

MRC Coordinator's Corner

Hello to all Florida Keys MRC volunteers! If you have not volunteered recently, we have many opportunities for emergent and non-emergent assistance within our community. We have been asked to assist the local health departments in each area of Monroe County with H1N1 influenza vaccinations. Several different locations and times have been distributed via email for those who are interested. Also, if you are registered with the Florida Emergency Health Volunteer Registry (<https://servfl.com/>) website, you should have received an alert with the same information. Although the request was for personnel licensed to administer injections, anyone interested in volunteering should contact Rhonda Piner at (305) 747-0833 or Keith Harris at (305) 743-7111 x 203.

For the future sustainability of the FK MRC, all volunteers will need to show proof of training in ICS 100 & 700. To show proof, each volunteer should have logged onto the FEHVR website to enter that data on their profile. It is very important to get these courses completed so we are competent to assist when called upon for service.

Again, I would like to thank you for all you do as a volunteer within our community!

Thank you,

Rhonda H. Piner, RN, BSN



Pictured with former Surgeon General, Dr. Kenneth Moritsugu

Upcoming Meetings:



Regional Meetings:

Alone, we help one,
 together we help
 thousands.

December 8 @ 6:00 pm

Upper Keys: Mariners Hospital
 Main Conference Room

December 9 @ 6:00 pm

Key West: DePoo Hospital
 1200 Kennedy Drive
 2nd Floor Education Room

December 10 @ 6:00 pm

Middle Keys: Fishermen's Hospital
 Education Room

It is important to attend these meetings to receive your new state assigned MRC identification badges, and learn more about how you are registered with the Florida Emergency Health Volunteers Registry (FEHVR).

Inside this issue:

H1N1 Flu Update	2
Seasonal Flu	2
MRC Core Competencies	3
Emergent vs. Non-Emergent	3
Training Opportunities	3
Regional Meeting Dates	4

Special points of interest:

- Regional Meetings
- More information available at www.medicalreservecorps.gov
- Continuing Educational Opportunities!
- Register for any of the courses available by calling 305-743-7111 x 203

MRC Response to H1N1 Flu Events

In this time of worry and fret over what to do about influenza vaccinations and information, the FK MRC can be a very valuable resource. The public depends on medical personnel to provide correct information regarding health related emergent events. The HHS has a web site with valuable information for anyone interested. The web site www.flu.gov provides information on vaccination, prevention, treatment, high-risk populations, and global traveling. The web site is very easy to use and navigate with extensive information available in multiple languages.

MRC volunteers are currently assisting the Monroe County Health Department with H1N1 vaccinations in the school system and various community locations. Thank you to those who are currently involved: Marti Brown, Robin Neville, Judy Bray, Jessica Bauer, Catherine Baugh, Jim Farrell, Ed Stieve, Arlene Shannon, Paulette Sheagren & Gae Hall.

If you have any questions related to local activities involving MRC volunteers and H1N1 influenza events, please contact Rhonda H. Piner at (305) 747-0833 or Keith Harris at (305) 743-7111 x 203.



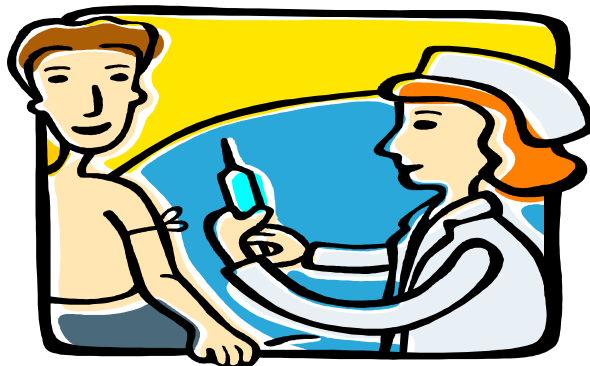
How to Protect Yourself and Others from Influenza

The number one way to prevent spreading and getting infections is washing your hands. Hand hygiene (washing with soap and water or hand gel) prevents the spread of bacteria and viruses. Hand hygiene is recommended before and after eating, after contact with any body fluid, after using the restroom, sneezing, coughing, or any time your hands are visibly soiled.

