



SALT LAKE VALLEY MEDICAL RESERVE CORPS NEWSLETTER

Salt Lake Valley
Health Department

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SALT LAKE VALLEY MEDICAL RESERVE CORPS (MRC) CELEBRATES GROWING NUMBER OF RECRUITS

The Salt Lake Valley Medical Reserve Corps (SLVMRC) completed its final training for 2011 on 12/3/11. Thirty-one volunteers participated and 46+ volunteers are now vested and deployable. Each of these wonderful volunteers have completed the registration process by completing SLCo paperwork, taking the two mandatory FEMA courses and achieving 100% registration on Utah Responds.

Our unit has over 150 people on the roster who have yet to complete the registration process. Please take the time and finish up your registration so you can help in an emergency. If you need assistance please contact Carrie Cox at 385-468-4137 (please note new #).

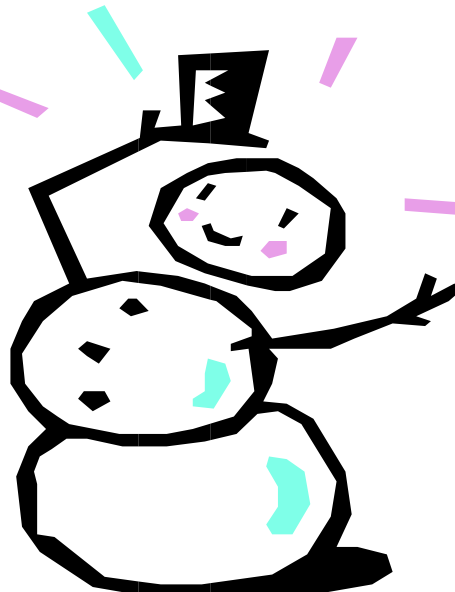
Recruitment efforts are ongoing and our unit keeps on growing!

This has been a busy year for SLVMRC! Volunteers participated in several Salt Lake Valley Health Department exercises, helped out various hospitals, and took it upon themselves to recruit friends and educate neigh-

bors and co-workers on the importance of being prepared.

In addition, 2011 marked the beginning of a MRC Advisory Group composed of your peers. They meet regularly and give me sage advice. You are represented by: Brian Winther/Pharmacist & DMAT, Mike Moon/Nurse & Hospitals, Rebecca Good/Behavioral Health & Red Cross, Rosalie Beard/Nurse & Peds, Matt Chase/EMT-I, CERT, & Unified Fire, Kay Lee Brady/Philanthropist & Business, and Darrin Sluga/Salt Lake Valley Health Department Community Development Director. Each of these members wear multiple other hats and their expertise is appreciated!

**THANK YOU TO ALL
OUR VOLUNTEERS!**



HAVE SAFE AND HAPPY HOLIDAYS!

SALT LAKE VALLEY MRC—UNIT 916 What MRC Volunteers Do...

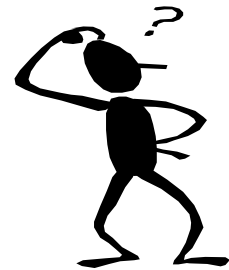
The MRC is designed for both disaster and non-emergency needs in the community. During a disaster or emergency, the capabilities of first responders and hospitals can be overwhelmed.

Medical and other health volunteers in the MRC can provide important "surge" capacity assistance. When there is no disaster or emergency, volunteers can assist with public initiatives and ongoing community

health outreach and education efforts.

To volunteer contact: Carrie Cox, Salt Lake Valley MRC Unit Coordinator—call her at 385-468-4137 or e-mail at ccox@slco.org.

**PUT ON YOUR THINKING
CAP AND RECRUIT A
FRIEND!**



SAVE THE DATE

The next MRC training will be held
**Saturday,
January 21, 2012.**
8:30am Check-In
Training 9-3:30pm

**TOPICS:
FEMA COURSES,
TRIAGE (START),
and
FIRST AID
SPECIAL TOPIC FOR
VESTED
VOLUNTEERS:
MANAGING YOUR
STRESS**

**PRE-REGISTRATION
IS
REQUIRED!**





SLVMRC VOLUNTEERS ROCK!

YOU ARE SO APPRECIATED!

THANK YOU FOR YOUR TIME AND INTEREST!



BE READY UTAH! WANTS YOU TO...

