

# Bristol County MRC

M O N T H L Y R E G I O N A L N E W S L E T T E R



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## CURRENT EVENTS

Happy New Year to all the invaluable Medical Reserve Corps volunteers and Coordinators. To start off what is anticipated to be an absolutely amazing 2012, we are going to focus on an important issue that would better be resolved through the efforts of our entire

Bristol County MRC team. From now until the end of March our primary focus is going to be on the recruitment of new MRC volunteers. Although the number of current volunteers remain very consistent, we hope to build a stronger more viable base of individu-

als ready to contribute to preparing and responding to any disaster or Public Health Emergency in the State of Massachusetts and Nationwide if needed. During this timeframe we will be awarding our MRC volunteers with incentives for

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## A WORD FROM YOUR LEADERSHIP

On Weds December 7th, 2011, the Fall River Health Department sponsored a Public Flu Clinic that was also conducted as an Emergency Dispensing Site (EDS) drill. Thirty – seven of Greater Fall River Medical Reserve

Corps volunteers participated in vaccinating forty-four people. More importantly, the clinic received high ratings from the Massachusetts Department of Public Health.

Out of 968 national MRC units, this unit

was selected for videotaping and production of a national Public Service Announcement (PSA) to be aired on cable television across the United States, as well as a segment on the PBS program, “The Business Journal with

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# PRINCIPLES OF PREPAREDNESS

## HYPOTHERMIA

Prolonged periods of exposure to winter elements can lead to what is known as hypothermia. If left untreated this condition can result in loss of life or limb. The very young and elderly are the most susceptible to developing hypothermia when exposed to cold temperatures.

As beautiful and majestic as a white winter may be, it is also very dangerous. If the temperature is low enough even 5 minutes outside can become troublesome, especially if an individual's circulation is already impaired. The risk and extent of hypothermia is directly influenced by presence of wet clothing, contact with metals, wind-chill, and extent of temperature gradient between the body and its surroundings.

### **Signs and Symptoms of Hypothermia include:**

- Uncontrolled Shivering
- Slow or Unclear Speech
- Feeling Extremely tired
- Stumbling when Attempting to Walk
- Confusion (Person Cannot Think Clearly)
- Semi-Consciousness or Unconsciousness

### **Treatment of Hypothermic Symptoms include:**

- Seek medical assistance and start CPR if person is found unconscious and without a pulse
- Remove Wet clothing and cover with dry blankets ensuring to also cover the hands, feet and their head to prevent further heat loss.
- Lie next to, or on top of the person to share body warmth

### **How do you prevent Hypothermia?**

- Wear warm, multi-layered clothing with good hand and feet protection (avoid clothing that is tight and constricting).
- Wear warm headgear. The head is where heat loss occurs the most.
- Change wet clothing fast & frequently
- Shelter yourself from wind and rain.



# Infection Control Update

## Neti Pot Minus Distilled Water equals Brain Infection

The Louisiana Department of Health and Hospitals is warning residents about the dangers of the improper use of neti pots. The warning follows the state's second death this year caused by *Naegleria fowleri*, the so-called brain-eating amoeba.

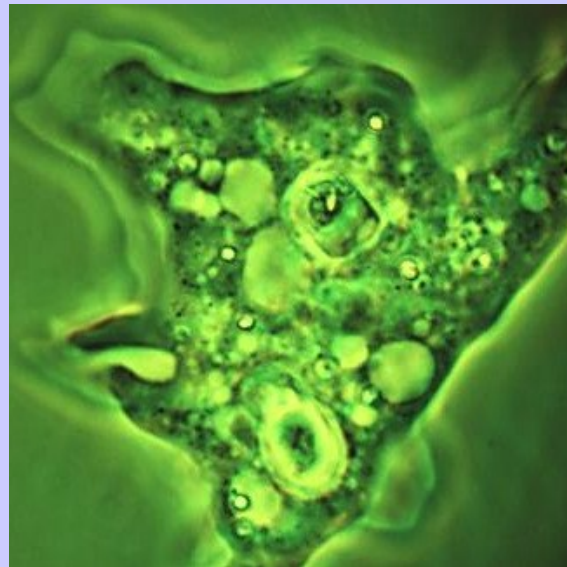
A 51-year-old DeSoto Parish woman died recently after using tap water in a neti pot to irrigate her sinuses and becoming infected with the deadly amoeba. In June, a 20-year-old St. Bernard Parish man died under the same circumstances. *Naegleria fowleri* infects people by entering the body through the nose. A neti pot is commonly used to irrigate sinuses, and looks like a genie's lamp.

