

THE PULSE

Official Newsletter of the Maryland Responds Medical Reserve Corps

SPRING 2018



**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.

PREPARING FOR FLOODS

Contributed by: *Lornah Misati, Maryland Responds Program Specialist*

Unpredictable spring weather can mean lightning, tornadoes, and flooding. It is important to plan ahead to reduce injury and property damage.

Flooding is an especially common weather disaster across the United States and in Maryland. Flooding can be caused by heavy rain, snow melt, coastal storms, waterway overflow caused by debris blockage, or overflow from levees, dams, or waste systems. Flooding can happen over several days or in just minutes. Those living in low-lying areas near bodies of water are particularly prone to flooding. In 2016, the U.S. had 126 flood fatalities and \$10.7 billion in flood damages ([National Weather Service \(NWS\)](#)). Part of being prepared means knowing weather emergency terminology:

- **Flood Watch: "Be aware!"**
Conditions are favorable for flooding. Stay prepared by:
 - Bringing in any outdoor furniture that can be easily moved by the water or winds
 - Stabilizing heavy items that can stay outside
 - Disconnecting electrical appliances (but do not touch them if you are wet)
 - Turning on your TV/radio for weather updates
 - Finding your emergency preparedness kit and ensuring it has all the essential materials
 - Reminding your family of the procedure of where to go if called to evacuate.

- **Flood Warning or Flash Flood Warning: "Take action!"** Flooding is either happening or is imminent. Take the necessary steps:
 - Evacuate if directed
 - Move to higher ground
 - Avoid walking or driving through flood waters. Turn around if you reach a body of water more than six inches of moving water. It can easily sweep your vehicle away.



Source: FEMA

When you are authorized to return home:

- Be aware of areas that could have debris
- Call your electrician to evaluate your home
- Avoid standing water — it could be electrically charged from unseen underground power lines.
- Take photographs of the damages in your home or business for insurance purposes.

Visit the [Centers for Disease Control and Prevention \(CDC\)](#) for facts about flood readiness.

EMOTIONAL HEALTH IN EMERGENCIES

Contributed by: Lornah Misati, Maryland Responds Program Specialist

Taking care of your emotional health before, during, and after an emergency is a key component in being able to recover from a disaster or tragedy. While everyone reacts differently to an emergency, it is natural to feel stressed and anxious during and after a disaster. Preparing for, responding to, and recovering from traumatic events are essential elements of behavioral health.

Here are some steps to take in coping with a disaster:

1. Take breaks: Make time to unwind. Be active and take a walk for fresh air and change of scenery.
2. Connect with others: Share your concerns and feelings with a friend or family member. It's part of building a strong support system.
3. Stay informed: Stay tuned to your local TV and radio stations for updates on the crisis. Be aware that news spread through unofficial social media sources may be rumors. Your local, state, and

federal government authorities are reliable sources.

4. Take care of your body: Try to eat a balanced diet, exercise regularly, and get a good night's sleep.
5. Seek help when needed: If you are in distress for several days or weeks, talk to a counselor or doctor. Contact the Substance Abuse Mental Health Service Administration helpline at 1-800-985-5990 or text "TalkWithUs" to 66746.

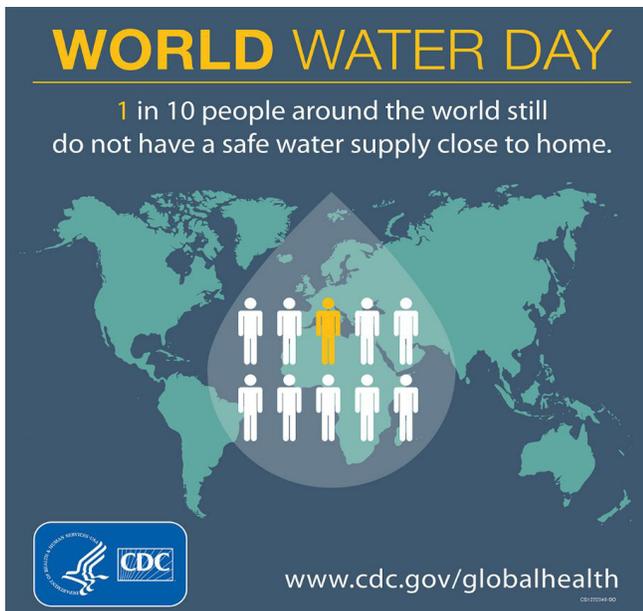
State and local governments are working to ensure residents are receiving the proper care to minimize the post-disaster health consequences. Take advantage of such services should you need them.

