



Autauga/Prattville Medical Reserve Corps/Veterinary Medical Reserve Corps

Autauga/Prattville MRC/VMRC Newsletter

"...volunteers committed to improving the public health, emergency response, and resiliency of their communities."

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Welcome To The First Edition of the MRC/VMRC Newsletter



Autauga/Prattville Medical Reserve Corps/Veterinary Medical Reserve Corps (MRC/VMRC) Newsletter is here! As you all know, we already have a newsletter dedicated to providing members with information concerning our local CERT organization. Now we are also publishing a newsletter that is dedicated to providing information for the Medical Reserve Corps and Veterinary Medical Reserve Corps (MRC and VMRC) divisions of CERT as well! We

will dedicate ourselves to keep all our members updated and informed on all the happenings, events and projects going on in our community and how A/P MRC/VMRC volunteers can become involved and help.

We welcome any input, ideas, stories, suggestions that you all may have to help keep our community safe and well-informed.

Let me take a few minutes and give you an update on what has been happening in A/P MRC. It took a while to get things up and running, but we are now ready to start accepting volunteers to help our community, and/or animal community, in times of crisis.

As of our last General Meeting held in October, we had over 20 members sign up to work for MRC/VMRC. We welcome volunteers from all areas, if you know of anyone that might be interested, please contact us today and we will be glad to help them get signed up! *As a reminder, you don't have to be a member of CERT to volunteer with MRC/VMRC. But we strongly suggest you take the course and become a CERT member as well!



Medical Reserve Corps Overview (Health and Human Services Website article)



The Medical Reserve Corps (MRC) is a national network of local groups of volunteers committed to improving the health, safety, and resilience of their communities. MRC volunteers include medical and public health professionals, as well as non-medical volunteers who are interested in strengthening the public health infrastructure and improving the preparedness and response capabilities of their local jurisdic-

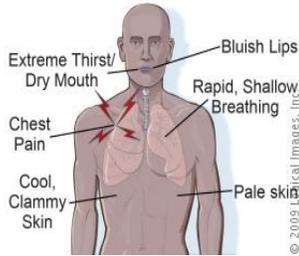
tions. MRC units identify, screen, train, and organize the volunteers, and utilize them to support routine public health activities and augment preparedness and response efforts.

By volunteering with the MRC, medical and public health professionals and other community members are able to strengthen the resilience of their cities and towns. This is done through the sharing of resources and expertise, training for emergencies, holding outreach events, coordinating and partici-

pating in response events, and so much more. People are drawn to volunteer for many reasons, and the MRC provides a great way for individuals to serve their community while gaining experience, networking with others in their field or with similar interests, grow their skill-base, and possibly gain college or professional credit. The opportunities for volunteering, and the benefits gained from the experience of giving, are limitless! To find the unit nearest you, visit the [MRC website](#) to search by region, state, or zip code.

- Gary Barron, MRC Coordinator
- Tracy Savage-Barron, MRC Secretary/CERT MRC Newsletter Editor
- Brenda Reddoch, VMRC Section Leader
- CERT Council:
- Ben Reddoch, Chairman
- Allen Cotton, Vice Chairman
- Roy LaPorte, Secretary
- Rita Nichols, Treasurer
- Bonnie Temple, Member-at-Large
- Everett Flynn, Safety Coordinator

Shock First Aid (Mayo Clinic Article; April 2012)



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Shock may result from trauma, heatstroke, blood loss, an allergic reaction, severe infection, poisoning, severe burns or other causes. When a person is in shock, his or her organs aren't getting enough blood or oxygen. If untreated, this can lead to permanent organ damage or death.

Various signs and symptoms appear in a person experiencing shock:

The skin is cool and clammy. It may appear pale or gray.

The pulse is weak and rapid. Breathing may be slow and shallow, or hyperventilation (rapid or deep breathing) may occur. Blood pressure is below normal.

The person may be nauseated. He or she may vomit.

The eyes lack luster and may seem to stare. Sometimes the pupils are dilated.

The person may be conscious or unconscious. If conscious, the person may feel faint or be very weak or confused. Shock sometimes causes a person to become overly excited and anxious.

If you suspect shock, even if the person seems normal after an injury: Call 911 or your local emergency number.

Have the person lie down on his or her back with feet about a foot higher than the head. If raising the legs will cause pain or further

injury, keep him or her flat. Keep the person still.

Check for signs of circulation (breathing, coughing or movement) and if absent, begin CPR.

Keep the person warm and comfortable by loosening any belts or tight clothing and covering the person with a blanket. Even if the person complains of thirst, give nothing by mouth.