Coughing into your sleeve or shirt is recommended instead of coughing into your hand. If you cough into your hand then touch anything (and we do unconsciously) you risk spreading millions of germs to someone else. Coughing into a Kleenex then tossing it into the waste basket is another method of disposing of coughs and germs. Do not touch your eyes, nose or mouth without washing your hands.

Avoid close contact with anyone you know is sick. If you suspect you have a cold virus, the best treatment is to treat the symptoms (medications for fever, cough, congestion) as approved by your primary care physician. Staying home away from others is called self-isolation and will prevent others from being exposed to your illness. If you have a fever (100°F or 37.8°C) or signs of a fever without the use of a fever-reducing medicine, stay home for 24 hours or until you no longer have a fever.

The best protection against influenza is being vaccinated. There are several sites within Monroe County and other areas of the US to get vaccinated for seasonal and H1N1 influenza. For more information, go to www.flu.gov.



Core Competencies for All Volunteers

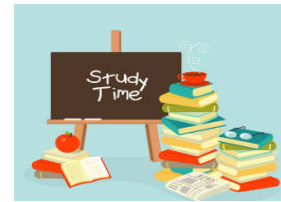
Effective this year, all FK MRC and MRC volunteers across the country will be required to complete a set of core competencies. These courses have been developed and are available online through Nova Southeastern University for use by any Florida Medical Reserve Corps volunteers.

www.nova.edu/allhazards/

In addition to the Core Competencies, all volunteers must complete the Incident Command System 100 (ICS 100) & National Incident Command System 700 (NIMS 700) programs. These programs have been and will continue to be offered online through the FEMA web site as well as on the Keys AHEC training website.

www.training.fema.gov

www.aheceducation.com



Emergent vs. Non-Emergent Events

The FK MRC will be involved in many different events this year. Volunteers are requested to assist the Monroe County Health Department with special needs evacuations during hurricanes or tropical storms and influenza vaccinations during the fall and winter seasons.

Not all events are emergencies. We have the opportunity to assist with many types of programming throughout Monroe County. In collaboration with the Florida Keys Area Health Education Center (Keys AHEC) and the University of Miami AHEC Program, we have the opportunity to assist with local health fairs, smoking cessation programs, health screenings, and sporting events (runs, walks, festivals).

We are here to support our community through any event where health care services may be needed.

Please let us know where you would like to be of service, emergent or non-emergent, occasional or event specific. If we know what you want to do, we can cater to your desires.

If any FK MRC volunteer has identified a need for volunteers within their community, please notify Rhonda H. Piner at (305) 747-0833 or Keith Harris at (305) 743-7111 x 203 for coordination of these efforts.

Next event: University of Miami Health Fair at Coral Shores High School - Sat, November 21st 10:00 - 2:30.

Training Opportunities: call 743-7111 ext. 201

Multiple training opportunities are available through the MRC and FEMA website:

www.medicalreservecorps.gov

www.training.fema.gov

Introducing AHEC Education Online www.aheceducation.com CME/CE - No Cost Until 2010

H1N1 Swine Flu Update* *Domestic Violence* *Medical Errors* *HIV/AIDS Update

ICS 100* *NIMS 700* *Tobacco Addiction Updates

****Contact Keys AHEC to enroll in the American Heart Association CPR/AED course****

Florida Keys
medical
reserve
corps



Volunteers building strong,
healthy and prepared
communities!

Florida Keys Medical Reserve
Corps Newsletter

Rhonda H. Piner, RN, BSN
Coordinator, FKMRC
Keys AHEC
5800 Overseas Highway, Suite 38
Marathon, FL 33050
Phone: 305-743-7111 office
305-747-0833 cell
Fax: 305-743-7709
Email: mrc@fkahec.org
probank69@bellsouth.net

NONPROFIT ORG.
U.S. POSTAGE
PAID
MARATHON, FL
PERMIT NO. 19

Florida Keys Medical Reserve Corp Meetings

Important Meetings!!!

Dec. 8, 2009 MRC Meeting Upper Keys - Mariners Hospital, Tavernier

Dec. 9, 2009 MRC Meeting Key West - DePoo Hospital, 1200 Kennedy Drive

Dec. 10, 2009 MRC Meeting Middle Keys - Fishermen's Hospital, Marathon

**For more information and training opportunities, log on to www.mrc.gov, www.fema.gov
www.aheceducation.com or servfl.com**