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Autumn 2018



Manager’s Message

Patrick Lynch, RN
Manager, Response Personnel Unit



Patrick Lynch

It seems there is no end to the wildfires. I cannot recall a number of wildfires following in such quick succession and with such ferocity. We mourn both the civilian and firefighter deaths during the recent fires. Those who serve us working the fires do, indeed, risk their lives for us. The civilians who died were caught in what most of us would find unimaginable circumstances. Condolences to the loved ones.

The wildfires have brought medical support for shelters to the forefront of DHV and MRC volunteer response. General population shelters need the medical support for medically fragile clients as well as other medical/first aid needs. I would ask that you think about and prepare for requests to deploy for shelter medical support.



September 14, 2018 Fire Map

With this being National Preparedness Month I would ask that you take some action this month to better prepare yourself and your loved ones for responding to an emergency event. (Please see page 3 for suggestions on finding preparedness information.)

Thank you,
Patrick Lynch, RN

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MRC Corner

Patrick Lynch
California State Interim MRC Coordinator



Our California State MRC Coordinator, Lauran Capps, is currently out on leave. I am acting in the State Coordinator position during the interim. This is my first opportunity to write for the “MRC Corner.” I want to



Patrick Lynch

stress to those of you in Medical Reserve Corps units that EMSA values your commitment and is very proud of California’s MRC volunteers and the MRC Coordinators who guide you.

The Medical Reserve Corps Units of California have clearly demonstrated their ability to respond to the state’s wildfire incidents. Several MRC units responded for the state’s numerous July wildfires. The MRC volunteers provided medical support to general populations shelters. This mission has become a common practice for the volunteers in both the county DHV units, and, more often MRC units. If you have not been deployed to such a mission, I would recommend that you review/refresh physical assessment and first aid skills. Shelter clients who are usually evacuees arrive with many medical conditions, pharmacy needs, and sometimes durable medical equipment requirements that they had at home. However, all of these can become problematic in shelter conditions. You can be there to help!

List of Medical Reserve Corps Units in California:

ALCO (Alameda County) MRC  http://www.acphd.org/alcomrc.aspx	Berkeley MRC  https://www.berkeleymrc.org/	Cal Poly Medical Reserve Corps https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/All-Public-Health-Services/Medical-Reserve-Corps-(MRC).aspx	California Health MRC www.ch-mrc.org/ (Not listed in https://www.healthcarevolunteers.ca.gov/)	California Veterinary Medical Reserve Corps  https://cvma.net/resources/disaster-response-program-2/california-veterinary-medical-reserve-corps-cavmrc/california-veterinary-medical-corps-cavmrc-information/	City of Cupertino Medical Reserve Corps https://www.cupertino.org/residents/community-services-programs/emergency-preparedness/safety-training-and-volunteer-programs/medical-reserve-corps
City of Stockton Medical Reserve Corps	Contra Costa County Medical Reserve Corps https://cchealth.org/mrc/	Fremont Medical Reserve Corps https://fremont.gov/111/Medical-Reserve-Corps	Fresno Medical Reserve Corps	Healthcare Emergency Auxiliary Response Team Solano (HEART) MRC 	Imperial County Medical Reserve Corps http://www.icphd.org/emergency-medical-services/local-disaster-and-emergency-preparedness/imperial-county-medical-reserve-corps/
Kern County Medical Reserve Corps https://kernpublichealth.com/kern-medical-reserve-corps/	Lake County Medical Reserve Corps http://health.co.lake.ca.us/MRC.htm	Long Beach Medical Reserve Corps http://mrclongbeach.org	Marin County Medical Reserve Corps https://www.marinhhs.org/marin-county-medical-reserve-corps	Medical Reserve Corps of Los Angeles  http://www.mrclosangeles.org	
Monterey County Medical Reserve Corps	Napa County Medical Reserve Corps https://www.countyofnapa.org/910/Medical-Reserve-Corps	Oakland Medical Reserve Corps http://www2.oaklandnet.com/government/o/OFD/o/OES/o/MedicalReserveCorp/index.htm	Orange County Medical Reserve Corps http://www.healthdiversity.org/mrc 	Palo Alto MRC https://www.cityofpaloalto.org/services/public_safety/get_involved/medical_reserve_corps.asp	Porterville Medical Reserve Corps
Riverside County Medical Reserve Corps https://rivcoemd.org/rivcoready/Get-Involved/MRC		Sacramento Regional Medical Reserve Corps http://www.sacocps.org/SacramentoMedicalReserveCorps/Pages/default.aspx	San Bernardino County Medical Reserve Corps www.sbcms.org/community-programs/medical-reserve-corps.aspx	San Diego County MRC https://www.sandiegocounty.gov/hhsa/programs/phs/.../medical_reserve_corps.html	San Francisco Fire Department Civilian Volunteer MRC https://sf-fire.org/San-Francisco-medical-reserve-corps
San Luis Obispo County Medical Reserve Corps https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/All-Public-Health-Services/Medical-Reserve-Corps-(MRC).aspx	Santa Barbara County Medical Reserve Corps https://countyofsb.org/phd/em/mrc-home.sbc	Santa Clara County Medical Reserve Corps (MVDR)	Santa Cruz County Medical Reserve Corps http://www.santacruzhealth.org/HSAHome/HSADivisions/PublicHealth/SCCMRC.aspx	Sonoma County Medical Reserve Corps http://www.sonoma-county.org/health/services/mrc.asp	Stanislaus County Medical Reserve Corps http://www.schsa.org/PublicHealth/mainpages/ep/scmrc.shtm
Tulare MRC https://tchhsa.org/eng/index.cfm/community/medical-reserve-corps/	UC Davis Veterinary Emergency Response Team MRC (Not listed in https://www.healthcarevolunteers.ca.gov/)	Ventura County Medical Reserve Corps www.vchca.org/ventura-county-medical-reserve-corps	Visalia Medical Reserve Corps		