Additional Resources:

Children are especially vulnerable during and after an emergency. Learn how to help children cope with emergencies or disasters by visiting <https://bit.ly/2j8janE>.

EMERGENCY WATER SUPPLY

Contributed by: Lornah Misati, Maryland Responds Program Specialist



*Infographic in celebration of World Water Day on March 22nd.
Source: CDC*

Creating an emergency water supply for you and your family may be necessary to get you through a disaster. Here are some tips on creating your supply:

- Store at least three days worth of drinking water for each person and pet—one gallon per day for each person and each pet.
- Store more than the average gallon supply, especially in the warm/hot season or if someone in your family is pregnant or sick.
- Replace non-store bought water every six months.
- Label your containers 'drinking water' with the storage date.
- Do not store water in direct sunlight or areas near toxic substances such as gasoline and pesticides. Please visit the [CDC online](http://www.cdc.gov) for more information.

TRAINING NEEDS ASSESSMENT—UPDATE

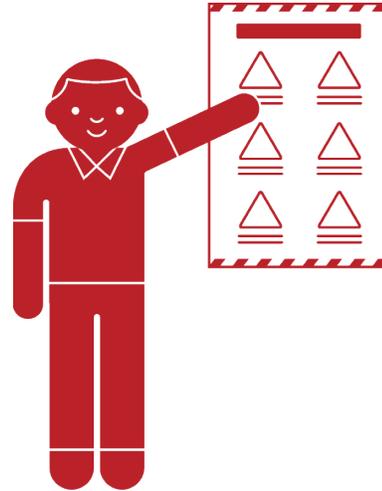
Contributed by: Amanda Driesse, Maryland Responds State Coordinator

In our Winter 2018 newsletter, the Maryland Responds State Program published an article asking for our volunteers to complete a survey about volunteer training needs. So far we have received 80 responses, but we would like to receive more. Help us reach 100 responses by completing the survey!

The survey will help the State Program better understand the training needs and interests of our Responders and also assist us in making decisions about future trainings sponsored by the State Program.

The survey should take between five and 10 minutes to complete. Please complete the survey by Sunday, April 15, 2018 by following the link: <https://www.surveymonkey.com/r/MDRTNA>.

Thank you in advance for your time and for contributing to the improvement of our training program!



RECRUITING NEW MARYLAND RESPONDERS

Contributed by: Lornah Misati, Maryland Responds Program Specialist

In honor of National Social Work Month, Maryland Responds participated in the National Association of Social Workers—Maryland Chapter's conference as an exhibitor on March 22. During registration and breakfast, attendees had the opportunity to network and meet with exhibitors. At 9 a.m., the auditorium was filled with more than 100 participants for a presentation called *The Role of Social Workers in Response to Natural Disasters and Incident of Mass Violence*. Throughout the rest of the day, social workers had several opportunities to talk with the exhibitors.

Maryland Responds Program Specialist, Lornah Misati, spoke to attendees about joining Maryland Responds Medical Reserve Corps and even met a few current volunteers! Several participants registered on-site to be volunteers while others, including those who are already registered, took educational materials showing how to create or update their profile online.

A big thank you to all of our dedicated Maryland Responds social workers!

Do you know anyone who would be interested

in joining us? Have them visit us to learn more at: <https://mdr.health.maryland.gov>



Collage of Maryland Responds Program Specialist, Lornah, and the display table.

HIGHLIGHTS FROM THE FIELD

STOP-THE-BLEED TRAINING

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

On February 20, the Maryland Responds Medical Reserve Corps' Anne Arundel County Unit hosted its first Stop-the-Bleed training at St. John's College in Annapolis.

Stop-the-Bleed is a training program created by the U.S. Department of Homeland Security to train bystanders in life-saving techniques, particularly with the use of a tourniquets and the application of bandages to a wound.

Over 20 people attended this training, including seven Maryland Responds Medical Reserve Corps volunteers. Tourniquets were handed out to each attendee upon completion of the course. Due to the success of this training, Anne Arundel County Unit looks forward to hosting additional Stop-the-Bleed training for volunteers.



No matter how rapid the arrival of professional emergency responders, bystanders will always be first on the scene. A person who is bleeding can die from blood loss within five minutes, so it's important to quickly stop the blood loss.

Remember to be aware of your surroundings and move yourself and the injured person to safety, if necessary.