Register to be part of the Great Utah Shake Out Exercise on April 17, 2011

<http://www.shakeout.org/utah/register/>

**MARK YOUR
CALENDARS!**

**THE 2012 UTAH
RESPONDS MRC
SUMMIT WILL BE HELD
SATURDAY,
APRIL 28, 2012 AT
THE PROVO MARRIOTT.
MORE DETAILS WILL BE
AVAILABLE SOON...**

**2012 SALT LAKE VALLEY HEALTH
DEPARTMENT SHAKEOUT
EXERCISE**

APRIL 16-17, 2012

MRC VOLUNTEERS:

**THE SHAKEOUT BEGINS WITH A
CALL DOWN WITH INSTRUCTIONS
FOR DEPLOYMENT ON 4/16
(MONDAY).**

**4/17 (TUESDAY) PLEASE
PARTICIPATE IN THE GREAT
UTAH SHAKE OUT EXERCISE IN
THE MORNING AND THEN JOIN
THE SALT LAKE VALLEY HEALTH
DEPARTMENT FOR THE
AFTERNOON WE WILL BE**

FOCUSING AN

ANTHRAX ATTACK.

YOU WILL HAVE THE

OPPORTUNITY TO VIEW

**CONTAGION. PRE-REGISTRATION
IS MANDATORY! THANK YOU!**



Salt Lake Valley



Warner Bros. released the movie Contagion, a fictional drama that portrays an emerging infectious disease outbreak.

Could an outbreak like the one in Contagion happen in real life?

Serious, deadly contagious disease outbreaks can and do happen. The SLVHD Epidemiology and Infectious Disease Bureaus (EPI/ID), along with the CDC, monitor and investigate disease outbreaks every single day. And it's not just new, unknown diseases that threaten the United States: some diseases long thought controlled, like tuberculosis, can reemerge and be more deadly than ever.

What is SLVHD/CDC doing to protect the community from an infectious disease outbreak?

Our public health preparedness, prevention, and mitigation efforts help to protect people from the type of outbreak seen in the film. EPI/ID staff is on-call 24/7 to respond to any potential disease threat. They work to:

- Detect and identify the contagion (infectious disease)
- Determine how it is transmitted
- Identify how to stop transmission

What can I do now to protect myself from an outbreak?

Follow general emergency preparedness recommendations:

- Get an emergency kit/72-hour kit.
- Develop a family disaster plan.
- Learn how to shelter in place.
- Understand quarantine and isolation.
- Maintain overall good health

What other hazards should I be aware of?

In addition to infectious disease outbreaks, the CDC Emergency Preparedness website has resources for bioterrorism issues, chemical emergencies, radiation emergencies, natural disaster/severe weather, and mass casualty situations.

(Information provided by Nicholas Rupp, Public Information Specialist
Salt Lake Valley Health Department)

WORDS OF APPRECIATION

Sincere thanks to you—our unit will just keep getting better! -Carrie Cox

"I don't know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who have sought and found how to serve."

-Albert Schweitzer

"One hand cannot clap on its own but it needs the other hand to make a clap."

"Many hands make light work."

- Maasai tribal saying



Dear MRC Leaders and Volunteers,

This past September marked the 10-year anniversary of the September 11th attacks. We should remember those who lost their lives, and note how the tragic events of that day served as a catalyst for all of us to see the importance of being prepared and taking better care of our communities.

The responses to the 9/11 attacks, as well the subsequent anthrax attacks, clearly identified the need for a group of dedicated local volunteers to support public health emergency response efforts and improve the health and safety of their communities. Thus, the Medical Reserve Corps was "born" and

we will be celebrating the 10-year anniversary of the MRC program in 2012. MRC units have recently responded to the needs of their communities by assisting with the H1N1 response, and providing support following natural disasters such as wildfires in New Mexico, floods in Minnesota and North Dakota, and tornadoes in Massachusetts, Alabama, and Missouri.

In recognition and celebration of our 10-year anniversary, the Office of the Civilian Volunteer Medical Reserve Corps plans to commemorate the history and growth of the MRC by developing a 10-year "retrospective" report, and hosting an MRC anniversary event.

It is because of what you do every day that we are able to celebrate 10 years of the MRC. Thank you! You give your time to train, prepare, and respond to the needs of your community. It is because of you that your communities are safer, healthier, and more resilient.

Warmest Regards,
CAPT Rob Tosatto, Director, Office of the Civilian Volunteer Medical Reserve Corps

(Edited for length)