Turn the person on his or her side to prevent choking if the person vomits or bleeds from the mouth.

Seek treatment for injuries, such as bleeding or broken bones.

“Bad things do happen in the world, like war, natural disasters, disease. But out of those situations always arise stories of ordinary people doing extraordinary things. ~ Daryn Kagan



“We cannot stop natural disasters but we can arm ourselves with knowledge: so many lives wouldn't have to be lost if there was enough disaster preparedness.” ~ Petra Nemcova

****PLEASE NOTE: THE DEADLINE FOR ALL DONATIONS IS DECEMBER 12TH!****



Please join us this Holiday Season in making a donation to the *Autauga Interfaith Care Center* and/or to *Mary's Haven Pregnancy Resource Center*.

Those who wish to make a donation are encouraged to give, by providing a non-perishable food item for *Autauga Interfaith Care Center* or by providing baby items such as cereal, diapers, clothing, blankets, baby wipes, etc. for *Mary's Haven* and/or a monetary donation can be made to one or both organizations.

All donations can be made to the EMA office at 826 Gillespie Street or at Alabama Insurance Agency located at 752 S. Memorial Drive (please see Brenda Reddoch).

Thank you in advance for your participation in helping to make this year a successful season of giving!

Autauga/Prattville CERT/MRC
826 Gillespie Street
Prattville, Alabama 36067
Phone: 334-361-3758
Email: autaugacountycert@yahoo.com
Facebook Pages: Autauga Prattville CERT and Autauga/Prattville MRC

...doing the greatest good for the greatest number.



Please help us with **The Spirit of Giving** by making a donation this Holiday Season. Let's show our community how much **CERT** and **MRC** cares!! Please give **TODAY!!**

Thank you!



Donate Today!

Autauga/Prattville MRC
826 Gillespie Street
Prattville, Alabama 36067

Phone: 334-361-3758
Email: autaugaprattvillemrc1@gmail.com



Find us at www.medicalreservecorps.gov
And like us on Facebook at :
<https://www.facebook.com/pages/AutaugaPrattville-MRC/201655503330407>

**** IMPORTANT REMINDER ****

To get your MRC I.D. Badge... Please check with Kristin at the EMA office. Thank You

Mission:

The mission of the Autauga/Prattville Medical Reserve Corps (MRC) is to provide adequately trained medical and non-medical volunteers to perform public health and safety support in times of emergency and non-emergency matters. A/P MRC dedicates their time and efforts in securing the health, welfare and safety of the citizens of Autauga County.

Purpose:

The purpose of the A/P MRC is providing medical and non-medical volunteers to assist Autauga County in the key areas of emergency preparedness and response, and in areas of preventive health services.

Emergency Preparedness and Response: The A/P MRC reinforces the existing organizations in Autauga County to help promote emergency preparedness and response to all disastrous events such as fire, flood, hurricane effects, chemical release, tornado, disease outbreak or any event that threaten the public's health and safety.

Preventive Health Services: The A/P MRC will assist and provide community outreach to educate residents on health and safety emergency preparedness training, health education and preventative health services.

JOIN OUR TEAM!



****How to join the Autauga/Prattville MRC****

Go to <https://www.alresponds.adph.alabama.gov/> click "Register Now". On the next page go to Organizations, click "Select Organizations", then click MRC, then click Autauga/Prattville MRC, then click select in the bottom right of the screen.

After doing that, it will take you back to the first screen. At that point up will need to create your profile page. A/P MRC will receive an email that you have joined and you will receive an email to verify.

We are preparing to DELIVER RELIEF

FIRST AID STATION

“Radio interoperability is essential for our police, fire, and emergency medical service departments to communicate with each other in times of emergency.”



“Volunteers building strong, healthy, and prepared communities.”



Tips for a Safe and Happy Holiday Season



Thanksgiving Safety

The kitchen is the heart of the home, especially at Thanksgiving. Kids love to be involved in holiday preparations. Safety in the kitchen is important, especially on Thanksgiving Day when there is a lot of activity and people at home.



-]] Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
-]] Stay in the home when cooking your turkey and check on it frequently.
-]] Keep children away from the stove. The stove will be hot and kids should stay 3 feet away.
-]] Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
-]] Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.
-]] Keep knives out of the reach of children.
-]] Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
-]] Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
-]] Never leave children alone in room with a lit a candle.
-]] Make sure your smoke alarms are working. Test them by pushing the test button.

Your Source for SAFETY Information
 NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02269

Did you know?



