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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.

Winter Weather Travel

Contributed by: Lornah Misati, Maryland Responds Program Specialist

Winter can be a dangerous time for traveling, but you can stay safe by planning ahead.

Weather

Tune in to your local news station for weather updates. You can also check the National Weather Service website at <https://www.weather.gov> before you travel to view conditions for your route. Try to avoid unnecessary travel during winter weather conditions (e.g. snow, ice and wintry mix, etc.).

Driver Preparedness

If you must be on the roads, create an emergency kit for your car with essentials such as a phone charger, blankets, warm clothes, first aid kit, flashlight with batteries, road flares, non-perishable food/water, and an ice scraper. For a full list of what should be included in your kit, take a look at this [fact sheet](#).

Even with full preparation, emergency situations can occur while driving. If you get stranded in your car, take the following safety steps to until help arrives:

- Make your car visible to rescuers by tying a brightly colored cloth to the antenna, raise the hood of the car (if it is not snowing) and turn on the inside overhead lights when the engine is running
- Keep your body warm by wrapping your whole body (including

your head) with extra clothing, blankets or newspaper

- Stay awake and keep moving as much as possible. Move your arms and legs while sitting to improve circulation
- Run the motor (and heater) for 10 minutes every hour, opening one window slightly to let in air. Make sure that snow is not blocking the exhaust pipe. A blocked exhaust pipe can cause carbon monoxide — a deadly gas — to build up inside the car

For more information on how to prepare for the winter travel, visit the Maryland Department of Health's [Extreme Cold webpage](#) and the Centers for Disease Control and Prevention's (CDC) [Winter Preparedness webpage](#).



Image: Essential items to include in your car kit.

Volunteer Code of Conduct

Contributed by: Amanda Driesse, Maryland Responds State Coordinator

Professional conduct is an important aspect of any volunteer event, but it is especially important during emergency response. With that in mind, the Maryland Responds Medical Reserve Corps (MRC) developed a Code of Conduct for volunteers, which is shared during our orientation training.

Having a code of conduct ensures that the Maryland Responds MRC remains a respected and effective organization as we work to support our partners and provide services in the communities where we live and work.

The following points outline the Maryland Responds MRC Volunteer Code of Conduct. During all Maryland Responds MRC deployments, exercises and trainings volunteers are expected to:

- Abide by all local, state, and federal laws at all times

- Practice applicable safety standards and precautions
- Work within the scope and guidelines of your job description
- Project a professional manner and appearance
- Follow the chain of command

Questions about the Code of Conduct can be emailed to mdresponds.health@maryland.gov. Thank you to all our volunteers who continue to adhere to our Code of Conduct as they serve our communities through their volunteer efforts.

Road to Readiness Steps

Contributed by: Lornah Misati, Maryland Responds Program Specialist

The Road to Readiness (R2R) initiative was developed by the Maryland Responds MRC to help volunteers complete the steps required to become eligible to participate in volunteer opportunities. All responders are required to complete these steps regardless of professional background or experience. Be sure that you have completed your R2R.

Step 1: Complete Responder Profile: Register at <https://mdresponds.health.maryland.gov> and complete all sections of your Responder profile. Include your professional license number, expiration date, and place of practice (if applicable) in the "Occupation" tab. Remember to periodically check and update your license number and contact information.

Step 2: Take the Maryland Responds Orientation training that is currently available [on-line](#). Upload your certificate of completion to your Responder profile under R2R Step 2 in the "Training" tab.

Step 3: Submit the [Liability Policy and Confidentiality Agreement Form](#).

Step 4: Submit a passport-quality photo for your ID badge by uploading it as a certificate under R2R Step 4 in the "Training" tab.

Step 5: Submit your shirt size (unisex S-XXL) for your Responder uniform by adding the training course under the "Training" tab that corresponds with your shirt size, R2R: Step 5.

Step 6: Email mdresponds.health@maryland.gov to let us know you completed all the steps on the R2R.

After we confirm the completion of your R2R steps, we will add you to our monthly mailing list to receive your Ready Responder kit containing your Responder ID badge, uniform, field guides and more!

