



# Clinton County Medical Reserve Corps



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## Coordinator's Report

September is National Preparedness Month. As it draws closer and plans begin to form related to educating the community, I am forced to assess my own level of preparedness. Sadly, I must admit that I am not as prepared as I should be nor have I moved outside of the bubble I live in and admitted that I could be caught in an emergency. You see, I lived here during the ice storm but was one of the fortunate people that sustained more inconvenience to my life than actual emergent

needs. I lost my electricity for 8 hours that day and the "suffered" the inconvenience of being stuck in a 2-bedroom apartment with a toddler and morning sickness not realizing how lucky I was that I did not live in the outreaches of our county and that I had made a trip to the grocery store the day before.

The point I would like you to take from this is- our level of preparedness is related to the experiences that we have lived through. I have met people that have

arsenals set up and are ready for any emergency and people that would not be able to feed their families for a full 24 hours. I fall somewhere in between.

As a Medical Reserve Corps Volunteer it is very important that you plan ahead for emergencies. Will you be ready when we need you? Would your family be cared for and have the items they needed if you had to leave them to assist others? Please take some time this month to evaluate your preparedness level and take steps to be prepared!

## Volunteer Opportunities

Volunteers are needed for the following events:

**Sept. 14: SUNY Plattsburgh Preparedness Fair**  
10:30 am-4:30 pm—teach the college community about preparing for emergencies.

**Sept. 16: Volunteer Recruitment Fair** 3:30-7:30 pm—RSVP has invited us to recruit new members at their annual recruitment fair.

**Sept. 21, 23, 28, 30 & Oct. 5, 7, 12, 13 Rabies Clinics** 6-8:30 pm: Teach safe pet practices to community members.

**October, November, December: Flu Clinics**—Dates and times will vary, please watch for more details

To volunteer or for more information please call Suzanne @ 565-4450

**THANKS!!**

## Training Reminders

It is our mission to ensure that our volunteers are well trained and comfortable with the roles they may be asked to fulfill in our community.

Online Opportunities:

- Incident Command Training @ <http://training.fema.gov/EMIWeb/IS/IS100A.asp>
- Psychological First Aid @ [http://www.jhsph.edu/preparedness/training/online/dis\\_mtl\\_hlth\\_comp.html](http://www.jhsph.edu/preparedness/training/online/dis_mtl_hlth_comp.html)

## Creating a Family Emergency Plan

Having a Family emergency Plan means more than just discussing where you would meet during a fire! Family emergency plans should include information about how emergencies will be handled not just when your family is together at home, but when you are separated.

It is important to develop a family communication

Plan and that each person understand it. How will you reconnect? Plan for a family member or friend to be a common contact if you can't reach one another. Don't forget to keep money or a phone card with the contact number- cell phones may not be working!

If you are at home will you stay and "shelter-in-place" or will you leave? If you

stay, will you have the necessary supplies to seal the room? If you leave, where will you go?

It can be overwhelming when you begin to build you Family Emergency Plan. I have included a list useful resources to help you get started (see page 2). It will take some time and preparation but in the end you will feel better knowing you are prepared!

### Personal Preparedness in America

- 57% of people surveyed reported having disaster supplies ready at their home.
- Only 44% of people surveyed had a household emergency evacuation plan.
- The primary reason given for not being prepared-the belief that emergency responders would help them.

# September is Preparedness Month!

## Pets Need a Plan, Too!

According to the Humane Society of the United States, 39% of all US households have at least one dog and 33% have at least one cat. If your family lives in one of these households, it is very important that you consider what you will do with your pet(s) during an emergency.

When you are preparing your home emergency kit, don't forget about your pet! Include food, water, and medications for your pet. You should also include items such as cat litter/cat pan, extra paper towels and a cleaning product. Include appropriate first aid items, a spare collar with ID tags for each animal in your household. You should also include copies of your pets' health records with your important documents. Consider keeping extra crates or pet transporters with your emergency supplies in case you need to evacuate.

Plan ahead for the possibility of evacuation. What will you do with your pet(s)? Most shelters will not permit pets but often you can find a shelter to care for the animals. It will be very important that you bring your pet(s) health records as the shelter will not admit them without proof of vaccinations-especially rabies. Keep a photo of you and your pet in the event that there is a need for you to prove ownership at any point. Consider what you will do if there is not a shelter available.

If you have concerns about a specific health or medical condition that affects your pet, ask your veterinarian's advice.

With proper planning all members of the family will be well cared for in an emergency!

## Emergency Preparedness Resources

Visit the following websites for more information and useful planning tools:

**Clinton County Health Department :**

<http://www.clintoncountygov.com/Departments/Health/readiness.html>

**Ready.gov:** <http://www.ready.gov/>

**NY State Department of Health's Aware Prepare Campaign:** [http://www.health.state.ny.us/environmental/emergency/families\\_individuals\\_caregivers/aware\\_prepare\\_info.htm](http://www.health.state.ny.us/environmental/emergency/families_individuals_caregivers/aware_prepare_info.htm)



### Water



One gallon per person, per day for three days

### Food



Non-perishable such as canned or packaged food

### Clothes



One change of clothes and footwear per person.

### Medication



Three days' worth of prescription medication

### Can Opener



A bright flashlight and extra batteries.

### Flashlight



Manual can opener in case there's no electric power.

### Radio



Battery-powered radio and extra batteries.

### Hygiene Items



Basics like soap, toilet paper and a toothbrush.

### First Aid



Basics like antiseptic, bandages and non-prescription medicines.

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