

THE PULSE

Official Newsletter of the Maryland Responds Medical Reserve Corps

FALL 2017



**MARYLAND
RESPONDS**
MEDICAL RESERVE CORPS

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MARYLAND
Department of Health

Office of Preparedness
and Response



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

HOLIDAY HEALTH AND SAFETY

Contributed by: Amanda Driesse & Lornah Misati

The holiday season is approaching! While the holidays are a time to celebrate with those you love, they can also be stressful. You can't avoid holiday stress completely, but there are things you can do to help keep your family safe and healthy.

Keep Germs Away

Hand-washing with soap and water is one of the best ways to prevent the spread of germs and to avoid getting sick. Check with your doctor to see what vaccinations you should get to prevent disease during the winter months.

Stay Warm

Winterize your home by installing weather stripping or insulation. Have your heating system checked by a professional to ensure it is working efficiently and properly venting to the outside. When spending time outdoors, wear appropriate clothing such as a wind-resistant coat, several light layers, mittens, a hat, scarf, and waterproof boots. Know the signs and symptoms of cold-related illness: <http://bit.ly/2hTTK2>.

Travel Safely

Be safe behind the wheel after holiday parties. Never drink and drive! Choose a designated driver before leaving for a party if you plan to drink.

Keep an emergency supply kit in your car. Include a flashlight, extra batteries, blanket/sleeping bag, flares, jumper cables, snow shovel, compass, first aid kit, matches or lighter, ice scraper, snow brush, energy bars, and water.

Injury Prevention

Take it slow when working outside. Heavy physical activity like shoveling snow can lead to a heart attack. Learn to recognize the warning signs: <http://bit.ly/2hT0tnq>. Spread salt on walkways to prevent falls on ice.

To prevent carbon monoxide poisoning never use generators, grills, or other gasoline/charcoal burning devices inside your home or garage. Install smoke detectors and carbon monoxide detectors in your home.

Decorate Safely

Be smart when you deck the halls! Never use lighted candles near trees, boughs, curtains, or where pets and children can reach. Turn off all lights on trees and decorations when you go to bed or leave the house. If using a natural tree, make sure it is well watered to prevent dry branches from catching fire.

Food Safety

When preparing your holiday meals, use a meat thermometer to make sure all meats are cooked to the proper temperature. Wash your hands, utensils, and surfaces that have come in contact with raw meat. Keep cooked and uncooked food preparation separate. Do not leave perishable foods out for more than two hours.

For more tips to keep safe, visit:

[CDC: goo.gl/cOgkw1](http://goo.gl/cOgkw1)

[NSC: goo.gl/V7xeyA](http://goo.gl/V7xeyA)

FINANCIAL PREPAREDNESS FOR EMERGENCIES

Contributed by: Lornah Misati, Maryland Responds Program Specialist

Emergencies can strike without warning. Whether it's a natural disaster, a man-made emergency, or a personal crisis, many families are caught off-guard, leaving little to no time to think before making critical decisions. Financial preparedness can make an enormous difference in disaster planning and recovery.

Take the time to collect all essential documents and information to access personal, financial, insurance, and medical records. The more prepared you are, the better you can rebuild your life after a disaster.

A well-structured plan is based on your family's or organization's values and goals. Some government agencies, such as the Federal Emergency Management Agency (FEMA), may offer financial preparedness assistance at little or no cost. You could also ask an attorney or a financial specialist to help develop your overall financial strategy.

The Federal Emergency Management Agency's [Emergency Financial First Aid Kit](#) (EFFAK) was created to help individuals collect and organize critical medical, financial, and household documents and contact information. There are the four steps recommended:

- 1. Compile:** assemble important documents and contacts. Take photographs or video of rooms and valuable belongings in your home. Keep cash at a safe location within reach to pay for purchases if ATMs are not functioning or banks are closed. Print or download statements of obligations that you pay automatically, such as rent or mortgage payments. Collect family documentations such as birth certificates, social security cards, and marriage license.
- 2. Review:** Review your insurance policies and paperwork to ensure they are accurate and current. If you own a home, be sure that your insurance coverage is adequate. If you rent, be sure that your lease reflects your current rent and insurance is up-to-date. Your will, life insurance, and/or health insurance plan are also essential documents to have.