Maryland Responds Advisory Council 2019

Contributed by: Lornah Misati, Maryland Responds Program Specialist

The 2019 Maryland Responds Advisory Council term is underway. Members gathered on Jan. 11 for their first in-person Council meeting. The Council is divided into four committees with a mission to provide strategic direction to the Maryland Responds MRC. The council comprises volunteers and health department partners with various skills and professional backgrounds. The goals of the Council are to set targets and increase opportunities for Responder recruitment; set priorities and identify resources for training and exercise opportunities; develop and implement strategies for Responder engagement; and develop guidance for Maryland Responds unit administrators.

We look forward to another successful term with our new Council members!



Image: Members of Maryland Responds Advisory Council for the 2019 term.

New Howard County Unit Administrator

Contributed by: Lauren Williams, Howard County Unit Administrator and Amanda Driesse, Maryland Responds State Coordinator

Please join us in welcoming Lauren Williams as the new unit administrator for the Howard County Maryland Responds MRC unit. Prior to accepting her new position in November 2018, Lauren served as one of the coordinators for the Howard County Local Health Improvement Coalition, coordinating the Behavioral Health and Healthy Weight work groups. In this role, she interacted with numerous internal and external county partners, became trained to teach Mental Health First Aid classes, conducted a six-week Chronic Disease Self-Management class, and assisted with the Opioid Overdose Response Program in Howard County.

Prior to her work with Howard County, Lauren completed her Master of Public Health and an internship in Atlanta with the CDC.

Lauren is looking forward to growing the Maryland Responds MRC unit in Howard County.



Image: Lauren Williams, new unit administrator at the Howard County Health Department.

Hurricane Florence Volunteer Response

Contributed by: Amanda Driesse, Maryland Responds State Coordinator

Hurricane Florence made landfall as a Category 1 hurricane on the Carolina coast on Sept. 14, 2018. While only minor impacts of the storm were seen in Maryland, Maryland Responds volunteers were prepared to respond. Through our partnership with the Maryland Department of Human Services and the Maryland Department of Agriculture, Maryland Responds MRC provides volunteers to support medical, mental health, and veterinary services at state emergency shelters. In anticipation of the storm making landfall, volunteer availability messages were sent to nurses, mental health professionals, and veterinarians across the state to determine staffing for state emergency shelters.

Beginning the evening of Sept. 13th, 2018, two state emergency shelters were opened to assist those impacted by the storm. By the end of the response on Sept. 24th, 2018, 25 medical and mental health professional volunteers were deployed and provided care to approximately 35 individuals who were evacuated from North Carolina. Our volunteers were essential in providing health assessments and addressing mental health concerns of the individuals affected by the storm. Veterinarian availability was requested; however, none needed to deploy for this response.

Thank you to all our dedicated volunteers who were able to deploy for this response and those who responded to our availability call outs. Your efforts ensured that we as a state and community were prepared to assist those affected by this devastating hurricane.

Do you want to be eligible to deploy as a volunteer during an emergency or public health event? If so, please review and complete the steps listed in the "Road to Readiness Steps" article on Page 2 of this newsletter.



Image: Washington, N.C., September 14, 2018 - Flooded roadway during Hurricane Florence.

Radiation Training at Garrett County

Contributed by: Cindy Mankamy, Garrett County Department of Health

The Garrett County Health Department invited their Maryland Responds volunteers to attend "Introduction to Radiation," a training held Dec. 14th, 2018 in Oakland, Md. Several Maryland Responds volunteers and one new member attended. Rick Woods, state radiologic planner for the Maryland Emergency Management Agency (MEMA) was the speaker. Woods astonished the group by showing some regular household items that are radioactive. He also explained how daily benign radiation exposure differs from radiation contamination, which is not an everyday occurrence, and when we need to intervene. The group also learned what to do in a radiologic emergency and how to decontaminate themselves.



Image: Person in house with radiation symbols surrounding.