"If you are irrigating, flushing, or rinsing your sinuses, for example, by using a neti pot, use distilled, sterile or previously boiled water to make up the irrigation solution," says Louisiana state epidemiologist Dr. Raoult Ratard. "Tap water is safe for drinking, but not for irrigating your nose." It's also important to rinse the irrigation device after each use and leave open to air dry.

*Naegleria fowleri* infection typically occurs when people go swimming or diving in warm freshwater lakes and rivers. In very rare instances, *Naegleria fowleri* infections may also occur when contaminated water from other sources (such as inadequately chlorinated swimming pool water or heated tap water less than 116.6 degrees Fahrenheit) enters the nose when people submerge their heads or when people irrigate their sinuses with devices such as a neti pot. You cannot be infected with *Naegleria fowleri* by drinking water.

*Naegleria fowleri* causes the disease primary amoebic meningoencephalitis (PAM), a brain infection that

leads to the destruction of brain tissue. In its early stages, symptoms of PAM may be similar to symptoms of bacterial meningitis.



Initial symptoms of PAM start one to seven days after infection. The initial symptoms include headache, fever, nausea, vomiting, and stiff neck. Later symptoms include confusion, lack of attention to people and surroundings, loss of balance, seizures, and hallucinations. After the start of symptoms, the disease progresses rapidly and usually causes death within one to 12 days.

*Naegleria fowleri* infections are very rare. In the 10 years from 2001 to 2010, 32 infections were reported in the U.S. Of those cases, 30 people were infected by contaminated recreational water and two people were infected by water from a geothermal drinking water supply.

*Retrieved from Infection Control Today on Dec. 27th, 2011.*

## CURRENT EVENTS (CONTINUED)

... their contributions to this 3-month long recruiting surge. Incentives will include MRC Polo Shirts, Fleece Pullovers, and fully equipped "Go" bags for the volunteers that bring in the required amount of recruits that qualify you for each gift.

At the end of March the Regional Unit (Greater Fall River MRC, Greater New

Bedford MRC, Greater Taunton MRC, and Bristol Norfolk MRC) with the most recruits will receive a fun-filled "dining-out" event with your regional unit, and the new volunteers you were able to recruit into the Bristol County Medical Reserve Corps family. If you have any ideas for holding special recruiting events contact your unit

leaders. EZ up tents with removable sides, tables, chairs, and signs/banners are available for setting up booths at local events. MRC overview, Preparedness, ICS/NIMS training, and CORI checks will be scheduled and completed in conjunction with the recruiting efforts. An event flyer will be circulated in the first week of January.



## A WORD FROM YOUR LEADERSHIP (CONTINUED)

... Joan Lunden". This Production highlights MRC volunteers in action, and review the impact that MRC has on the local community. The year 2012 marks the tenth anniversary of the Medical Reserve Corps birth,

and as a very active unit here in the Greater Fall River area, we are honored to have contributed to this celebration. A special thanks to our leadership, and other MRC units that came to support us at this event. The partnership and

sharing in Bristol County and Region 5 Medical Reserve Corps" is fantastic.

- Alvin McMahon, Director Greater Fall River Medical Reserve Corps.