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National Preparedness Month (NPM)

National Preparedness Month (NPM), recognized each September, provides an opportunity to remind us that we all must prepare ourselves and our families now and throughout the year. This NPM will focus on planning, with an overarching theme: **Disasters Happen. Prepare Now. Learn How.**

Take time to learn lifesaving skills – such as CPR and first aid, check your insurance policies and coverage for the hazards you may face, such as flood, earthquakes, and tornados. Make sure to consider the costs associated with disasters and save for an emergency. Also, know how to take practical safety steps like shutting off water and gas.

The devastating hurricanes and wildfires of 2017 reminded the nation of the importance of preparing for disasters. Often, we will be the first ones in our communities to take action after a disaster strikes and before first responders arrive, so it is important to prepare in advance to help yourself and your community.

NATIONAL PREPAREDNESS MONTH 2018



**Disasters
Happen**

PREPARE NOW

LEARN HOW



FEMA

Ready. 

2018 Weekly Themes

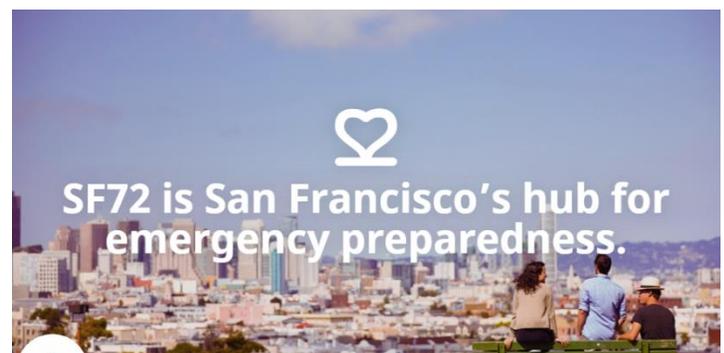
- Week 1: Sept 1-8 Make and Practice Your Plan
- Week 2: Sept 9-15* Learn Life Saving Skills
- Week 3: Sept 16-22 Check Your Coverage
- Week 4: Sept 23-29 Save For an Emergency
- September 15 is a **National Day of Action** (<https://www.ready.gov/prepare>)

Hashtags

- #PrepareNow
- #FloodSmart
- #NatIPrep

San Francisco

The City of San Francisco localized the *Ready* Campaign PSAs in December 2006 and again in September 2009, including television and radio PSA spots. The ads fulfill to a local San Francisco Web site: <http://www.72hours.org>.



