



NORTH CENTRAL IDAHO MEDICAL RESERVE CORPS

SEPTEMBER 2012

WHY SHOULD WE PREPARE?

Preparedness is being proactive; taking the necessary precautions *before* a disaster strikes. Disasters can be anything from a natural calamity such as a bad windstorm to a human-caused disaster such as an industrial accident. Each of us has the individual responsibility to be prepared to ensure the safety and security of ourselves, families and communities.

Before, during and after a disaster individuals and families have the capacity to act. Acting before a disaster arises will reduce the impact disasters have on you and your family. Preparing beforehand can also reduce the risk for injury, death, psychological distress and property damage. Lack of preparedness, however, increases these risks.

Disasters often occur unexpectedly. Consequently, it may take time for local authorities to organize a

response, gather the needed resources and provide direct assistance to everyone affected. When adequately prepared, individuals and families can be self-sufficient while waiting for help to arrive.

Ultimately preparedness offers peace of mind as you know that you have done your part to protect yourself and your family. As September is

National Preparedness Month, now is the perfect time to start or continue your preparedness efforts. If you are just beginning

start small; gather basic survival items first, such as food and water. If you have already begun, perhaps it is time to review and practice your emergency plans or rotate your emergency supplies.

Reference:

University of Miami and Miami Center for Public Health Preparedness. *Disaster Preparedness Guide: Plan, Prepare, Practice and Protect*. Retrieved Aug. 27, 2012, from <http://www.deep.med.miami.edu/documents/Family%20Disaster%20Plan%20final.pdf>.

DID YOU KNOW AUGUST WAS NATIONAL IMMUNIZATION MONTH?

This is a great reminder to get vaccinated. Regardless of age, we all need immunizations to protect our health. You can never outgrow the need for immunizations because immunity provided from childhood vaccines can fade with time, leaving you at risk for other diseases. A variety of factors influence which vaccines you need as an adult. These factors include your lifestyle, high-risk conditions, age, type and locations of travel as well as previous immunizations received. To find out which vaccines are recommended for you, ask your doctor or visit <http://www.cdc.gov/Features/AdultImmunizations/>.

Reference:

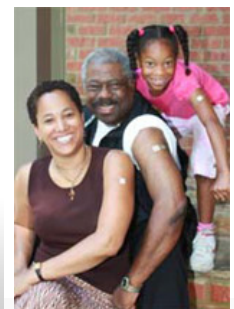
Centers for Disease Control and Prevention. *Adults Need Immunizations, Too*. Retrieved Aug. 27, 2012, from <http://www.cdc.gov/Features/AdultImmunizations/>.

GOOD LUCK
HAPPENS WHEN
PREPAREDNESS MEETS
OPPORTUNITY.

BRET HARTE



September is
National Preparedness Month
ready.gov/pledge



SAVE THE DATE!

Latah County Health & Wellness Fair

On October 4th Latah County will be hosting a Health and Wellness Fair at the Latah County Fair Grounds. Our MRC unit will be recruiting volunteers at this event. If you would like to participate please notify Rachelle by Thursday, September 27th.

Rachelle Burrup
MRC Coordinator
rburrup@phd2.idaho.gov
(208) 799-0393

Safety Fest of the Great Northwest

Come join us at Lewis-Clark State College (Williams Conference Center) October 23rd -25th for the third annual Safety Fest of the Great Northwest! Our MRC unit has been asked to assist at the sign-in and registration tables. We will need two volunteers present throughout the event. Classes run from 7:30 AM – 5:00 PM on Tuesday and 8:00 AM – 5:00 PM on Wednesday and Thursday.

Free safety training will be offered to construction personnel, contractors, general transportation industries, any businesses requiring safety related training as well as anyone who would like to improve the safety performance of their business.

For more information about the event, visit <http://safetyfest-lewiston.org/>. If you are interested in volunteering, please contact Rachelle by October 15th.

MRC ORIENTATION

MRC Orientation is held two to three times a year. Every volunteer should attend one orientation meeting. Volunteers who attend orientation sessions are instructed in MRC 101 and personal preparedness as well as other topics related to our MRC unit's roles. An MRC ID photo will be taken and your ID card will be mailed to you at a later date. When attending an orientation session, please bring a photo ID and any professional licenses. Our next orientation session will be held **Saturday, October 13th** at **Lewis Clark State College** from **9:00 AM – 11:00 AM**. Please RSVP by Friday, October 5th.

Public Health – Idaho North Central District
215 10th Street
Lewiston, ID 83501