Thanksgiving is the leading day of the year for home fires involving cooking equipment.

Have activities that keep kids out of the kitchen during this busy time. Games, puzzles or books can keep them busy. Kids can get involved in Thanksgiving preparations with recipes that can be done **outside** the kitchen.

WHAT NOT TO FEED YOUR PETS ON THANKSGIVING

- ♥ TURKEY SKIN, DRIPPINGS + GRAVY
- ♥ TURKEY TWINE
- ♥ TURKEY BONES
- ♥ CORN ON THE COB
- ♥ ONION + GARLIC
- ♥ MUSHROOMS
- ♥ RAISIN + GRAPES
- ♥ SAGE
- ♥ FAT TRIMMINGS + FATTY FOODS
- ♥ BREADDOUGH
- ♥ CHOCOLATE
- ♥ ALCOHOL



READ MORE AT IRRESISTIBLEPETS.NET

DANGER: Exploding Turkey!

Deep-frying the holiday turkey is a popular method across the United States, largely due to the short cooking time involved (about 30 minutes per pound, versus several hours of roasting in the oven). However, care must be taken to avoid injury or fire. Hot oil splashes are so risky, in fact, Underwriters Laboratories refuses to certify them with the "UL approved" mark.



Thanksgiving Tips for a Wholesome and Safe Holiday.

1. Thawing the turkey or any meat product on the counter might seem easier, but it's not safe. Thaw your turkey in the refrigerator, in cold water, or in the microwave oven.
2. As tempting as it is to leave out for all to admire, your pumpkin pie contains milk and eggs, so first bake it to the safe minimum internal temperature of 160 °F, then refrigerate after baking.
3. Using the same spoon for stirring and tasting is bad manners and oh yeah, it can spread bacteria and viruses.
4. No matter how good it looks, you can only tell if a whole turkey is safely cooked when the internal temperature reaches 165°F. Always use a food thermometer.



5. Wash hands with soap and warm water for at least 20 seconds before and after handling food and after using the bathroom, changing diapers, or handling pets.
6. Never stuff your turkey the night before cooking it. To avoid harmful bacteria growth and food poisoning, the wet and dry ingredients can be prepared the right before cooking and refrigerated separately. Mix the ingredients and stuff the turkey just before cooking.
7. More leftovers than usual? Refrigerate leftovers in shallow containers within 2 hours of cooking and use within 3-4 days or freeze. Reheat thoroughly to 165 °F.

Learn more about holiday food safety at: www.foodsafety.gov



* safety tips

USE SEPARATE CUTTING BOARDS for raw meat and all the other chopping and dicing. This will help to reduce cross-contamination. Wash contaminated surfaces with hot, soapy water immediately after preparation.

SHARP KNIVES ARE SAFER than dull knives! Have your knives sharpened now and be ready for the entire holiday season.

PRACTICE FOOD SAFETY ROUTINES "Keep hot foods hot, and cold foods cold." More specifically, foods should not be left to sit at room temperature for more than two hours. Keep hot food warm with a chafing dish or induction warmer, and cold foods over ice. Transfer leftover food, once cooled, to the refrigerator as soon as possible.

WHEN PLACING LEFTOVERS IN THE REFRIGERATOR, allow plenty of air circulation around each container. Once thoroughly chilled, containers and bags may be stacked, but not before.

* Use thermometer to ensure that the turkey reaches 165°F. A thermometer is just as helpful in avoiding overcooking the turkey. For stuffed birds, the innermost point of the stuffing must also reach 165°F.



Safety Tips for the Holidays

Here are a few simple tips to follow for a safe and happy holiday:

- If using an artificial tree, make sure the tree has a label that says it is "fire-resistant."
- If using a real tree, buy a fresh tree because it will be less of a fire hazard than a dry tree.
- Place all trees away from fireplaces, radiators, and other heat sources.
- Place the tree out of the way of foot-traffic.
- Artificial snow sprays can irritate the lungs if inhaled. Please read all container labels and follow directions carefully.
- If you use indoor or outdoor lights, check the box to make sure that the lights have been tested for safety.
- Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections. Throw away damaged sets or repair them before using.
- Turn off all lights on trees and other decorations when you go to bed or leave the house.
- In homes with small children, pay special attention to avoid decorations that are sharp or breakable. Keep trimmings with small removable parts out of the reach of children and avoid trimmings that resemble candy or food because a child could swallow them.
- Keep matches, lighters, and candles out of the reach of children.
- Make and practice an emergency plan to use if a fire breaks out in the home.