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Free Preparedness Publications

Ready Materials Order Form (PDF)

Individuals or organizations who would like to order printed copies of Ready emergency preparedness publications can request copies by downloading the [Ready Materials Order Form](#) (PDF) as well as materials related to individual and community preparedness by downloading the [Individual and Community Preparedness Publication Order Form](#) (PDF).

Please e-mail, mail, or fax your order form to the FEMA Warehouse:

- Email: fema-publications-warehouse@fema.gov
- Call: 1 (800) BE-READY (1-800-237-3239), Monday-Friday, 8:00 am to 5:00 pm, Eastern Standard Time (EST)
- Fax: 1 (240) 699-0525
- Mail: FEMA Distribution Center, 4440 Buckeystown Pike, Frederick, MD 21704



FEMA Distribution Center
Ready Materials Order Form
Phone: 1 (800) 480-2520 Fax: 1 (240) 699-0525

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Please allow 4 to 6 weeks for free shipping.

Quantity	Inventory #	Publication Title & Number	Limit	Type
	9-0656-BRL	Prepare for Emergencies Now: Info for Pet Owners (R-7)	15	Braille
	9-0657-BRL	Prepare for Emergencies Now: Info for Older Americans (R-5)	15	Braille
	RI-0002	Indian Country - Alaska	100	Quad-Fold
	9-0658-LP	Prepare for Emergencies Now: Info for People w/Disabilities (R-6)	200	Large Print
	9-0635	Every Business Should Have A Plan (P-900)	200	Booklet
	P-1063-BRL	Every business should have a plan	15	Braille

Name: _____

Company: _____

Mailing Address: _____

City, State, ZIP: _____

Telephone: () _____ Fax: () _____

(4/13/2018)

<https://www.fema.gov/media-library/assets/documents/130159>

Delivery Time

- Allow 4 to 6 weeks for free shipping.
- If you require items earlier, orders can be expedited at your expense.

Downloading Publications

The Federal Emergency Management Agency has made files for the Ready Campaign's publications available to the public to download at no cost. As a result, organizations can reproduce these materials to help expand the reach with this critical information.

Reprint Terms of Use

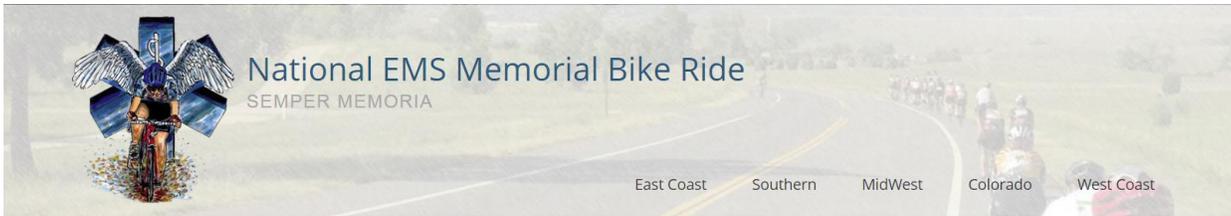
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- The content, photos, graphics and figures will not be altered in any way.
- The materials should not be used or displayed in any manner as to imply that the Federal Emergency Management Agency or the U.S. Government endorses your company's products or services.



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National EMS Memorial Bike Ride



About NEMSMBR

Mission

The National EMS Memorial Bike Ride, Inc. (NEMSMBR) honors Emergency Medical Services personnel by organizing and implementing long distance cycling events that memorialize and celebrate the lives of those who serve every day, those who have become sick or injured while performing their duties, and those who have died in the line of duty.

Vision

The vision of the NEMSMBR is to see recognition of EMS as a profession, a reduction in debilitating injuries and Line of Duty Death (LODD) in EMS and a national EMS accountability system. It is our hope that these events will focus attention on the accomplishments of all EMS personnel, and educate the community at large about the need for improved safety standards, injury prevention, disability tracking and death benefits for EMS personnel and their families.

Objectives

Remember EMS workers who have died in the line of duty

Raise public awareness about line of duty deaths and disabilities in the EMS profession

Honor EMS workers who continue to work despite dangerous safety conditions

Advocate for a national tracking of injuries, near misses and a line of duty deaths in EMS

Provide a safe, friendly and supportive environment for all individuals participating in NEMSMBR events

Promote healthy lifestyles for EMS providers through physical activity and nutrition

National EMS Memorial Bike Ride COMING TO THE SACRAMENTO REGION!

