

Eastern Idaho Public Health



EASTERN IDAHO MEDICAL RESERVE CORPS NEWSLETTER

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BE PREPARED!

YOU CAN'T HELP OTHERS IF YOU AREN'T PREPARED YOURSELF



Be Prepared! It is important to us that you are prepared for any kind of emergency. It's important because it's like the instructions you get from the flight attendant to "put on your own oxygen mask before you help your child or someone else." If you are not prepared for an emergency you will not be able to volunteer and help others in your community.

September is National Preparedness Month. It is a good time to evaluate your emergency preparedness. There are many places to get information about being prepared. We recommend one of these two as a good place to start.

1. <http://www.Ready.gov>
2. <http://www2.redcross.org/preparedness/npm/>

Being Prepared has Three Basic Steps

1. Get a Kit
2. Make a Plan
3. Be Informed

Get a Kit

You may need to survive on your own after an emergency. This means having your own food, water, and other supplies in sufficient quantity to last for at least three days. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately. You could get help in hours, or it might take days. In addition, basic services such as electricity, gas, water, sewage treatment, and telephones may be cut off for days, or even a week or longer. Get a 72 hr emergency kit. A list of items that you should consider for your kit can be found at either of the previously mentioned websites. If you do not have access to the internet we recommend that you call this toll free number, **1-800-480-2520** and ask to receive a free copy of the book "**Are You Ready?**" This book is published by the Federal Emergency Management Agency and contains just



about everything you need to know to be prepared for most kinds of emergencies including a list of things you should have in your kit. **Make a Plan** Your family may not be together when disaster strikes, so it is important to plan in advance: how you will contact one another; how you will get back together; and what you will do in different situations.

Your plan should include:

- How you will communicate with your family in an emergency
- An evacuation Plan
- A shelter in Place Plan
- A plan to exercise or test your plan

In addition, you should learn about the emergency plans that have been established in your area by your state and local government.

Be Informed

There are important differences among potential emergencies that will impact the decisions you make and the actions you take. Learn more about the potential emergencies that could happen where you live and the appropriate way to respond to them.

Emergency preparedness is no longer the sole concern of earthquake prone Californians and those who live in the part of the country known as "Tornado Alley." For Americans, preparedness must now account for man-made disasters as well as natural ones. Knowing what to do during an emergency is an important part of being prepared and may make all the difference when seconds count.



Save the Date
September 29, 2010
6:30 p.m.

MRC Appreciation Dinner

Presentation:

Local Medical Volunteers will speak on their Haiti Relief Experience

RSVP to Holly Peterson at 533-3145
 or Marilyn Anderson at 533-3154



WE APPRECIATE OUR MRC VOLUNTEERS! PLEASE COME AND JOIN US ON SEPTEMBER 29TH FOR A LIGHT DINNER AND A VERY INTERESTING PRESENTATION. WE WOULD LIKE TO HONOR ALL OUR VOLUNTEERS WHO HELPED SO MUCH THIS LAST YEAR. ALL MRC MEMBERS ARE INVITED TO ATTEND AND ENJOY THE DINNER AND THE PRESENTATION WHETHER YOU WERE ABLE TO VOLUNTEER THIS YEAR OR NOT. WE HOPE TO SEE YOU

Yes this is the same thing you have seen before! It is included in this news letter again because we still need most of you to sign up through the **Volunteer Idaho** system.

This system will enable us to verify the professional credentials of our volunteers by comparing them to Federal and State licensing board data prior to calling them for duty. It will also help individual volunteers by notifying them, by e-mail, when their license is about to expire.

If you do not have a professional license you are still very important to us and the system will help us keep your information and deployment status readily available.

In order to facilitate the implementation of our new system, we would like to invite you to our new site to register. Here are step by step instructions:



Volunteer Registration

If you have previously registered, but did not receive an email click [here to resend](#).

* First Name:

Middle Name:

* Last Name:

* Email Address:

* Confirm Email Address:

* Username:
username must have at least 6 characters

* Password:
password must have at least 6 characters

* Confirm Password:

* Password Challenge:

* Challenge Response:

1. Type this address into your web browser <http://www.volunteeridaho.com>
2. When you get to the main page click on the area of the map where you live to be directed to the appropriate volunteer registry.
3. If you have not previously registered at Volunteer Idaho click on the Register Now button.
4. Fill out your basic information. Fields with an asterisk* are required.
5. Click submit
6. Please note that if you previously registered but did not receive an account activation e-mail just click on the "click here to resend" link near the top of the page.
7. If you do not receive a welcome e-mail check to see if it is in your SPAM or JUNK folder.
8. **Please note:** You are not officially registered in the Volunteer Idaho system until you get the welcome e-mail and respond to it.
9. The e-mail will thank you for registering and give you instructions on how to activate your account and complete the registration process. This process is necessary for your security.
10. You will be asked to click on a link that will take you back to the Volunteer Idaho site where you will need to log in using the user name and password you created earlier.
11. Please read the "Before you register" information then click submit.
12. There are 4 sections of information required to complete the registration. Only fields with asterisks* are required. At the bottom of each page click the next button. This will save your information and take you to the next section.
13. When you get to the Summary section just review your information and click submit.

You will now be notified by e-mail if your services are needed and you will have the opportunity to review the details of the event before you respond with your willingness to participate.

Keep Yourself Safe When The Earth Shakes



The Federal Emergency Management Agency (FEMA) has ranked Idaho as the 5th highest in the nation for earthquake risk after California, Alaska, Nevada and Utah.

Our state has experienced two of the largest earthquakes in the lower 48 states in the last 60 years. In 1959, Hebgen Lake experienced a quake that measured 7.5 on the Richter scale and in 1983 the Borah

Peak quake measured 7.3. Earthquakes strike suddenly, violently, and without warning at any time of the day or night. If an earthquake occurs in a populated area, it may cause many deaths and injuries and extensive property damage. Although there are no guarantees of safety during an earthquake, identifying potential hazards ahead of time and advance planning can save lives and significantly reduce injuries and property damage.

Here are some things you should do to be prepared for earthquakes:

Check for Hazards in the Home

- Fasten shelves securely to walls.
- Place large or heavy objects on lower shelves.
- Store breakable items such as bottled foods, glass, and china in low, closed cabinets with latches.
- Hang heavy items such as pictures and mirrors away from beds, couches, and anywhere people sit.

- Brace overhead light fixtures.
- Repair defective electrical wiring and leaky gas connections. These are potential fire risks.
- Secure a water heater by strapping it to the wall studs and bolting it to the floor.

Identify Safe Places Indoors and Outdoors

- Under sturdy furniture such as a heavy desk or table.
- Against an inside wall.
- Away from where glass could shatter around windows, mirrors, pictures, or where heavy bookcases or other heavy furniture could fall over.
- In the open, away from buildings, trees, power lines, and overpasses.



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