- 3. Safeguard:** Store paper and electronic copies of files in a safe place. All important documents should be stored in a fireproof and waterproof safe. The documents can be kept at home, with a trusted friend or relative, or in a bank safe deposit box. Keep electronic copies of important document stored in a password-protected format or external hard drive in the safe.

If you have a lawyer or trusted friend or relative, be sure to give him or her a copy of your Emergency Financial First Aid Kit in a sealed envelope to be opened only with your approval or by a designated representative.

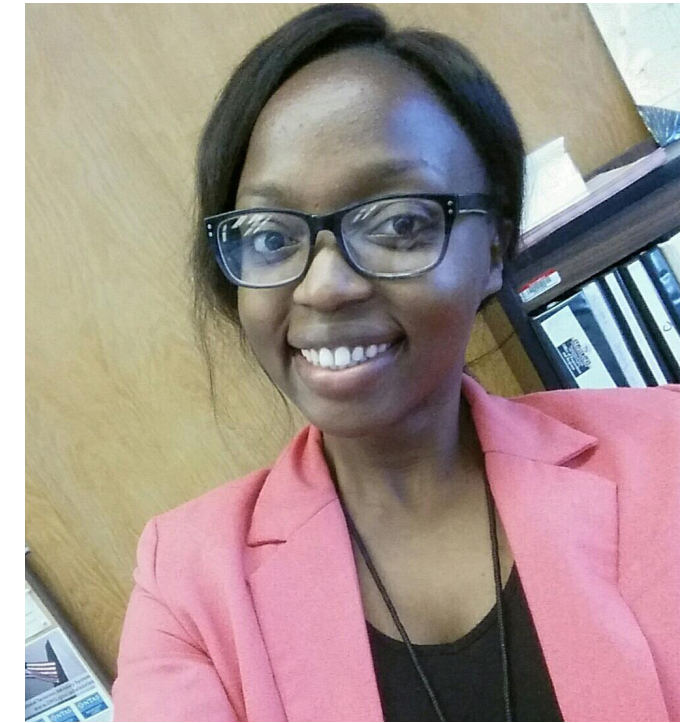
- 4. Update:** Revisit and update your Emergency Financial First Aid Kit on a regular basis, especially following life changes. The Emergency Financial First Aid Kit suggests you create a routine schedule to update your files and documents. Those scheduled updates could happen during tax season, around your birthday, at the start of a new year, or during Daylight Saving Time.

The Emergency Financial First Aid Kit includes checklists and forms to help you collect and assemble the relevant documents and information you will need during and after an emergency. These informed financial decisions will help you during a crisis.



WELCOME NEW MARYLAND RESPONDS PROGRAM STAFF

Contributed by: Lornah Misati, Maryland Responds Program Specialist



Hello Maryland Responders!

My name is Lornah Misati, and I am the new Maryland Responds Specialist. I am thrilled to join you in this exciting and rewarding adventure!

I am a graduate from Widener University and received a Masters in Business with a concentration in Health Care Management. I earned my undergraduate degree in Public Health-Health Services Administration. I have five years of experience as a Resident Assistant/Case Analyst in Geriatrics, along with a year as a Graduate Assistant for the Dean and Assistant Dean of Widener School of Business.

I consider myself fortunate to continue my passion in a role that looks out for the well being of others.

I look forward to working and serving with you all.

E-mail me at: Lornah.Misati@Maryland.gov.