The National EMS Memorial Bike Ride, Inc. honors EMS personnel by organizing and implementing long distance cycling events that memorialize and celebrate the lives of those who serve every day, those who have become sick or injured while performing their duties, and those who have died in the line of duty.

Join the Ride in 2018!
Registering to ride is **easy!**

Sign up at www.muddyangels.com by September 15.



- Support a great cause by riding to honor those who save lives everyday!
- Challenge yourself! The ride is not a race, and all skills levels are welcomed.
- Enjoy scenic terrain along historical West Coast routes!
- For more information, visit www.muddyangels.com

2018 Route Schedule Information

Day 1 (September 24)- Reno, NV to South Lake Tahoe, CA
Day 2 (September 25)- Circumnavigate Lake Tahoe (South Lake Tahoe start/end)
Day 3 (September 26)- South Lake Tahoe, CA to Rancho Cordova, CA
Day 4 (September 27)- Rancho Cordova, CA to Vacaville, CA
Day 5 (September 28)- Vacaville, CA to Petaluma, CA
Day 6 (September 29)- Petaluma, CA to San Francisco, CA

Join the Muddy Angels riders before the Day 4 ride for a special ceremony at the California Emergency Medical Services Authority on September 27 at 7:30 a.m.

Emergency Medical Services Authority
10901 Gold Center Drive, #400
Rancho Cordova, CA 95670
(916) 431-3700 externalaffairs.emssa.ca.gov



West Coast Route

Sept 24-29, 2018

Reno, NV /

San Francisco, CA

For more information, please visit:

<http://www.muddyangels.com/contact/>

Sources: <http://www.muddyangels.org>

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Psychological First Aid (PFA)

What is Psychological First Aid?

Psychological First Aid (PFA) is an evidence-informed approach that is built on the concept of human resilience. PFA aims to reduce stress symptoms and assist in a healthy recovery following a traumatic event, natural disaster, public health emergency, or even a personal crisis.

Why use PFA?

Emotional distress is not always as visible as a physical injury, but is just as painful and debilitating. After going through a life altering experience it is common to be effected emotionally.

Everybody who experiences a disaster is touched by it. Reactions manifest differently at different periods of time during and after the incident.

Psychological First Aid addresses basic needs and reduces psychological distress by providing a caring comforting presence, and education on common stress reactions. It empowers the individual by supporting strengths and encouraging existing coping skills. It also provides connections to natural support networks, and referrals to professional services when needed.

Psychological First Aid is tool that each of us can use to reduce our stress level. By understanding your stress reactions and utilizing Psychological First Aid principles, you can enhance resilience in yourself, your family, workplace, and community.

Where do you use PFA?

Psychological First Aid is designed to be simple and practical so that it can be used in any setting. Psychological First Aid can be provided anywhere that trauma survivors can be found - in shelters, schools, hospitals, private homes, the workplace, and community settings.

The University of Minnesota has developed a PFA phone app and mobile website.

Psychological First Aide Tutorial

<https://itunes.apple.com/us/app/psychological-first-aid-pfa/id551424464?ls=1&mt=8>

Additional PFA resources are available on-line at: MDH Behavioral Health and Emergency Preparedness

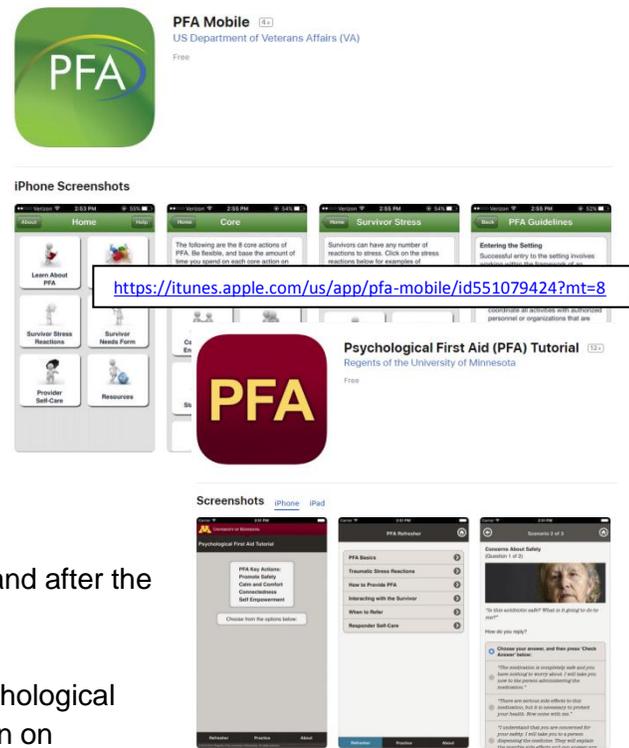
Sources:

