



EASTERN IDAHO MEDICAL RESERVE CORPS NEWSLETTER

Be Prepared For Winter Storms and Extreme Cold

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ADD THE FOLLOWING SUPPLIES TO YOUR DISASTER SUPPLIES KIT:

- **Rock salt** to melt ice on walkways
- **Sand** to improve traction
- **Snow shovels** and other snow removal equipment.

PREPARE YOUR HOME AND FAMILY

- **Prepare for possible isolation in your home** by having sufficient heating fuel; regular fuel sources may be cut off. For example, store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.
- **Winterize your home** to extend the life of your fuel supply by insulating walls and attics, caulking and weather-stripping doors and windows, and installing storm windows or covering windows with plastic.
- **Winterize your house, barn, shed or any other structure that may provide shelter** for your family, neighbors, livestock or equipment. Clear rain gutters; repair roof

leaks and cut away tree branches that could fall on a house or other structure during a storm.

- **Insulate pipes** with insulation or newspapers and plastic and allow faucets to drip a little during cold weather to avoid freezing.
- **Keep fire extinguishers on hand**, and make sure everyone in your house knows how to use them. House fires pose an additional risk, as more people turn to alternate heating sources without taking the necessary safety precautions.
- **Learn how to shut off water valves** (in case a pipe bursts).
- **Know ahead of time what you should do to help elderly or disabled friends, neighbors or employees.**
- **Hire a contractor to check the structural ability of the roof** to sustain unusually heavy weight from the accumulation of snow - or water, if drains on flat roofs do not work.



PREPARE YOUR CAR

Check or have a mechanic check the following items on your car:

- **Antifreeze levels** - ensure they are sufficient to avoid freezing.
- **Battery and ignition system** - should be in top condition and battery terminals should be clean.
- **Brakes** - check for wear and fluid levels.
- **Exhaust system** - check for leaks and crimped pipes and repair or replace as necessary. *Carbon monoxide is deadly and usually gives no warning.*
- **Fuel and air filters** - replace and keep water out of the system by using additives and maintaining a full tank of gas.
- **Heater and defroster** - ensure they work properly.
- **Lights and flashing hazard lights** - check for serviceability.
- **Oil** - check for level and weight. Heavier oils congeal more at low temperatures and do not lubricate as well.
- **Thermostat** - ensure it works properly.
- **Windshield wiper equipment** - repair any problems and maintain proper washer fluid level.
- **Install good winter tires:** Make sure the tires have adequate tread. All-weather radials are usually adequate for most winter conditions. However, some jurisdictions require that to drive on their roads, vehicles must be equipped with chains or snow tires with studs.
- **Maintain at least a half tank of gas during the winter season.**
- **Place a winter emergency kit in each car that includes:**
 - A shovel
 - Windshield scraper and small broom
 - Flashlight
 - Battery powered radio
 - Extra batteries
 - Water
 - Snack food
 - Matches
 - Extra hat, socks, and mittens
 - First aid kit with pocket knife
 - Necessary medications
 - Blankets
 - Tow chain or rope
 - Road salt and sand
 - Booster cables
 - Emergency flares
 - Fluorescent distress flag.

Remember to dress for the weather with several layers, mittens, hat and a scarf to cover your mouth.

Volunteer Appreciation Dinner A Success

We really want to thank the MRC members who came to our Volunteer Appreciation Dinner. It was a great success.

We took the opportunity to test their knowledge about being prepared by spinning our prize wheel. Prizes were useful items that should be in your preparedness kits.

Dinner was from the Olive Garden and we had time to visit and enjoy good company.

Volunteers who helped with H1N1 clinics received recognition pins and certificates.

A presentation was given by Brad Hobbs and Joe Richens from ERMIC. They were part of a group of volunteers that went to Haiti to provide medical aid after the earthquake earlier this year. Their presentation was very inspiring and we all left the meeting with a greater appreciation for the blessings we have and with a good example of how we can be of use to our community and others around the world.

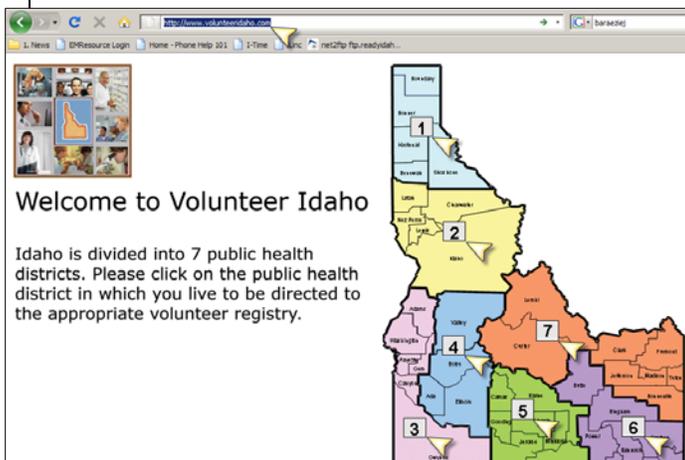


Yes this is the same thing you have seen before! It is included in this news letter again because we still need most of you to sign up through the **Volunteer Idaho** system.

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.

Great Free Training Online

The Johns Hopkins , Bloomberg School of Public Health has a training system called TRAMS. To take any of their training modules you must register on their system. The website is:

<http://distance.jhsph.edu/trams>

Once you are at this site you can click on the "Register as a user" link. You will be required to fill out the forms to use their system. Once you have completed and submitted the forms the TRAMS system will send you an e-mail. You will need to respond to the e-mail to complete your registration process.

One course that is highly recommended is called **Mental Health: Self-Care**

Here are step by step instructions:

1. In your internet browser type in

the above web address.

2. Click on the "Register as User " link.
3. Complete form and submit
4. Reply to the e-mail sent by TRAMS
5. Return to the website and click on the "Logon" link
6. Logon to the TRAMS site using the user name and password you were assigned
7. Scroll down to the paragraph that says "Looking for Trainings"
8. Click on the link that says "Johns Hopkins Center for Public Health Preparedness"
9. From the menu on the left click on the link that says "Online Trainings"
10. Scroll down and click on the

link that says "Mental Health Preparedness"

11. At the bottom of the list is a course called "Self Care" just click on the name of the course and it will open automatically.

This is an excellent course and takes less than an hour to complete.

There are many other good courses available on this site and you are welcome to take any of them.

When you have completed a course it is appreciated if you complete the evaluation and then print out your certificate. We would love to hear about your experience and how you feel about the courses.

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