# January 2012

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

## BRISTOL COUNTY TRAINING

**JANUARY 11TH—13TH, 2012 INCIDENT COMMAND SYSTEM 300 (ICS-300)**

**BARNSTABLE COUNTY FIRE & RESCUE TRAINING ACADEMY**

**S FLINT ROCK ROAD    BARNSTABLE, MA 02630**

**8:00AM TO 4:00PM**

**JANUARY 12TH, 2012 PREVENTION AND TREATMENT OF COLD WEATHER EMERGENCIES**

**SSTAR FALL RIVER**

**386 STANLEY STREET    FALL RIVER, MA**

**6:00PM TO 8:00PM**

**JANUARY 18TH, HOT TOPICS - 2 SESSIONS WITH DINNER FROM 5:30PM TO 6:30PM**

**TAUNTON HOLIDAY INN**

**SESSION 1: 3:00PM TO 4:30PM**

**700 MYLES STANDISH BLVD.    TAUNTON, MA**

**SESSION 2: 6:30PM TO 8:00PM**

**JANUARY 18TH—20TH, 2012 INCIDENT COMMAND SYSTEM 300 (ICS-300)**

**IPSWICH NEW TOWN HALL MEETING ROOM C**

**25 GREEN STREET    IPSWICH, MA 01938**

**8:30AM TO 4:00PM**

**JANUARY, 2012 PREVENTION AND TREATMENT OF COLD WEATHER EMERGENCIES**

**NORTON PUBLIC LIBRARY**

**68 E. MAIN STREET    NORTON, MA 02766**

**6:00PM TO 8:00PM**



# Hot Topics

January 18th, 2012

**Bristol County Medical Reserve Corps Collaborative**

**“HOT TOPICS IN PUBLIC HEALTH”**

**3pm - 4:30pm or 6:30pm – 8pm**

**Dinner Provided 5:30pm – 6pm**

**Taunton Holiday Inn**

**700 Myles Standish Blvd. Taunton, MA**

**Pre-registration is required for this event**

Please Contact Bristol County MRC Coordinator Dennis Swift at [dswiftrn@gmail.com](mailto:dswiftrn@gmail.com) or (508) 292 – 4172 by January 15th to register for this event. There is a \$20.00 fee to defray the costs of the meal and presentation. Please make checks out to Bristol-Norfolk MRC c/o A. Fleming, N. Attleboro Board of Health. 43 S. Washington St. North Attleboro, MA 02760. **MRC VOLUNTEERS ARE Only \$5.00.** Space is limited to 40 participants. 1.5 Continuing Education Credits will be awarded to all Health Care Professionals.

**Guest Speaker: Alfred DeMaria, Jr., M.D.**

Dr. DeMaria serves as Medical Director of the Bureau of Infectious Disease in the Massachusetts Department of Public Health. He has been the State Epidemiologist for Massachusetts since 1990. He is a graduate of Boston University and Harvard Medical School. He trained in Internal Medicine at Montefiore Medical Center in The Bronx, New York and in Infectious Diseases at Boston City Hospital and the Boston University School of Medicine. Prior to joining the Department of Public Health in 1989, he was an infectious diseases consultant in private practice and prior to that on the staff of The Maxwell Finland Laboratory for Infectious Diseases and Section of Infectious Diseases, Boston City Hospital and Boston University School of Medicine. Dr. DeMaria is a Fellow of the Infectious Diseases Society of America and the Society for Healthcare Epidemiology of America. He is Infectious Disease Chair on the Executive Board of the Council of State and Territorial Epidemiologists. He serves on committees of the Massachusetts Medical Society, on the board of The Public Health Museum and on the Council of the Northeast Branch of the American Society for Microbiology as President-Elect.

BE INFORMED. BE PREPARED. BE A VOLUNTEER.  
EMERGENCY PREPAREDNESS IS EVERYONE'S RESPONSIBILITY!

*Welcome*

2012

Articles for this newsletter are based on factual research, and unless otherwise indicated are written by Dennis Swift RN, BSN Bristol County MRC Coordinator, for the sole use of the Bristol County Medical Reserve Corps.