The University of Minnesota

<http://www.health.state.mn.us/oep/responsesystems/pfa.html>

US Department of Veterans Affairs (VA)

<https://itunes.apple.com/us/app/pfa-mobile/id551079424?mt=8>



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The ShakeOut



What will happen on October 18?

The ShakeOut Drill is scheduled for 10:18 a.m. on October 18, 2018. This means that wherever you are at that moment—at home, at work, at school, anywhere—you should Drop, Cover, and Hold On as if there were a major earthquake occurring at that very moment, and stay in this position for at least 60 seconds. There will not be any freeway closures, power outages, or other simulated effects of the hypothetical earthquake, unless your local government or utility company specifically notifies you about something of this nature. The ShakeOut is not something you need to leave work to participate in—in fact, participating at work is encouraged! Businesses, organizations, schools, and government agencies can register and have their employees practice Drop, Cover, and Hold On or have a more extensive emergency drill.

The main goal of the ShakeOut is to get Californians prepared for major earthquakes, so use the ShakeOut as an opportunity to learn what to do before, during, and after an earthquake. Visit www.earthquakecountry.org/sevensteps for tips on how to prepare, protect, and recover.



Anyone in California can participate, from a single individual at their home to a major company at the office. Talk to your coworkers, neighbors and friends about the ShakeOut and encourage their participation. Sign up for free at www.shakeout.org/california/register to be counted in the ShakeOut Drill, get email updates, and more

Sources: <https://www.shakeout.org/california/faq/>

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California Hospital Association Disaster Planning Conference

Voices of experience, lessons for the future



The California Hospital Association (CHA) is hosting the Disaster Planning for California Hospitals conference on September 24 – 26, 2018 in Sacramento. The conference and exhibit show will be held at the Sacramento Convention Center, located just across the street from the Hyatt Regency Sacramento, the host hotel. The pre-conference workshop on Monday, Sept. 24, will be held at the Hyatt Regency.

Target audience includes hospital emergency preparedness coordinators, administrators, staff, and interested healthcare personnel. The conference provides the opportunity for hospital and health system emergency preparedness coordinators and others to hear from nationally known speakers about current emergency preparedness topics.

Please see CHA website for details: <http://www.calhospital.org/disaster-planning>

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Online Disaster Training Opportunity

California is fortunate that over 24,000 volunteers are registered on the DHV System. Volunteers can be notified and given opportunities to serve in critical healthcare positions if and when a disaster strikes in our state. As you are one of those who have made the commitment to register as a potential volunteer you may want to take a next step and complete entry-level disaster training. There are on-line FEMA training opportunities you can complete on your own schedule.

If you are registered on the DHV System but are not an MRC member you may not be aware of these free training courses. This training is not a requirement for participation but we know that the training is easy to follow and gives you valuable understanding of how disaster operations are managed and how you would fit into the structure during an assignment.



To learn more about training classes and many other training opportunities, visit FEMA's Emergency Management Institute's website:

<http://www.training.fema.gov/EMI/>

IS-100.C: Introduction to the Incident Command System, ICS 100

Link: <https://training.fema.gov/is/courseoverview.aspx?code=IS-100.c>

Course Date

6/25/2018 * (This is a new course. FEMA released a revision of the National Incident Management System (NIMS) document in October 2017. Thirty NIMS related courses are in revision based on the updates in NIMS.)