Anne Arundel County's Outreach Events

Contributed by: Jessica Bangel, Anne Arundel County Department of Health

Active Assailant Preparedness

On Dec. 6, 2018, the Annapolis City Office of Emergency Management conducted a full-scale active shooter exercise. The exercise took place approximately six months after the tragic mass shooting at the Capital Gazette, which claimed five lives.

Six Maryland Responds volunteers from the Anne Arundel County Unit participated in the exercise as "victims." The volunteers had fake wounds applied and were positioned throughout the J. Albert Adams Academy. Volunteers practiced barricading themselves in various locations as fake gunshots sounded. Multiple law enforcement agencies were tasked with clearing the building and Fire/Emergency Medical Services (EMS) was responsible for triaging the "victims." The Department of Social Services simulated a family reunification center at the Maryland Hall for the Creative Arts, while the public information officers from multiple local and county agencies were tasked with disseminating information. This exercise helped local, state and federal agencies better prepare for a real-life active shooter event.

On Jan. 28, the Anne Arundel County Office Department of Health (DOH) hosted a Civilian Response to Active Shooter Events (CRASE) training. Twenty local volunteers signed up to participate along with members of local faith-based organizations.

On Feb. 6, the Naval Academy conducted a full-scale active shooter exercise. Multiple local, state, and federal agencies participated in this event. Maryland Responds volunteers from the Anne Arundel County unit participated as victim actors.

Opioid Overdose Preparedness

On Dec. 11, 2018, two Maryland Responds volunteers conducted naloxone administration training to over a dozen members of St. Andrews by the Bay in Annapolis, Md. These particular members of the congregation are volunteers for the Winter Relief Emergency Shelter program in Anne Arundel County, and requested the Naloxone administration training in order to prepare for a potential opioid overdose situation.

First Annual Maryland VOAD Conference

Contributed by: Lornah Misati, Maryland Responds Program Specialist

The Maryland Voluntary Organizations Active in Disaster (VOAD) is an organization that brings together disaster relief and volunteer organizations to assist the communities of Maryland during and after disaster. Maryland VOAD held its first annual conference on Dec. 10-11, 2018 in Ocean City, Md. The conference brought together local and state organizations such as American Red Cross, MEMA, and faith-based groups.

The Maryland Responds MRC has been a partner organization with Maryland VOAD for several years. This partnership allowed state representatives the opportunity to attend this conference. The conference agenda was constructed to promote conversa-

tions with Maryland's emergency managers about ways of working with volunteer organizations to serve and assist citizens and communities within the state when disaster strikes.

The conference guest speakers included Russ Strickland, director of MEMA; Greg Forrester, CEO and President of National VOAD; and Pastor Phillip Huber, Chair of Maryland VOAD. Speakers shared their professional perspectives on topics affecting the leadership and functions of volunteer disaster organizations. The two-day conference was a great way for managers to network and share ideas about how to improve and grow their own organizations through collaboration and partnership.

POD Drill at Notre Dame School of Pharmacy

Contributed by: Zoya Ramzan, Pharmacy Student at Notre Dame of Maryland University

My first experience as a Maryland Responder at the Notre Dame of Maryland University School of Pharmacy Point of Dispensing (POD) drill was great. As a facilitator, I had the opportunity to set up different stations, role play for a special needs population, provide registration services and explain the flow for POD stations to student pharmacists. Working collaboratively with the team Maryland Responds MRC team, Maryland Board of Pharmacy and the Baltimore City Health Department, I had the opportunity to get to know other services they provide for the community and how we can get involved as health care professionals. This POD activity with the third-year pharmacy students was a great way to train pharmacy professionals for what to expect in an emergency situation. As a future pharmacist, it is a great way to help communities in the time of disasters when they truly need our help.