AUTUMN CHARGE 2017 RESPONDER NOTIFICATION EXERCISE

Contributed by: Amanda Driesse, Maryland Responds Medical Reserve Corps State Coordinator

Thank you to all the Responders who participated in the notification exercise on October 18 and 19, 2017. This exercise, known as the Autumn Charge VIII, was a multi-state, coast-to-coast Medical Reserve Corps notification drill. The exercise scenario simulated a pandemic caused by a new strain of influenza. In this scenario, many Marylanders became sick and hospitals were overwhelmed. Maryland Responders were needed to help support public health agencies and hospitals.

The State Program and Maryland Responds unit administrators from 17 jurisdictions participated by sending availability requests to volunteers via email, internal Registry System messaging, and phone. Responding with your availability for this simulated disaster helped Maryland Responds Unit Administrators utilize and evaluate the

effectiveness of the Maryland Responds Registry System. If this had been a real emergency, qualified Responders who indicated that they were available to respond would have been contacted to confirm their activation and given more information (for example: where to report, what to bring, etc.).

Thank you again to all who were able to participate and respond to our exercise availability request!



STATE HEALTH DEPARTMENT NAME CHANGE

Contributed by: Amanda Driesse, Maryland Responds Medical Reserve Corps State Coordinator

As of July 1, 2017, the Maryland Department of Health and Mental Hygiene (DHMH) name changed to the Maryland Department of Health (MDH). The name change was an effort to modernize and reflect the holistic nature of health which includes behavioral and mental health. Along with the name change, the Department has a new logo and new website URLs. The new homepage for the Maryland Department of Health is <https://health.maryland.gov>.

The Maryland Responds Medical Reserve Corps is housed within the Maryland Department of Health Office of Preparedness and Response. Due to the name change, the Maryland Responds general email inbox, the web addresses to the Maryland Responds Registry System, and the Maryland Responds website URL have changed. Please bookmark the new Maryland Responds web addresses. Should you have questions or need more information about Maryland

Responds, please email us at our new email address. The State Program will continue to monitor the old Maryland Responds email address until the full transition has been made.

New Email: mdresponds.health@maryland.gov

Registry: <https://mdresponds.health.maryland.gov/>

Website: <https://mdr.health.maryland.gov/>

Maryland Responds State Coordinators will update all of the Maryland Responds website pages, recruitment materials, and informational resources with this new information.



ROAD TO READINESS UPDATES

Contributed by: Amanda Driesse, Maryland Responds Medical Reserve Corps State Coordinator

MARYLAND RESPONDS
ROAD TO READINESS

The Road to Readiness outlines the steps required for reaching Ready Responder status. Once you have completed the steps below, you will be ready to deploy with the Maryland Responds Medical Reserve Corps. For assistance with the Road to Readiness or to assess your status, contact the Maryland Responds State Program at mdresponds.health@maryland.gov.

Have you completed your Road to Readiness steps? The Maryland Responds State Program has published an updated version of our Road to Readiness checklist which walks Responders-in-Training through the steps to reach Ready Responder status. The updated Road to Readiness contains a new final step.

Step 6: Email the Maryland Responds State Program at mdresponds.health@maryland.gov to let us know you have completed all the steps on the Road to Readiness.

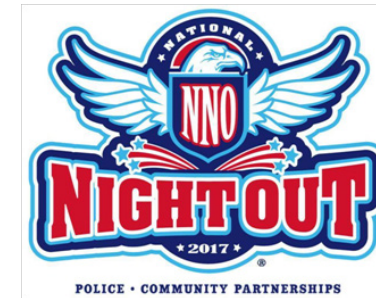
This new step ensures that your completed steps are reviewed and verified by a State Administrator. Completing this final step notifies the State Program to add you to our list to receive a Ready Responder kit and ID badge, which are mailed out on a monthly basis!

To view the updated Road to Readiness steps and download a copy of the checklist, visit: <https://mdr.health.maryland.gov/Pages/RoadtoReadiness.aspx>.