Course Overview

ICS 100, Introduction to the Incident Command System, introduces the Incident Command System (ICS) and provides the foundation for higher level ICS training. This course describes the history, features and principles, and organizational structure of the Incident Command System. It also explains the relationship between ICS and the National Incident Management System (NIMS). The Emergency Management Institute developed its ICS courses collaboratively with:

- National Wildfire Coordinating Group (NWCG)
- U.S. Department of Agriculture
- United States Fire Administration's National Fire Programs Branch

Course Objectives:

At the completion of this course, you should be able to:

- Explain the principles and basic structure of the Incident Command System (ICS).
- Describe the NIMS management characteristics that are the foundation of the ICS.
- Describe the ICS functional areas and the roles of the Incident Commander and Command Staff.
- Describe the General Staff roles within ICS.
- Identify how NIMS management characteristics apply to ICS for a variety of roles and discipline areas.

Primary Audience

The target audience includes persons involved with emergency planning, and response or recovery efforts.

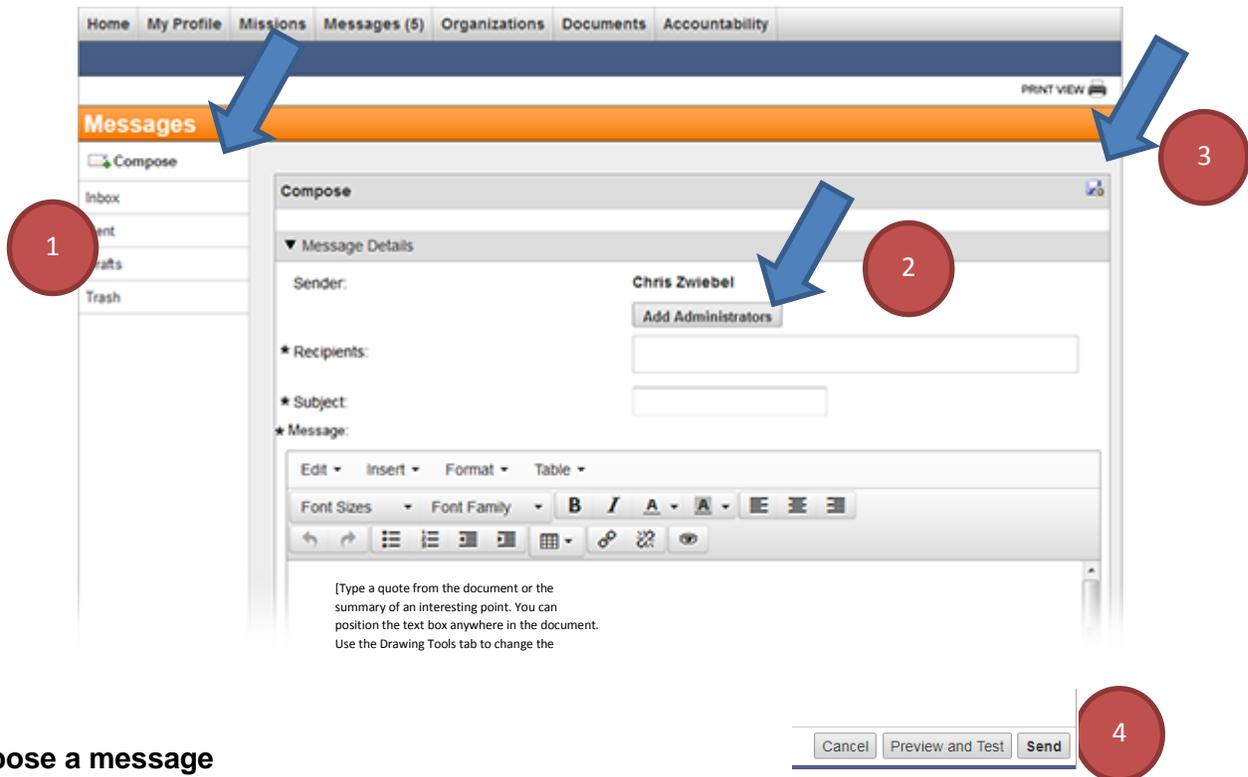
* **Source:** <https://training.fema.gov/emigrams/2018/1417%20-%20training%20bulletin%20-%20is%20100%20700%20release.pdf?d=6/25/2018>

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DHV “User Tips”

Compose a Message

The messages that you compose are used to notify your administrators about events and provide information. If applicable, messages can then be used to track message delivery and responses. There are many options that define when, how, and what information is sent in your message. The following instructions are intended for the volunteers without administrative rights.



To compose a message

1. Go to the Messages tab and select the Compose side tab on the left. The following page opens.
2. Complete the appropriate fields. Required fields are marked with an asterisk (*).

Field	Description
Sender	Displays your name.
Recipients	Add administrators that you want to receive your message.
Subject	Enter the message subject.
Message	Enter the message text. You have a number of formatting options available to you when constructing the Message content. Options include choosing font details such as family and size, formatting such as bold, italic, and underline, paragraph alignment and indentation, and list creation. You can also add a table and create hyperlinks. You can even view and work with your message's source code. Refer to Message Formatting for more information.

3. Optionally, to save the message as a draft, click the save draft icon.
4. When you are ready, click Send.

When you are composing a message , you can search for recipients, select the Administrators, and then add them to your message.

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DHV is California's ESAR-VHP Program

The Emergency System for Advance Registration of Volunteer Health Professionals (ESAR-VHP) is a federal program created to support states and territories in establishing standardized volunteer registration programs for disasters and public health and medical emergencies.

Disaster Healthcare Volunteers (DHV), California's ESAR-VHP program, administered at the state level, verifies health professionals' identification and credentials so that they can respond more quickly when disaster strikes. By registering through ESAR-VHP, volunteers' identities, licenses, credentials and accreditations are verified in advance, saving valuable time in emergency situations.

Why Do We Need ESAR-VHP?

In the wake of disasters and public health and medical emergencies, many of our nation's health professionals are eager and willing to volunteer their services. In these times of crisis; hospitals, clinics, and temporary shelters are dependent upon the services of health professional volunteers. However, on such short notice, taking advantage of volunteers' time and capabilities presents a major challenge to hospital, public health and emergency response officials. For example, immediately after the attacks on September 11, 2001, tens of thousands of people traveled to ground zero in New York City to volunteer and provide medical assistance. In most cases, authorities were unable to distinguish those who were qualified from those who were not - no matter how well intentioned.

There are significant problems associated with registering and verifying the credentials of health professional volunteers immediately following major disasters or emergencies. Specifically, hospitals and other facilities may be unable to verify basic licensing or credentialing information, including training, skills, competencies and employment. Further, the loss of telecommunications may prevent contact with sources that provide credential or privilege information. The goal of the ESAR-VHP program is to eliminate a number of the problems that arise when mobilizing health professional volunteers in an emergency response.

Disaster Healthcare Volunteers (DHV)

In accordance with federal mandate, California has developed the Disaster Healthcare Volunteers (DHV) Program to facilitate and manage the registration, credentialing and deployment of volunteer healthcare professionals (VHPs) in California. DHV uses a software system for the management of volunteers, including the registration, notification, communication and credentialing needs associated with volunteer management. The DHV Program is the single source system operated and administered by local, regional and state, public health and emergency medical services agencies.

DHV is administered by all system stakeholders and managed by the California EMS Authority in partnership with the California Department of Public Health (CDPH). DHV volunteers include healthcare professionals (medical, public health, mental health, EMS and other personnel) who are willing to be called upon in the event of an emergency or disaster. DHV volunteers are pre-registered and pre-credentialed. Deployment of volunteers will follow Standardized Emergency Management System (SEMS) procedures.

To register on the DHV system or get more information, visit our website, www.healthcarevolunteers.ca.gov

America's Health Volunteers



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Have You Updated Your DHV Registration Information Lately?

We depend upon each of you to update your DHV profile with your correct information. It is important that you take a moment to update your DHV System information when your information changes. Have you moved? Do you have a new occupation or a new employer? Have your email or phone numbers changed?

Please take a moment to update your file. Just log into www.healthcarevolunteers.ca.gov and click on the "Profile" tab. From there you can navigate through your information. Click on "Edit Information" to make your changes and then be sure to click on "Save Changes" when you have completed your edits.

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The DHV Journal is Published and Distributed Via Email

News and information for participants in the Disaster Healthcare Volunteers Program administered by EMSA and operated by System Administrators in local communities and Medical Reserve Corps Coordinators throughout California. This Journal is published and distributed periodically to the partners of the DHV Program.



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William Hartley, Assistant Chief, Disaster Medical Services, Operations
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