Call 911.

Bystanders can take simple steps to keep the injured alive until appropriate medical care is available. Here are three actions that you can take to help save a life:



The Stop the Bleed campaign was initiated by an inter-agency subgroup convened by the National Security Council Staff. The White House. The purpose of the campaign is to build national readiness by better preparing the public to take care of serious instances of life-threatening bleeding (bleeding in any emergency and non-emergency and other related conditions). Advances made by military, medicine and research in hemorrhage control during the wars in Afghanistan and Iraq have informed the work of this initiative which leverages the best of knowledge back to the homeland to the benefit of the general public. The Department of Defense owns the Stop the Bleed logo and phrase. (Source: Stop the Bleed)



Office of Health Affairs

HUMAN TRAFFICKING AWARENESS

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

On February 23, the Anne Arundel County (AACO) Office of Emergency Management hosted a Human Trafficking Awareness seminar, which was taught by the FBI and AACO Police Department.

The focus of the human trafficking training was adolescent sex trafficking in the state of Maryland. The instructors detailed some of the warning signs of human trafficking, which included lacking official identification documents, seeming to adhere to a scripted or rehearsed responses in social interactions, untreated sexually transmitted diseases, and tattoos/branding on the neck and/or lower back. The instructors also detailed some areas of opportunity in combating human trafficking in Maryland; chiefly, increasing access to counseling opportunities and group homes for identified victims of human trafficking.

Eight Maryland Responds MRC AACO Unit volunteers were in attendance to learn about this very important topic. Thank you to all who participated!



NACCHO CHALLENGE AWARD WINNER

Contributed by: Giselle Bonilla, Howard County Department of Health

The Howard County Maryland Responds MRC Unit was one of the recipients of the 2018 National Association of County and City Health Officials (NACCHO) Challenge Award. This competitive funding opportunity is made available through a cooperative agreement between NACCHO and the Department of Health and Human Services' Office of the Assistant Secretary for Preparedness and Response (ASPR).

The funds acquired will be utilized to develop the Howard County Medical Reserve Corps (MRC) Community Reception Center (CRC) Assistance project/program. The project will utilize the subject matter expertise of local first responders to educate Howard County Medical Reserve Corps volunteers on radiation, basic response to radiological emergencies, as well as to train on the operation of community reception centers. The goal is to prepare Howard County MRC volunteers to be deployed to staff the Community Reception Centers. The funds will also be allocated to print educational materials, provide a cache of Personal Protective Equipment, and radiation detection devices for each of the trained MRC volunteers who staff the Community Reception Center in response to radiation emergencies.

This program will empower Medical Reserve Corps volunteers to directly contribute to improve their community preparedness and resiliency. In addition, it will strengthen local partnerships established to respond to radiological emergencies and to develop local Community Reception Centers.

Howard County is currently working on the Active Assailant project — an ongoing project from last year's challenge award fund. This project's purpose is to utilize the subject matter expertise of local law enforcement agents to train Howard County Maryland Responds volunteers on how to recognize and report suspicious active assailant activity; how to respond to the imminent danger of an active assailant employing the avoid-deny-defend approach; and what community resources are helpful during these events.

This project will allow trained Medical Reserve Corps volunteers to share what they have learned with their community by educating residents to be aware and respond to active assailant events. We recognize and applaud the trained volunteers that are actively training residents on the matter.

A new training is expected to be conducted in late April or early May. If you are a registered Howard County Maryland Responder and wish to participate, please contact Howard County unit administrator at gbonilla@howardcountymd.gov.



Howard County Health Department building.



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!

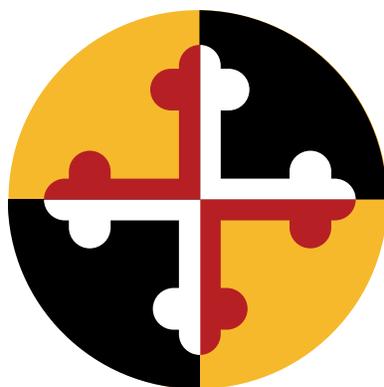
Maryland Responds shares a [Twitter](#) account with the Maryland Office of Preparedness and Response. When you follow this account, you will have access to preparedness resources and tips shared by Maryland Responds and the Office of Preparedness and Response.

- Facebook: www.facebook.com/MDResponds
- Twitter: <https://twitter.com/MarylandOPR>
@MarylandOPR

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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