1. Register to volunteer through the Maryland Responds Registry: mdresponds.health.maryland.gov. Complete all sections of your Responder profile.
 - In the "Occupation" tab, be sure to include your professional license number, expiration date and place of practice (if applicable).
 2. Complete the Maryland Responds Orientation Course, in-class or online.
 - Online: <http://bit.ly/MDROnlineTraining>
 - Upload your Orientation Course certificate of completion to your Responder profile for the training course, R2R Step 2: Maryland Responds Orientation.
 3. Submit your Liability and Confidentiality Agreement form.
 - Online: <http://bit.ly/MDRliabilityConfForm>
 4. Submit your photo for your Responder ID Badge.
 - Upload your passport quality photo to your Responder profile as a certificate for the training course, R2R Step 4: Photo for ID Badge.
 5. Submit your shirt size (S-XXL) for your Responder uniform.
 - In your Responder profile, add the training course that corresponds to your shirt size, R2R Step 5: Uniform Size.
 6. Email mdresponds.health@maryland.gov to let us know you have completed all the steps on the Road to Readiness.
- Congratulations! By completing the steps above, you have reached Ready Responder status. Next we will mail you your Ready Responder kit containing your Responder ID badge, uniform, field guide and more!
- Updated 09/19/17

NATIONAL NIGHT OUT: RESPONDERS PROVIDING COMMUNITY EDUCATION

Contributed by Barbara Logan, Somerset County Health Department Planner/Maryland Responds Local Unit Administrator



National Night Out is an annual national event where police departments engage with their local communities in an effort to build and maintain police-community camaraderie. Every year, millions of people take part in National Night Out across the United States. In Somerset County, the event is hosted by the Princess Anne Police Department, the Crisfield Police Department, the Maryland State Police, and the Somerset Sheriff Department.

This year's event was held on August 1, 2017 at the Garland Hayward Center in Princess Anne. The Somerset County Health Department and Somerset Emergency Management partnered to provide attendees with emergency preparedness information. Representatives from these two organizations, including Maryland Responds, provided general preparedness information for weather related events, carbon monoxide poisoning education, and Zika Virus information. Attendees also participated in preparedness games and got to see the equipment that is available in Somerset County for emergency response.

Activities at this event engaged children and adults to have fun, win prizes, and receive valuable information as part of their learning experience. The community appreciated the fun and games our partnership team developed to provide them with resources and information about emergency preparedness. Through this event, participants learned about their role in preparing for and preventing emergencies.



Maryland Responds Volunteer, Rodolfo Romero
Rodolfo helped children learn about the dangers of carbon monoxide.



Somerset County Health Department and Emergency Management emergency preparedness display.



Somerset County Health Department Planner, Barbara Logan
Emergency Management Shift Supervisor, Robert Price
Emergency Management Director, Evette Cross
Emergency Management Planner, Vicky Lloyd

RECRUITING NEW MARYLAND RESPONDERS

Contributed by: Lornah Misati, Maryland Responds Program Specialist

Maryland Responds had the opportunity to be part of two incredible recruitment events during September.

The first event was a Community Preparedness Fair organized by the National Cancer Institute Emergency Management and Physical Security Branch in Rockville. The fair consisted of multiple exhibitors including representatives from the Maryland Emergency Management Agency, American Red Cross, community emergency response teams, police departments, and other emergency preparedness and response organizations.

Maryland Responds State Coordinator Amanda Driesse and Program Specialist Lornah Misati answered questions and provided educational materials about Maryland Responds. Twenty participants registered on-site to be volunteers with Maryland Responds.

The second recruitment event was the National Association of Social Workers Maryland Chapter's 12th Annual Fall Clinical Conference, held in Linthicum Heights. The conference was geared towards licensed social workers within the State of Maryland. As an exhibitor, we met with conference participants to provide information about Maryland Responds and emergency preparedness.

