

Eastern Idaho Public Health



EASTERN IDAHO  
MEDICAL RESERVE CORPS  
NEWSLETTER

**Join a Fit and Fall Proof™ Class Today Or  
Become a Class Leader**

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- Improve muscular strength
- Achieve gains in flexibility
- Increase balance and posture
- Improve mobility, endurance and walking gait
- Meet new people, improve their confidence and have fun

For a list of scheduled classes, please go to this website:

<http://www.phd7.idaho.gov/Health%20Promotion/Fit%20and%20Fall/fit&fallclasschedules.html>

Please contact Timalee Geisler at 533-3149 if you have any questions about the FFP program or are interested in being trained as a class leader.

Fit and Fall Proof™ (FFP) is a free, exercise-based fall prevention program for older adults available throughout Eastern Idaho Public Health District. FFP was developed by professors from Boise State University and the College of Southern Idaho. Exercise classes focus on functional fitness to reduce risk of falling. Local older adults and BYU-I interns are trained to teach the classes in the community. Classes meet two to three times a week for 45-60 minutes and continue for 12 weeks with some classes being offered on an ongoing basis.

FFP Classes Enable Older Adults to:

- Maintain an independent, freely functioning life-style



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[www.phd7.idaho.gov](http://www.phd7.idaho.gov)

## MAKE A PLAN

Do you have a family emergency plan? Recent events in Japan are a perfect example of why a family emergency plan is needed.

Your family emergency plan should include many things some important ones are:

### A communications Plan

How will you communicate with your family ?

- Everyone should carry a card or paper in their purse, wallet or backpack that has emergency contact information. Children especially need the phone numbers of where their parents work or spend time.
- Have an emergency contact that lives outside your community. Often it is easier to contact someone outside the emergency or disaster area. If everyone knows who to contact that person can help you find each other if your home or neighborhood is destroyed.

### An Evacuation Plan

Do you know the roads in and out of your area and not just the main roads?

- Keep at least half a tank of gas in your car as much as possible.
- Have maps in your car
- Plan where you can go
- Have an emergency kit you can grab and go.

### A Shelter in Place Plan

Do you know how to shelter in place?

Sheltering in place means that instead of evacuating you stay in your home and seal your home from outside air. In some emergencies you will be safer if you stay at home. A radiological accident like the one in Japan is a perfect example. In Japan people who lived very near the nuclear plants were told to evacuate but those that lived further away were instructed to stay in their homes. You will need to listen to the radio or TV for instructions to know if you should evacuate or shelter in

place.

### To Shelter in Place:

- Bring your family and pets **inside**.
- **Lock** doors, **close** windows, air vents and fireplace dampers.
- **Turn off** fans, air conditioning and forced air heating systems.
- **Take your emergency supply kit** unless you have reason to believe it has been contaminated.
- **Go into an interior room** with few windows, if possible.
- **Seal** all windows, doors and air vents with plastic sheeting and duct tape. Consider measuring and cutting the sheeting in advance to save time.
- Be prepared to **improvise** and use what you have on hand to **seal gaps** so that you create a barrier between yourself and any contamination.

Local authorities may not immediately be able to provide information on what is happening and what you should do. However, you should **watch TV, listen to the radio or check the Internet often for official news** and instructions as they become available.

For more details about making a family emergency plan we recommend this website: <http://www.ready.gov>

## Volunteer Idaho Will Have a New Look

The Volunteer Idaho Website is going through a change. It will have a new look and should be much more user friendly.

This is the website that we have been asking you to visit to register as an official volunteer. This registration system enables us to verify the professional credentials of our volunteers by referencing Federal and State li-

censing board data. When an emergency happens we can use the system to find volunteers that have the specific credentials that we need. We also can make sure that your license is up to date before we request your help in the current incident.

At the same time there will also be an advertising campaign to recruit new volunteers. You may

see Posters or advertisements in the paper or professional magazines as well as some announcements on the radio.

As always we appreciate all of our volunteers and need people with or without professional licenses.

The website can still be accessed at

<http://www.volunteeridaho.com>

# PREPARING FOR A FEDERAL DEPLOYMENT



Medical Reserve Corps (OCVMRC) trains and rosters MRC volunteers for federal deployment.

If you are interested in being deployed federally and receiving the training please visit this website:

<http://www.medicalreservecorps.gov/MRCDeployment>

From Quick Series Book "Preparing for a Federal Deployment"  
2010 Quick Series Publishing

In 2006, Congress passed and the President signed the Pandemic and All Hazards Preparedness Act. This law states, "During a public health emergency, the Secretary (Of Health and Human Services) shall have the authority to activate and deploy **willing members** of the (Medical Reserve) Corps to areas of need, taking into consideration the public health and medical expertise required with the concurrence of the State, local, or tribal officials from the area where the members reside."

The focus of MRC units will always be on strengthening the health and safety of their local communities. However, for MRC members who are **willing, able and approved**, federal deployment may provide an opportunity to respond outside their jurisdictions as part of the federal response to a disaster or public health emergency.

The Office of Civilian Volunteer

The process by which an MRC member can deploy federally consists of the following main elements:

**Approval**– MRC members will need the approval of Unit Leaders and State officials

**Credential**–MRC members will need to have their professional credentials verified

**Training**– MRC members will undergo training (provided by OCVMRC) to prepare them for deployment

**Screening**– MRC members will undergo background checks and medical screening

Providing care and support in the immediate aftermath of a disaster can be an enriching professional and personal experience. It can also be physically and emotionally exhausting.

You must be healthy enough to function under field conditions.

You may experience some of the following:

- Working indoors and outdoors
- Austere conditions (no showers, housing in tents)
- Excessive heat and /or cold, noise, dust
- Long periods standing
- Protracted or irregular working hours

Consider your comfort level with this type of work and your current health, family and work circumstances when deciding whether to participate in disaster response **Please remember that we are talking about FEDERAL deployment to national disasters.**

You should know that once you are on scene at an action the principles of the **National Incident Management System (NIMS)** particularly the **Incident Command System (ICS)** will be used.

ICS provides standard command and management structures that apply to all response activities. It was developed so responders from different jurisdictions and disciplines can effectively work together to respond to natural disasters and emergencies , including acts of terrorism.

Before you will be accepted for the deployment training you will be required to complete at least the basic NIMS and ICS courses.

These courses are:

ICS 100

ICS 200

NIMS 700

These courses are available online at <http://training.fema.gov>

# EXERCISE WITH US !

## No Gym Clothes Required

### ***The ASPR Chemical Decontamination Full Scale Exercise***

*The Eastern Idaho Public Health District Assistant Secretary for Preparedness and Response (ASPR) Planning Group is sponsoring the Chemical Decontamination Full Scale Exercise on Friday, May 13, 2011. The exercise is designed to establish a learning environment for players to exercise emergency response plans, policies, and procedures as they pertain to an organophosphate spill.*

*The following capabilities and their associated critical tasks will be measured in this exercise.*

*Communications*

*WMD and Hazardous Materials Response and Decontamination*

*Medical Surge*

*Medical Supplies Management and Distribution*

*Fatality Management*

Participants include Eastern Idaho Public Health District, Eastern Idaho Regional Medical Center, Madison Memorial Hospital, Region 7 Response Team, Fremont County Coroner, Fremont County Emergency Management, and other first response organizations in the region.

Eastern Idaho Medical Reserve Corps volunteers are crucial to the success of this exercise. If you are interested in participating in this exercise, please contact Holly Peterson, MRC Coordinator, by email at [hpeterson@phd7.idaho.gov](mailto:hpeterson@phd7.idaho.gov), or by phone at 533-3145, for further information.



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