



CSMRC NEWS September 2007 (2 pages this month)

News about our office move: The Salem County Health Department move is on hold. The CSMRC office maybe re-located along with the Office of Public Health Preparedness to make way for planned renovations to the original Salem Court House. The phone numbers and e-mail addresses remain the same for the interim. Continue to send mail to 98 Market Street, Salem.

September is National Preparedness Month: This is a nationwide effort each year in September to increase awareness of the need for personal and family emergency preparedness. Now would be a good time to take stock of your personal/family emergency plan and preparations. Do this annually as part of this event. Update your plan as to important emergency contact numbers, location for family member to meet in case of a disaster, lists of current prescribed medications each family member takes, stockpiled supplies in your home (i.e.: check expiration dates of canned foods and water, check flashlights and portable radios to be sure that they work, do you need additional supplies?). It is a good idea to rotate your emergency stockpile of food and water with your normal household supplies so that what is in storage is always safe to use. Encourage your family, friends and neighbors to do the same. One tip I learned from a conference was to include crackers in my food stockpile. Crackers keep longer than bread. They are an excellent source of nutrition if they contain whole grains. Peanut butter, cheese and spreads made from canned meats or fish are an excellent alternative to making sandwiches when bread is not available. Another suggestion is to develop an

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emergency plan for your pets. An excellent brochure on the web to help you develop an emergency plan for your pets is available from http://www.avma.org/disaster/saving_family.asp as a free download.

CSMRC Equipment: Our unit backpacks, blankets and emergency supplies for MRC volunteers have arrived. If you can volunteer some time in the office to help pack the bags with the supplies in our office, please let Kathie Vito know by e-mail kvito@cshealth.org

CSMRC training: It is very important that volunteers complete the training modules. As an incentive, we have our web honor roll and each person who completes all training requirements also is awarded an official MRC polo shirt. During October, the training records of all volunteers will be audited. So please send your certificates in if you have not done so and try to get the on-line modules completed as part of National Preparedness Month. We also will be contacting those volunteers who have not completed the application process and are not yet approved. Our goal is to get all registered applicants approved and training completed by January 2008.

Fall 2007 Flu: We are getting ready for our annual flu clinics. We have the new biojet injector systems for both counties. If you are one of the health professional members of the MRC, and would like to attend a training session on the equipment, please let us know. We have several sessions planned for the first week in October. We will also need volunteers to assist at the clinics with registration, set up and a multitude of tasks. Please e-mail kvito@cshealth.org of your interest to participate this fall.

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