



NAUGATUCK VALLEY DANBURY ★ TORRINGTON HOUSATONIC VALLEY



The Region 5 MRC Minute - JUNE 2022

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JUNE IS PET PREPAREDNESS MONTH

Prepare Your Pets for an Emergency

Pets are important members of our family. It is important to be prepared for our family members and pets in the case of an unexpected emergency. To prepare; make a plan, have a pet emergency kit, and stay informed. Throughout the month of June, be on the look out for Pet Preparedness tips on social media!

Build a Kit for your Pet

- Food, Water, & Bowls
- Medications
- First Aid Kit
- Treats & Bones
- Disposable Bags
- Traveling bag or crate
- Blanket, bedding, and toys
- Collar with ID tag and a leash
- A picture of you and your pet together.



Pet Heat Safety

During the summer we need to protect our pets from the heat.

Here are some ways to keep your pet safe:

- Keep your pet hydrated. Make sure your pet always has fresh water.
- NEVER leave your pet in the car, temperatures rise fast even with windows down. Call 911 if you see a pet in a hot car.
- Keep paws away from hot pavement.
- Know the signs of overheating.



Source: www.cdc.gov

SUMMER & EXTREME HEAT SAFETY

Heat Impacts & Heat Safety

Heat can impact many populations, but those who are considered “vulnerable populations” are more at risk for heat related illnesses. Vulnerable populations that should take precaution during hot summer days are those who are elderly, have a chronic illness, pregnant, newborns, and children.

Heat related deaths are preventable. Help protect yourself and others from the heat by staying hydrated, taking breaks, finding shade, and knowing the symptoms of heat related illnesses.

The difference between a Heat Warning, Watch, and Advisory

- Heat Warning: Usually issued within 12 hours of extremely dangerous heat conditions; when heat index temperature is expected to be 105 degrees or higher for 2 days.
- Heat Watches: Usually issued when conditions are favorable for an excessive heat event in 24 to 72 hours; but is still uncertain.
- Heat Advisory: Usually issued within 12 hours of dangerous heat conditions.; when heat index temperature is expected to be 100 degrees or higher for 2 days.

Source: www.weather.gov

Protect Your Skin from the SUN!

- Seek shade, wear sunglasses, hats, and UPF or protective clothing.
- Use SPF broad-spectrum, waterproof sunscreen before going outside & re-apply as needed.
- Check UV index before going outside and avoid being in direct sunlight between 10 AM and 4 PM, when the sun is the strongest.

Source: www.skincancerprevention.org

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NATIONAL LIGHTENING SAFETY AWARENESS WEEK

June 19-25, 2022

“National Lightning Safety Awareness week was started in 2001 to call attention to this underrated killer. Since then, U.S. lightning fatalities have dropped from about 55 per year to less than 30. This reduction in fatalities is largely due to the greater awareness of the lightning danger, and people seeking safety when thunderstorms threaten” (National Lightning Safety Council, 2021).



7 Tips for a Healthy Summer!

1. *Move More, Sit Less!*
2. *Wear Sunscreen & Insect Repellent*
3. *Keep Cool in Extreme Heat*
4. *Eat a Healthy Diet.*
5. *Stay Hydrated & Drink Water!*
6. *Stay Informed, check local news for heat alerts.*
7. *Practice safety around water.*

Source: www.cdc.gov

Lightening Safety Tips

1. