself, I am new to the state of Maryland. I recently received my B.A. from Virginia Tech where I studied National Security and Leadership. There, I also worked with the Virginia Tech Office of Emergency Management where I found my passion for serving others and teaching people how to prepare for, respond to, and recover from emergencies. I learned firsthand how this information can make a difference in any type of emergency situation. That is why I wanted to take on a role within the Maryland Responds program. Your decision to volunteer your time and expertise is truly inspiring, and I am honored to be a part of such a dedicated group of Responders.

I can be reached via email at hannah.thomas@maryland.gov.

TAKE THE NEW MARYLAND RESPONDS MRC ONLINE ORIENTATION TRAINING (VERSION 2.0)

Contributed by: Stephanie Parsons-Freeburger, Maryland Responds State Administrator.

The Maryland Responds MRC Online Orientation Training (Version 2.0) is now available online! All Maryland Responders are required to successfully complete the Maryland Responds Orientation training to satisfy the core training requirement to reach [Ready Responder Status](#) and to be eligible for deployments.

The online orientation training (version 2.0) incorporates an introduction to the National Incident Management System and the Incident Command System with an overview of the Maryland Responds MRC deployment protocols. As with the previous version, the revised online orientation training is a condensed version of the in-class orientation training, intended to provide you with the basic, yet vital, information you need to prepare for your role as a Maryland Responder. For those who took a previous version of the orientation training (online or in-class), we highly recommend that you take the revised version of the course as it contains several updates and new material.

To take the Maryland Responds MRC Online Orientation Version 2.0, log on to the Maryland Responds Online Training Site (or create an account if you haven't already): <http://mdresponds.mycourse.com/>.

For questions or help accessing the course, email mdresponds.dhmf@maryland.gov.



TAKE THE ONLINE POINT OF DISPENSING (POD) TRAINING

Contributed by: Stephanie Parsons-Freeburger, Maryland Responds State Administrator.

The Maryland Responds MRC Point of Dispensing (POD) Training Webinar is now available online. This webinar provides an overview of Point of Dispensing (POD) Operations specifically for Maryland Responders. PODs are locations throughout a jurisdiction used to distribute medications in the event of a public health emergency. For a POD to function properly, many people will need to be able to work together efficiently. This webinar focuses on non-medical dispensing, introducing participants to the command structure of a POD, the basic POD flow, and the stations in a POD to prepare you for working



in a POD during an emergency response. Information on the types of job responsibilities and tasks you may be assigned as a volunteer in a POD is also discussed.

To take the Point of Dispensing (POD) Training Webinar, log on to the Maryland Responds Online Training Site (or create an account if you haven't already): <http://mdresponds.myicourse.com/>. From the Course Catalog, select the course entitled, "Points of Dispensing (POD) Training Webinar."

Don't know much about PODs? Check out OP&R's "What to Expect at a Point of Dispensing (POD)" fact sheet [here](#).

CONNECT WITH MARYLAND RESPONDS

Contributed by: Hannah Thomas, Maryland Responds State Administrator.

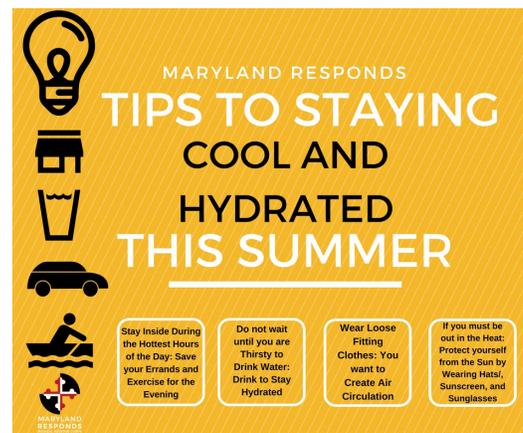
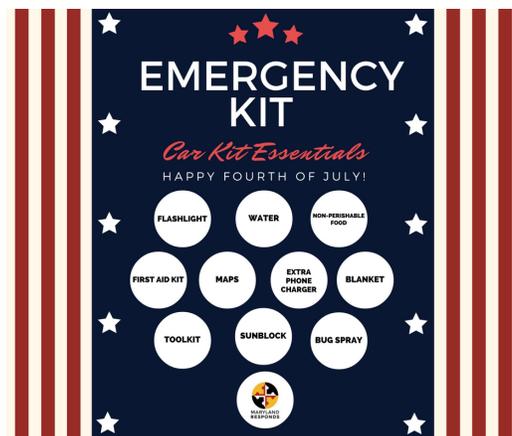
Are you following Maryland Responds on social media? Connecting with us on social media is a great way to see what we are working on, and to discover great preparedness resources!

To give you an example of the resources you will find on our social media pages, on the right are two graphics we posted this month! These graphics can be found on our [Facebook](#) page and if you are interested in seeing more posts like these, be sure to "Like" our Facebook page!

Maryland Responds shares a [Twitter](#) account with the Maryland DHMH Office of Preparedness and Response. When you follow this account, you will have access to preparedness resources and tips shared by Maryland Responds and the Office of Preparedness and Response.

Finally, by joining the Maryland Responds [LinkedIn](#) group you will be able to add your experience to your professional profile, and connect with other Maryland Responders!

- Facebook: www.facebook.com/MDResponds
- Twitter: [@MarylandOPR](https://twitter.com/MarylandOPR)
- LinkedIn: <http://bit.ly/MDRlinkedin>



HIGHLIGHTS FROM THE FIELD

ZIKA PREVENTION KIT ASSEMBLY

Contributed by: Stephanie Parsons-Freeburger, Maryland Responds State Administrator.

On Saturday, April 23, 2016, the Maryland Department of Health and Mental Hygiene Office of Preparedness and Response deployed 25 Maryland Responders to assist with the packaging of 10,000 Zika Prevention Kits. Volunteers formed an assembly line to package kit materials such as informational handouts, mosquito repellent, mosquito dunks and condoms. Kits were then distributed to all local health departments to be distributed to at risk populations. MRC participation in this important public health activity helped raise awareness about Zika virus and the strategies that can be used to prevent the disease. Thanks to all of the Maryland Responders who made this mission possible:



Maryland Responders Georgeann Roeder (left) and Elizabeth Agbetsiafa-Awuah (right) assembling Zika Prevention Kits.

Elizabeth Agbetsiafa-Awuah, Andrea Amprey, Phillip Bovender, Mary Bridenhagen, Patricia Dove, Amanda Driesse, Raquel Dureza-Muneses, William DuSold, Judy Gibson, Arnold Honkofsky, Lynae Johnson, Mercy Nnanna, Jumoke Omisore, Pearl Parker, Kizzy Parker-Cleveland, Lorraine Quarrick, Mary Sue Righter, Georgeann Roeder, Ruth Schelhaus, Joan Segura, Dorothy Sheu, April Tepfer, Nwanne Udeagha, Cynthia Williams-Queen and Reid Zimmer.

ADVANCED DISASTER LIFE SUPPORT EXERCISE

Contributed by: Stephanie Parsons-Freeburger, Maryland Responds State Administrator.

On May 13, 2016, the Maryland Regional National Life Support (NDLS) Coalition conducted a disaster exercise with Maryland Responders and other emergency medical personnel at the Maryland Fire and Rescue Institute in College Park, Maryland. Fourteen Maryland Responders were deployed to assist during the exercise to fulfill the role of disaster victims.

Responders had mock wounds applied and were given instructions to act out certain medical conditions and injuries including cyanosis, a broken arm, head trauma and the loss of a finger!

Thanks to these Maryland Responders, participants at the training were able to practice emergency triage during a disaster scenario:



Maryland Responders Rona Elias (left), Barbara Barger (middle) and Maureen Chapnick (right) moulaged and ready to go!

George Afari, Elizabeth Agbetsiafa-Awuah, Janette Alexander, Barbara Barger, Stuart Berdy, Michele Briley, Maureen Chapnick, Amanda Driesse, Rona Elias, Veronica Hunt, Patricia McCoy, Debbie Meyer, Ruth Schelhaus, Sylvia Grace Shaw-Fair.

ZIKA AMBASSADOR PROGRAM (ZAP) TRAINING

Contributed by: Kimberly Eshleman, Deputy Director, Office of Public Health Preparedness and Response, BCHD.

The Baltimore City Health Department (BCHD) hosted a Zika Ambassador Program (ZAP) Training for Baltimore City Maryland Responders on Wednesday, June 29th. The workshop used a train-the-trainer model, meaning individuals who attended the meeting received tools and information they need to educate others in their community about Zika virus. Over 15 Baltimore City Responders attended this training to learn about the Zika Virus, reducing breeding sites for mosquitoes, protecting themselves from mosquito bites, and conveying information on BCHD's Zika response. Responders had the opportunity to ask questions and discuss the Zika virus with BCHD staff. Attendees received a copy of a Zika Power-point presentation and informational fliers to use to train their friends and family and share with community groups. These Baltimore City Responders now serve as an important outreach extension of BCHD to help spread Zika prevention messages. Thanks to all who attended to partner with BCHD!



Stay tuned later this summer as this training will be available to all Maryland Responders through the Maryland Responds Online Training Site!

WEST VIRGINIA FLOODING

Contributed by: Cynthia Mankamy, Garrett County Unit Administrator.

In late June, the state of West Virginia was struck with some of the deadliest flooding ever seen. The state received help from organizations such as the American Red Cross and the Salvation Army. Although help from the Maryland Responds MRC was not requested, that did not stop one of our volunteers from going to volunteer their time to help the citizens of West Virginia.

Garrett County Health Department's Maryland Responds Unit Administrator, Cindy Mankamy, RN spent Saturday, July 4th helping flood victims in Clendenin, WV, a small town about 3 hours south of Garrett County, Maryland. The whole town was virtually under water as the Elk River spilled over its banks on June 23rd. Cindy connected with a local teacher via Facebook

after reading heart-wrenching posts from people requesting help. Even before the formal channels for sending volunteers could be initiated, this young Clendenin resident set up an improvised volunteer dispatch center and began sending out teams to addresses in her town and neighboring towns where help was urgently needed. She was simultaneously organizing incoming supplies such as water, bleach, buckets, shovels, masks, boots, gloves, etc. On that Saturday alone, she outfitted and sent out nearly 500 volunteers using only her cell phone, a notebook, and some hard-working friends and relatives to assist. This was a great example of a spontaneous local disaster response and the constructive use of social media.

MD NATIONAL GUARD TRAINING EXERCISE

Contributed by: Stephanie Parsons, Maryland Responds MRC State Administrator.

On Saturday, August 13, 2016, the Maryland National Guard will be conducting a full scale Closed Point of Dispensing (POD) training exercise, at Camp Fretterd Military Reservation. Maryland Responds will be deploying over 40 Maryland Responders to act as patients during the exercise. Their participation will help the Maryland Military Department and the Department of Health and Mental Hygiene Office of Preparedness and Response train and exercise the National Guard's emergency medical countermeasures team. This will also be a great opportunity for Maryland Responds

volunteers to be trained on POD operations.

During the exercise, volunteers will have the opportunity to role play the part of several different patients, including National Guardsmen and their family members, who are going through the POD to obtain necessary medication in the event of a public health emergency.

Thanks to all who have been assigned to this deployment. We look forward to seeing you on August 13th!

ENVIRONMENTAL HEALTH TRAINING IN EMERGENCY RESPONSE OPERATIONS

Contributed by: Joan Segura, Maryland Responds MRC Advisory Council Member.

There is a great learning opportunity available through the Centers for Disease Control and Prevention on Environmental Health Training in Emergency Response (EHTER). EHTER helps prepare environmental health practitioners and other emergency response personnel by providing them with the necessary knowledge, skills, and resources to address the environmental health impacts of emergencies and disasters. For more information, visit: <http://www.cdc.gov/nceh/ehs/eLearn/EHTER.htm>.

[EHTER Operations Level](#) (in person) – Training to identify hazards; plan team response; select equipment/instrumentation; perform required tasks using environmental health response protocols; and report/ follow-up activities. It involves hands-on practice/ response to simulated events. Location: FEMA Center for Domestic Preparedness in Anniston, Alabama. FEMA covers training costs (travel, lodging, and meals) for state, local, and tribal responders taking the course.



[EHTER Awareness Level](#) (online) – Course addresses environmental health issues and challenges for emergency response and recovery: disaster management, responder safety/ health, water/ food safety, wastewater management/ disposal, building assessment, vectors/pests, solid waste and debris, shelter assessment/ sanitation, and radiation.

I attended Operational training and was impressed with the accommodations on the campus. This experience increased my confidence to be able to assimilate into a responder team and be familiar with completing assessments and environmental collections.

ACTIVE SHOOTER EVENTS - HOW TO RESPOND

Contributed by: Hannah Thomas, Maryland Responds State Administrator.

We have recently seen some sobering stories in the news of active shooter events – when someone attacks people where they live, learn, work and play. Do you know what to do in this type of scenario? Do your family members, friends, and co-workers know what to do? Unfortunately, many people freeze in these situations. Knowing what to do in an active shooter situation can help save lives.



We are asking for your help in spreading this vital information to your fellow Responders, co-workers, family, friends and communities. Knowing how to react and practicing these skills can help make a difference in an active shooter situation.



It is always a good idea to keep your situational awareness high and have an escape plan in mind wherever you are. For example, how you will exit your office in an emergency? What about your home? Is there more than one exit? Which exit is the closest? Knowing this information is vital to your safety in any emergency situation, but it is especially crucial during an active shooter scenario.

The Department of Homeland Security (DHS) has many resources available for you to learn what to do if you are in an active shooter situation. DHS advises that you should first **RUN**, then **HIDE**, and, as a last resort, **FIGHT**.



Image downloaded from US Navy Website:
http://www.ready.navy.mil/be_informed/terrorism/active_shooter.html

ACTIVE SHOOTER EVENTS - HOW TO RESPOND (CONT'D)

Attempting to **RUN** should be your first option. Have your escape route in mind, leave all of your belongings behind, do not wait for others if they choose to stay, do not attempt to move the wounded, keep your hands visible at all times, and call 911 when you are safe.

If running is not an option, you should attempt to **HIDE**. Hide in an area that is out of the shooter's view, lock all doors and block the entry of your hiding place to the best of your ability.

Your last resort should be to **FIGHT**. Do not hold back. You should aim to incapacitate the shooter. There are no rules in this fight. Act with as much aggression as possible. Commit to this fight because your life truly depends on it.

Something to note in an active shooter situation is that police will be the first people to arrive and their first priority will be to eliminate the threat. They will bypass the wounded - but do not worry, EMS will be behind shortly. Do not get in their way and keep your hands empty and visible. A waving cell phone can look like something threatening to them. Do what they ask - they are there to help.

DHS has developed quick-reference materials that provide more details on each step of RUN, HIDE, FIGHT:

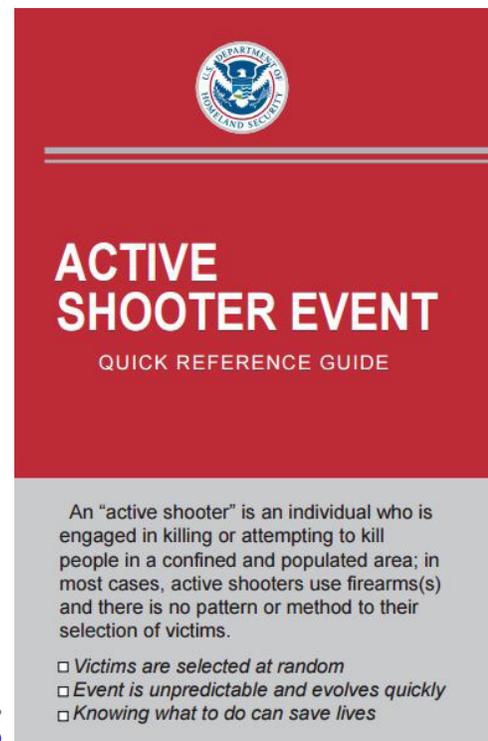
- Active Shooter Pocket Card: <http://bit.ly/2anxEcU>
- Active Shooter Event Quick Reference Card: <http://bit.ly/2aQ6dcO>

In addition, DHS developed lengthier materials for individuals interested in expanding their knowledge or in developing preparedness plans for their offices, homes and communities:

- Active Shooter How to Respond Booklet: <http://bit.ly/2aDfWV5>
- Active Shooter Independent Study Online Training: <http://bit.ly/1Rp8UBv>. Click on "Interactive Web Based Course" on the right side of the page.

There are many other active shooter awareness materials available online at DHS's Active Shooter Preparedness Page which can be found here: <http://go.usa.gov/chV8z>.

We urge you to distribute these resources to everyone you know, either electronically or by printing and physically posting it in common areas of places that you frequently visit. Remember that the simple act of sharing this information could help to save the life of someone you know or love.



Active Shooter Event Quick Reference Card: <http://bit.ly/2aQ6dcO>

EXTREME HEAT RESOURCES

Contributed By: Stephanie Parsons-Freeburger, Maryland Responds State Administrator.

As extreme heat conditions continue around the country, we remind you to take precautions to avoid heat-related illnesses. Extreme-heat events occur when temperatures are substantially higher than average for a particular location at a given time of year. The impacts of extreme heat can cause widespread suffering and fatalities: there were more than 7,400 heat-related deaths in the United States between 1999 and 2010. In 2015, there were 6 confirmed heat-related deaths from May through September in Maryland, down from 46 confirmed heat-related deaths during the same period in 2012. Five heat-related deaths have been confirmed to date for 2016 (monitoring began in June).

Fortunately, the majority of heat-related deaths and illnesses are preventable. If we take actions to prepare for and respond to extreme-heat events, we can dramatically reduce the risks associated with extreme heat—especially for the most vulnerable populations, including the elderly and very young, people with certain health conditions, people like farmers or construction workers who work outside, and people in low-income households.

From June through the beginning of September, the Department of Health and Mental Hygiene (DHMH) monitors temperature conditions and advisories issued by the National Weather Service and alerts residents of extreme heat events. Since June 5, 2016, reports have been issued weekly to provide guidance and information about deaths and illness caused by extreme heat in the region. During extended extreme heat events, reports will be issued daily. To see the reports, visit <http://goo.gl/kvm4MR>. The site also includes the State Heat Plan and facts about heat-related illnesses.



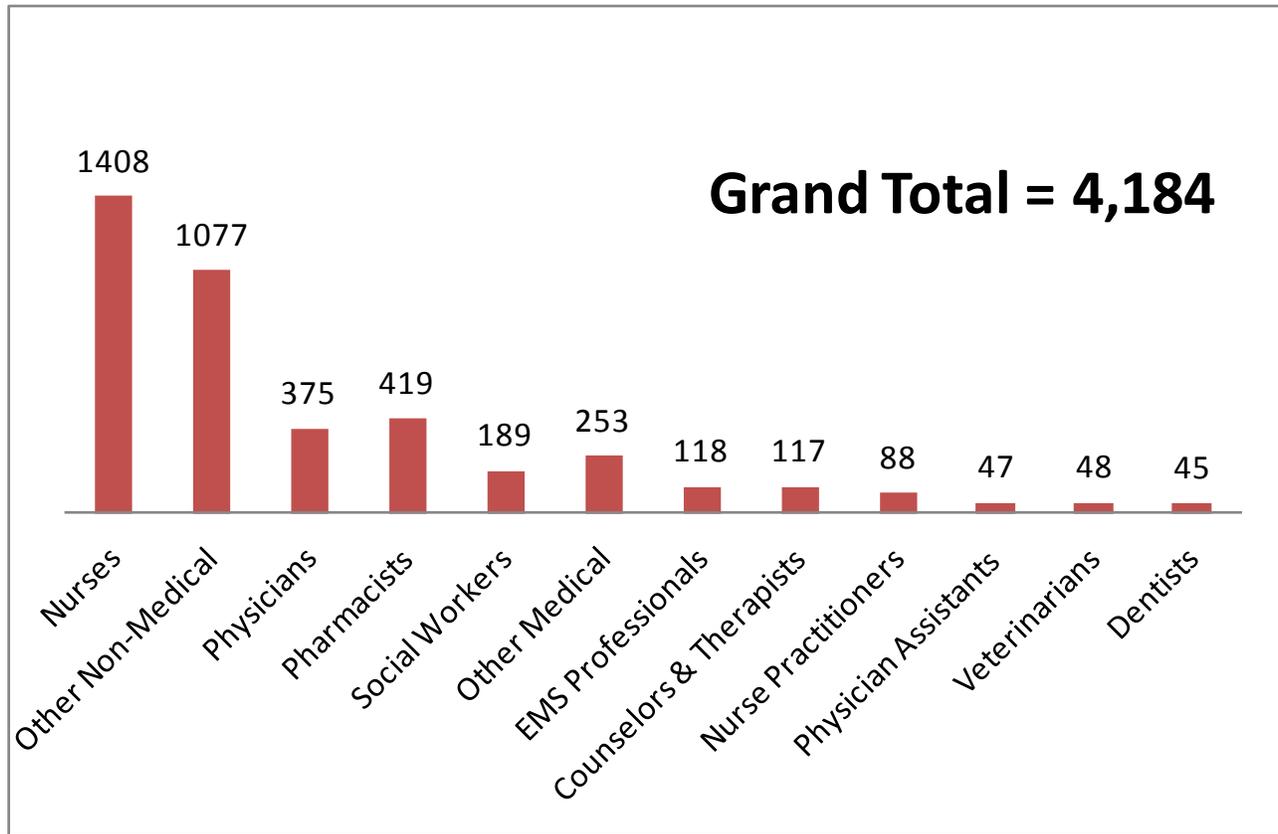
Marylanders in need of a cooling center should contact their local health department or visit the DHMH Heat Emergency website at: <http://goo.gl/SfSCtM>. Maryland residents in need of energy assistance to keep cool this summer should call 2-1-1 Maryland to see if there are resources available to help.

Additional Extreme Heat Resources:

- Maryland Emergency Management Agency: mema.maryland.gov/Pages/resources-HeatandDrought.aspx
- Centers for Disease Control and Prevention: www.cdc.gov/extremeheat/
- Spanish Language Resources: www.cdc.gov/extremeheat/espanol/index_esp.html
- National Weather Service Heat Alerts: <http://www.nws.noaa.gov/os/heat/ww.shtml>
- Low Income Energy Assistance Program: <http://www.acf.hhs.gov/programs/ocs/programs/liheap>

MARYLAND RESPONDERS BY OCCUPATIONAL GROUP

Membership totals as of August 3, 2016



MARYLAND RESPONDERS BY LOCAL UNIT

Membership totals as of August 3, 2016

County	Total	Percent of Local Membership
Allegany	77	1.9%
Anne Arundel	322	8.1%
Baltimore City	379	9.6%
Baltimore	600	15.1%
Calvert	56	1.4%
Caroline	19	0.5%
Carroll	130	3.3%
Cecil	53	1.3%
Charles	60	1.5%
Dorchester	33	0.8%
Frederick	174	4.4%
Garrett	25	0.6%

County	Total	Percent of Local Membership
Harford	163	4.1%
Howard	304	7.7%
Kent	64	1.6%
Montgomery	641	16.2%
Prince George's	366	9.2%
Queen Anne's	62	1.6%
Saint Mary's	39	1.0%
Somerset	89	2.2%
Talbot	94	2.4%
Washington	84	2.1%
Wicomico	96	2.4%
Worcester	38	1.0%