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Madison County Health Department
 Medical Reserve Corps
 101 East Edwardsville Road
 Wood River, Illinois 62095
 (618) 692-8954

MEDICAL RESERVE CORPS VOLUNTEER NEWSLETTER

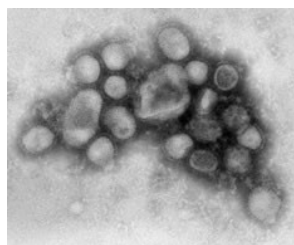
H1N1 PLANNING MEETINGS

Eileen Holthaus, AmeriCorps Volunteer Assistant

This flu season may prove to be extraordinarily challenging due to the novel H1N1 virus (formerly known as Swine Flu). The Madison County Health Department has been gearing up to be as prepared as possible, which is why we hosted H1N1 Planning Meetings on August 13 & 18, 2009. We opened discussion among local personnel from clinics, doctor’s offices, hospitals, insurance providers and the county’s emergency management agency (EMA), to solve some of the issues we may face.

One of the most important is administering the H1N1 vaccine to ‘high risk’ populations. With the regular, seasonal flu vaccine the age group, 65 and older, is targeted. However, statistics have suggested that the ‘65 and older’ group may have pre-existing immunity to the H1N1 virus. According to the Center for Disease Control and Prevention (CDC) the targeted groups for novel H1N1 vaccination are, “pregnant women, people who live with or care for children younger than 6 months of age, healthcare and emergency medical services personnel, persons between the ages of 6 months through 24 years, and people ages 25 through 64 years who are at higher risk for novel H1N1 because of chronic health disorders or compromised immune systems”. For a more in-depth look at the novel H1N1 virus, please visit www.cdc.gov/h1n1flu/.

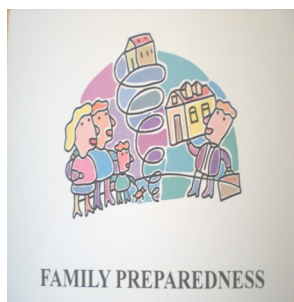
The threat of novel H1N1 is one of the reasons why our volunteers are so important. We constantly work to update our volunteer files. We encourage you to contact us if you have any additions, corrections, or updates at 618-296-6059, dlberry@co.madison.il.us. We thank you, all, for your dedication to the Medical Reserve Corps.



H1N1 Flu Virus

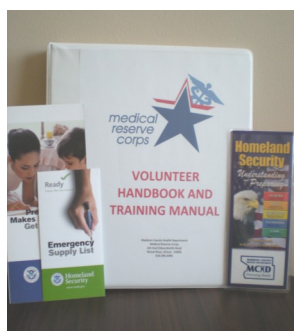


**East Alton
Presentation**



FAMILY PREPAREDNESS

**National
Preparedness
Month**



**Handbook &
Training
Manual**

ACTIVITIES

This summer the MRC Volunteer staff has been busy presenting and interviewing with local organizations. On July 21, 2009, Debra was interviewed by Lee Presser on his show 'Conversations with Lee Presser'. She discussed the importance of being prepared in case of an emergency and also discussed the Madison County Health Department Medical Reserve Corps. The interview aired on the Charter Communications channel on Monday, August 17, 2009.

On June 25, 2009, Cathy Paone, the former MRC Volunteer Coordinator, gave an 'emergency preparedness' presentation to the Rotary Club of East Alton and on August 10, 2009, Eileen Holthaus, AmeriCorps Volunteer Assistant, presented to the Wood River Rotary. If you are a member of a Madison County organization and would like a representative from the Madison County MRC to present at your next event, please, do not hesitate to contact us, 618-296-6059.

Four volunteers attended the Orientation Training Session held at the Madison County Health Department on July 27, 2009. All received the Volunteer Handbook and Training Manual along with promotional items. It was so nice to meet the attendees and thank you for becoming trained members of the MRC!

RECRUITMENT HELP

We are still seeking volunteers for the Madison County Medical Reserve Corps. We currently have 150 volunteers; far away from our overall goal of 1000 volunteers. If each of our current volunteers could recruit one additional volunteer in the next six months, we would be at 30% of our goal! Existing volunteers are the best recruiters!!! If you know anyone, who wishes to participate and become a Madison County Health Department MRC volunteer, please, have them call Dola Berry at 618-296-6059 or e-mail her at dlberry@co.madison.il.us. Thank you!

September is 'National Preparedness Month'

Every year FEMA, along with Citizen Corps, is challenged to come up with a theme for National Preparedness Month (NPM). The campaign started in 2004 across the United States and has gained momentum every year. According to the NPM website, "In 2008, the *Ready* Campaign partnered with more than 3,200 organizations to highlight the importance of public emergency preparedness throughout September." This year, the theme for NPM is, 'Are you *Ready?*'. Not ready... *Ready*.

Through September, the campaign will focus on changing the way Americans think about emergency preparedness. Being prepared no longer means posting emergency numbers on the refrigerator, having a fire escape plan, and changing out the batteries in the smoke detector. It includes making a supply kit; creating a family emergency plan; knowing about the kinds of disasters your community could experience and knowing how to respond to those disasters; and getting involved in your local community by joining programs like the Medical Reserve Corps.

It is important to know that YOU are your first responder in the event of a disaster and being *Ready* ensures your protection and the protection of your family. You can find more about the 2009 National Preparedness Month campaign and get tips on how to be *Ready*, by visiting www.ready.gov.

HANDBOOK AND TRAINING MANUALS

Our new Volunteer Handbook and Training Manual is now available to all volunteers who have completed an Orientation Training session. All materials have been updated and will serve as a great refresher course on our MRC unit, Public Health 101, Incident Command System, Strategic National Stockpile, and Family Preparedness. Please, call us to schedule a date and time to pick up your copy.

"When we look at disasters, the more we do to prepare ourselves and our family, the more the team can focus on our most vulnerable citizens. When you look at the challenges we face everyday in making sure that we're ready for the next disaster, you are the most important part of the team."

*-Craig Fugate,
FEMA
Administrator*

MADISON COUNTY MRC IS ON THE WEB!

To stay up-to-date with the Madison County MRC, go to our website,

www.madisonchd.org/medical-reserve-corps.html.

Once there, you will find a link to the National MRC website, along with Madison County MRC information and volunteer forms. Scroll down and you will find special announcements and an archive of Madison County MRC newsletters.

STAY HEALTHY THIS SEASON

With the coming flu season and infectious H1N1 virus it is important to try to limit the spread of germs and stay healthy. Please remember to...

- Wash your hands frequently with soap and water.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Put used tissues in a waste basket.
- Cough or sneeze into your upper sleeve if you don't have a tissue.
- Clean your hands after coughing or sneezing. Use soap and water or an alcohol-based hand cleaner.
- Stay at home if you are sick.

These are just a few ways you can protect yourself. To view more tips visit www.flu.gov. You can also get your seasonal flu shot early this year at the Madison County Health Department. For more information you may call the MCHD at 618-692-8954.

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