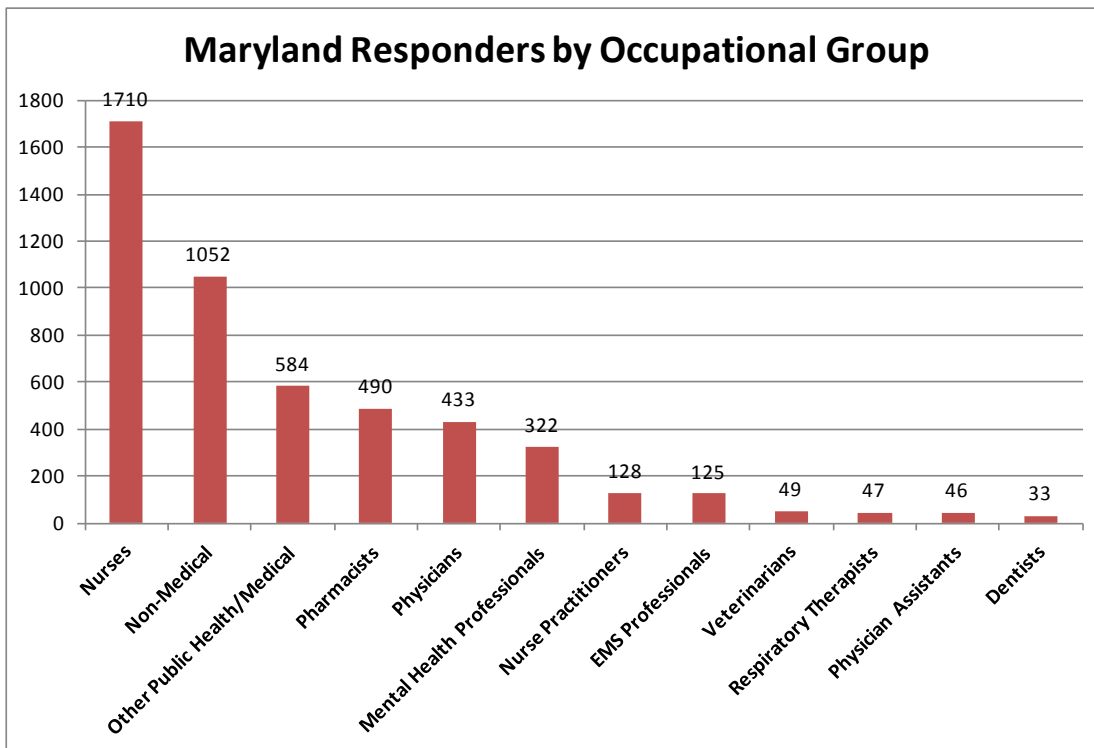


Image: Zoya Ramzan, Pharmacy student at Notre Dame of Maryland University.

You Count!

Contributed by: Lornah Misati, Maryland Responds Program Specialist

In 2018, Maryland Responds MRC added more than 300 new volunteers to our program. Thank you to all of our volunteers! Each and every one of you help bring us close to our goal of a strong, resilient Maryland!



LOCAL UNIT ADMINISTRATORS

Meet Your Local Unit Administrators

Contributed by: Lornah Misati, Maryland Responds Program Specialist

In every newsletter going forward, we will share photos and contact information for some of the Maryland Responds local unit administrators who work out of their respective local health departments. If you have any questions or want to get involved with your local unit, please contact them. All local unit administrators are listed on our [website](#).

For all questions related to R2R, Ready Responder kits and ID badges, please email mdresponds.health@maryland.gov.



Rebecca Hazel
Calvert County
rebecca.hazel@maryland.gov



Lisa Swank
Harford County
lisa.swank@maryland.gov



Cynthia Mankamyer
Garrett County
cindy.mankamyer@maryland.gov



Elaine " Georgia" Rose
Washington County
elaine.rose@maryland.gov



Linda Woodall
Caroline County
linda.woodall@maryland.gov

Find Maryland Responds 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 helpful preparedness resources!

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

Maryland Responds has an independent Facebook account, but 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.

Facebook: www.facebook.com/MDResponds

Twitter: <https://twitter.com/MarylandOPR> @MarylandOPR

Our Maryland Responds website also has a lot 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 preparedness and response tips from the Office of Preparedness and Response [Facebook](#) and website, <https://preparedness.health.maryland.gov>.

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