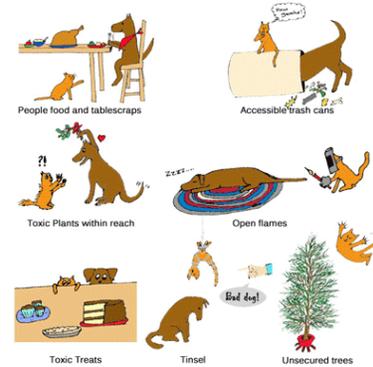
HAPPY HOLIDAYS!

Safety Tips to Remember this Holiday Season:

- CELEBRATION SAFETY:**
- Clean up regularly to avoid leaving out items small children could swallow
 - Buy toys that are age-appropriate for your child; toys for older children may be dangerous and not very fun
 - Look out for plastic bags and long strings that could suffocate or choke children
 - Place hot objects like pans out of the way
 - Wash hands regularly to prevent the spread of holiday germs
 - Stick to regular schedules to ensure you and your children are well-rested and not too stressed
 - Cover and store leftovers properly
 - Never drink and drive; Santa would call a cab
- DECORATING SAFETY:**
- Check lights to make sure there are no frayed wires or empty sockets
 - Turn off lights when you go to bed or leave the house
 - Buy only "fire resistant" artificial trees, and keep live trees watered
 - Keep trees away from heat sources like radiators and fireplaces
 - Avoid sharp or breakable decorations

Enjoy the holidays, and do your part to keep them fun and safe!

7 Holiday Pet DON'Ts



Hope your holidays are happy...and safe!
 Brought to you by the American Veterinary Medical Association



Fire and Ambulance- Joint Response, Why? By PFD Battalion Chief Michael P. Whaley

Why does a fire truck respond with an ambulance on medical calls?



I have been serving the citizens of the City of Prattville for seventeen years and enjoy helping people.

This is a question that has been asked for years and one that I like to answer. I would like you to stop and think about the past fifteen years. With the emphasis that has been placed on building and fire codes, public education, fire prevention and sprinkler systems, the number of fires has decreased across the nation. The demographics have also changed over the years, with farm land being developed for housing communities and the addition of industrial and manufacturing facilities the need for emergency response has changed as well. The days of firefighters hanging out and waiting on a fire to occur are long gone. Today's firefighters are expected to be ready for response to and mitigation of "all hazards".

The city of Prattville Fire Department comprises 83 full time employees that are certified as firefighters. Eight of

these firefighters are assigned administrative functions that encompass fire administration, management, training, EMS administration, fire prevention, public education, fire inspection and fire investigation. The remaining 75 firefighters are assigned to emergency operations. These 75 people work a twenty-four hour on/forty-eight hour off schedule and are divided into three shifts of 25 personnel. Each shift currently covers three fire stations, staffing three engines, one ladder truck, one rescue truck, three ambulances, one inspection vehicle and one command vehicle which are ready for response to emergencies at all times. Of the 75 firefighters mentioned above, 46 are also licensed Paramedics, and of the vehicles mentioned above, the three engines, the rescue truck and all of the ambulances are State licensed Advanced Life Support (ALS) vehicles.

What does all of this mean to you? Let me try to explain it for you. The ambulances transport people to the hospital who are in need of further medical treatment. It is not uncommon for two or all three of the ambulances to be on a call at the same time. If the ambulance downtown and the ambulance in the middle of town are out of service transporting patients and someone at the library has a heart attack, the ALS engine that is stationed downtown is only blocks away and the closest ambulance is across town. The engine can respond in a fraction of the time

that it takes to get the ambulance through traffic and into downtown. On arrival, the paramedic on the engine can assess the patient, take vital signs, run an EKG, start an IV and administer oxygen and other life-saving medications prior to the arrival of the ambulance. As the ambulance arrives, the additional personnel can assist the crew with loading the patient and the ambulance can begin transport within minimal time. These minutes saved by the response of the engine to this call can very well make a difference in whether this patient lives or dies. If you are the patient do you want the engine to respond or just wait at the station until there is a fire?

This is only one example and there are many more. I hope this has been helpful to you and explained why the fire engine responds with the ambulance. The next time you see an engine responding, remember they may have the opportunity to save a life before the ambulance arrives.



Michael P. Whaley

Battalion Chief

Prattville Fire Department





Pets– How VMRC Can Help In Times of Disaster By: Gary Barron

PROTECTING



PREPARE . . .
BEFORE IT HAPPENS



What have you done to make sure that your pets needs are met during the next big disaster?

