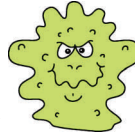


# Douglas County Medical Reserve Corps Newsletter

## Methicillin Resistant **MRSA** Staphylococcus Aureus

MRSA is a type of "Staph" infection that often causes skin infections and is resistant to many antibiotics, including penicillin. It can appear to be an abscess, impetigo, boil or an open wound. MRSA infections are also commonly mistaken as spider bites. Symptoms can include fever, redness, swelling, warmth, pus and tenderness at the site. MRSA is spread through contact with the bacteria: either direct person-to-person or indirect contact such as sharing equipment like towels, soap, razors, clothing, etc. Individuals with any types of wounds should keep them covered with clean, dry bandages taped on all four sides. To prevent resistance to the bacteria, take antibiotics as described. Do not share personal hygiene items or sports equipment. Regularly wipe down shared desks, keyboards, phones, and light switches. Do not touch another persons skin infections or any type of open wounds. For more information, contact your health care provider.



**Volume 11**

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**Kellie Worley**

**MRC Planner**

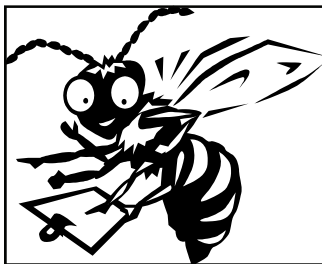
**200 Maine St**

**Lawrence, KS 66044**

**mrc@ldchd.lawrence.ks.us**

## Volunteers have busy lives!

I would like to take a moment to thank each and every one of our volunteers for offering your time and talent to the MRC program. We realize that everyone has busy schedules and hectic lives



and that for some of our volunteers helping out at some of our events is not easy to fit into your schedules. Some volunteers would like to be more active and others are really only interested in helping if there were a public health emergency. That's okay and we are grateful for any help we have. Please do not feel like you cannot be a part of the MRC just because you have not actively volunteered during non-emergency times. If there were a public health emergency we would need as many trained volunteers as possible. I encourage all volunteers to keep this in mind. Also, if you do have some extra time, our top priority is training. We encourage you to attend or complete as many trainings as possible in order to be prepared for an emergency. Thank you!

## Core Competencies

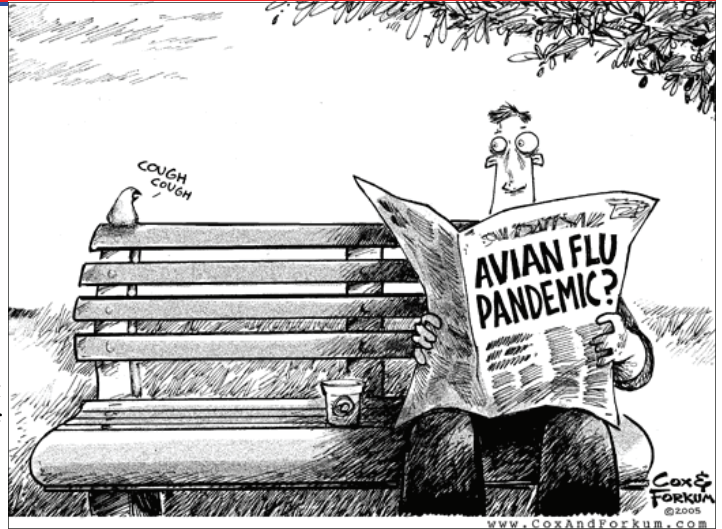
The MRC core competencies were developed to define a standard set of activities that each MRC member would be able to perform. They also provide uniformity in order to make collaboration among MRC units more efficient. We hope to begin implementing these competencies into our unit. More information to come!

### Core Competencies for MRC Volunteers

- Describe the procedure & steps necessary for the MRC member to protect health, safety, & overall well-being of themselves, their families, the team, & the community.
- Document that the MRC member has a personal & family preparedness plan in place.
- Describe the chain of command, the integration of the MRC, & its application to a given incident.
- Describe the role of the local MRC unit in public health and/or emergency response & its application to a given incident.
- Describe the MRC member's communication role(s) & process with response partners, media, general public, & others.
- Describe the impact of an event on the mental health of the MRC member, responders, & others.
- Demonstrate the MRC member's ability to follow procedures for assignment, activation, reporting, & deactivation.
- Identify limits to own skills, knowledge, & abilities as they pertain to MRC role(s).

# Avian Flu Situation Update

The United States, Canada, and Mexico signed a memorandum of understanding (MOU) that outlined how each country would help each other during public health emergencies. Specifically, the MOU stipulated that all three countries agreed to improve their public health emergency preparedness & response as they related to border health, laboratory testing, diagnosis & treatment, epidemiological investigation, & infectious disease control. The countries also agreed to share laboratory information before & during an emergency and collaborate on the review and sharing of assay methods, reagents, & laboratory results. This agreement comes on the heels of the North American Pandemic Influenza Plan that was signed by these countries in August.



Total Human Cases: 335

Total Human Deaths: 206

Mortality Rate: 61.1%

## Flu Season is Upon us



Flu viruses spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may be able to infect others beginning one day before symptoms develop and up to five

days after becoming sick. That means that you may be able to pass the flu on

to someone else before you know you are sick, as well as while you are sick.

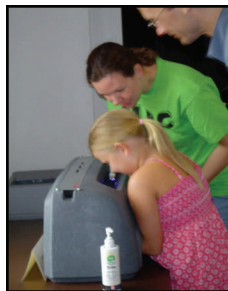
***Every year, 5-20 percent of the population gets seasonal influenza, roughly 200,000 people wind up in the hospital, & 36,000 people die. – CDC***

The best single way to prevent seasonal flu is to get a flu vaccination each year. October or November is the best time to get vaccinated, but you can still get vaccinated in December and later.

## MRC UPDATE

- **Janice Poull, Sara Weber, and Deborah Marr** helped at the LMH Health Fair by taking blood pressures and assisting with our stockpile demonstration. Thank you for giving up a Saturday morning to help!
- **Tammy Frank, Julie Heatwole, Paula Hladky and Willard Epling** all volunteered on a Saturday morning to come to the Douglas County Preparedness Fair and give handwashing demonstrations and assist with our stockpile demonstration. Thank you all so much! The Douglas County Preparedness Fair was a huge success and we are looking forward to next year!
- **Barbara Bailey, Melissa Farr, and Catherine Holman** gave

handwashing demonstrations at Sunset Hill Elementary's Health & Safety Fair. Thank you, ladies, for your help!



**Julie Heatwole conducting a handwashing demonstration.**

- **Julie Heatwole** conducted a handwashing demonstration at Prairie Park Elementary school for their family fun day. Thank you, Julie, for all of your help!
- Thank you to **Nora Murphy** and **Barbara Bailey** for giving flu talks at senior meal site locations.

- **Megan Blair** took blood pressures at Walmart for their Work-site Wellness day. Thank you, Megan!
- **Aynsley Anderson** gave a handwashing demonstration at Cottonwood. Thank you, Aynsley!
- **Shalley Gasper, Barbara Wilson, Rhett Noever, Nora Murphy, Joleen Bechtel, and Darinda Messer** helped at our first flu clinic this year. There was a letter written to the editor of the *Lawrence Journal World* praising all who helped out that day. Great job!
- **Amy Franklin** conducted a handwashing demonstration at Woodlawn Elementary for the Boys and Girls Club. Thank you, Amy!