Seven new clinical licensed volunteers signed up to join Maryland Responds. As licensed social workers, they will be utilized during our public health initiatives and emergencies to engage affected families and support mental health and recovery.

Do you know someone who may be interested in helping during emergencies and public health events?

Tell them to visit us at:
<http://mdr.health.maryland.gov>



Maryland Responds State Coordinator, Amanda (top left), with Maryland Responds Program Specialist, Lornah (bottom right), answered questions at the Community Preparedness Fair.



Maryland Responds Program Specialist Lornah Misati recruiting Maryland Responders at the Annual Fall Clinical Conference.

MARYLAND RESPONDER'S EXPERIENCE AT INCIDENT RESPONSE TO TERRORIST BOMBINGS TRAINING

Contributed by: Ryan Boasi, PharmD, Maryland Responds Advanced Ready Responder

From June 12 through 15, 2017, I attended the PER-230: Incident Response to Terrorist Bombings (IRTB) training in Socorro, New Mexico.

Since Socorro is a small town many might be surprised to learn that, in addition to its beautiful golf course and desert landscape, it is home to New Mexico Tech's Energetic Materials Research and Testing Center (EMRTC). Here, first responders learn to respect the power of explosives commonly used by terrorists and how to stay safe when responding to incidents involving energetic materials.

During this training, our course time was split between on-campus lecture, group exercises, and demonstrations at the range. The in-class portion focused on recognizing the role of energetic materials in terrorist bombings, pre- and post-detonation response considerations, and key elements for planning and policy development. During our daily trips to the range, we learned about and detonated progressively larger devices, culminating in a car loaded with 300 pounds of high explosives.

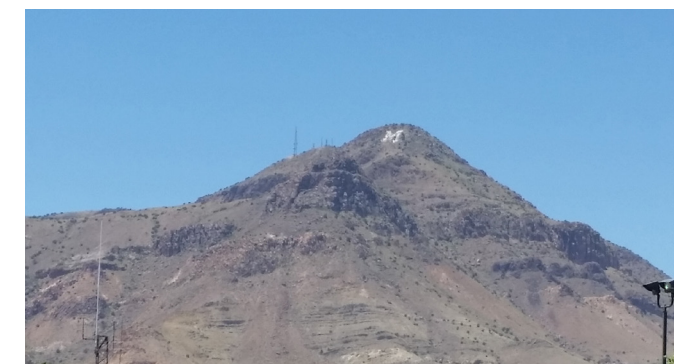
My biggest take-aways from this course were:

1. If you suspect an explosive device may be involved at an incident - avoid and isolate it. Then allow the bomb squad deal with it.
2. Every organization, both public and private, benefits from establishing and maintaining policies and continuity plans relating to bomb threats and explosive devices.

I strongly recommend this course to anyone involved with critical infrastructure. While most of my cohort were police officers, firefighters, Hazmat techs, and EMTs, there were also university security officers, a school superintendent, a dispatcher, a nurse, and a pharmacist.



New Mexico Tech's sign welcoming first responders to the Incident Response to Terrorist Bombings training.



Socorro Peak's white "M", a Socorro landmark and symbol for New Mexico Tech.



New Mexico Tech's School of Mining seal and fountain.

CONNECT WITH MARYLAND RESPONDS

FIND US ON SOCIAL MEDIA

Contributed by: Carin Morrell, Public Information Officer

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!

Find videos, pictures, preparedness tips, and more on our [Facebook](#) page and be sure to “Like” us!

Maryland Responds shares a [Twitter](#) account with the Maryland 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>

Our Maryland Responds website also has lots of great information including what a responder is, how to register and complete your road to readiness, and frequently asked questions. Visit our website at <https://mdr.health.maryland.gov>.

You can also learn more about preparedness and response tips from the [Office of Preparedness and Response Facebook](#) page and from their website, <https://preparedness.health.maryland.gov>.

Follow the Maryland Department of Health on [Facebook](#) and [Twitter](#).



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