Pet Disaster Preparedness Can Save Lives!

Did you know that during Hurricane Katrina only around 8,000 pets were rescued? For those pets that weren't taken and left at home, their owners left out food and water to last only for a few days and those days turned into weeks. These pets were then left to find food and water on their own, not to mention how scared they were because they didn't have help and care from their owner.

When evaluating the different areas of response, FEMA saw a need to have standards in place for rescuing pets in time of a disaster and or emergency. In 2006 congress passed the, "Pets Evacuation and Transportation Standards Act of 2006". This allows FEMA to provide shelter, care, rescue and essential needs to individuals with house hold pets and service animals. So, with these needs needing to be met at a local level, guidelines were sent down to the EMA (Emergency Management Agency) offices on the topic and thus, long story short, the VMRC was developed.

We are pleased to announce that we are in the beginning stages of building a VMRC unit for the Autauga/Prattville area. The A/P VMRC will be under the umbrella of the A/P MRC and serve as an arm of the organization. We are also pleased to announce that Brenda Reddoch will be the A/P VMRC Section Leader and helping in the development of the program. You, too, can join the A/P VMRC if you are part of CERT and/or MRC. The procedures for deployment will work the same for each organization. Check with CERT, MRC or the EMA office for details. Also, be sure to check your emails or the CERT/MRC Newsletters and postings on both the A/P CERT and A/P MRC Facebook pages, for updated information concerning VMRC.

We hope that you are as excited about the A/P VMRC joining the family of A/P CERT and A/P MRC as we are and ask that you please help spread the word about all three, as well as the purpose and mission of each.

“You can tell a lot about someone by the way they take care of their pets. Animal welfare has always been a large part of my life, it has been my passion.”
~ Betty White

BE PREPARED FOR AN EMERGENCY

- GET A RESCUE ALERT STICKER**
These stickers, placed on a front-facing window, will alert rescue workers of the presence of pets inside your home.
- ARRANGE A SAFE HAVEN**
Arrange a place for pets to stay if you evacuate. Do not leave your pets at home. If it isn't safe for you, it isn't safe for them!
- MAKE AN EMERGENCY KIT**
Have your kit made and keep it in a safe location near your front door for easy access.
- KEEP IDENTIFICATION ON YOUR PET**
Keep up-to-date license and contact info on your pet at all times. Consider having pets microchipped.

“Animals aren't any better equipped to survive an emergency than humans are. Few people missed the fact that after Hurricane Katrina, people died because buses and emergency shelters wouldn't allow their animals.” ~ Ingrid Newkirk

PET EMERGENCY PREPAREDNESS
Be prepared. Protect your pets.

- 1. GET A RESCUE ALERT STICKER.**
These stickers are placed on a front-facing window, and will alert rescue workers of the presence of pets inside your home.
- 2. PUT TOGETHER AN EMERGENCY PET SUPPLY KIT**
This should include:
- Food for 2-3 days
- Water for 2-3 days
- First aid kit
- Leash and collar
- Microchip information
- Pet carrier or crate
- Pet ID tags
- Pet ID tags
- Pet ID tags
- Pet ID tags
- 3. HAVE A LIST OF PET FRIENDLY HOTELS AND SHELTERS**
Many emergency shelters during a disaster will not allow pets. Have a list of pet-friendly hotels along your evacuation route, or the contact information for a pet shelter you can drop your pet off at.
- 4. KEEP IDENTIFICATION ON YOUR PET AND AN EXTRA COPY IN THE EMERGENCY SUPPLY KIT.**
Microchipping your pet is extremely beneficial for locating your pet with them in the event you are separated.
Place veterinarian, breed, vaccination records, etc. in waterproof bags.

Life Gear
PREPARE FOR

Animals are impacted by the same disasters and emergencies as humans - natural, manmade, large, and small. Whether it's a hurricane or tornado, a flood or earthquake, a chemical leak or an act of terrorism, veterinarians are vital to response and recovery efforts during and after disasters. They also play an important role in promoting and aiding preparedness efforts, to limit the impact of disasters on both animals and people.

The veterinary community also needs to be ready for possible animal disease emergencies and disasters because of the critical role veterinarians play in ensuring the safety of livestock and our nation's food supply.

Just to give you some idea of just how a natural disaster can affect the pet population... Take a look at these statistics during Hurricane Katrina:

Roughly **600,000** pets were killed or were left without a home as a result of Hurricane Katrina. Many pets lost their lives due to the immense weather, and others could not be taken into safety shelters so they were unfortunately left stranded.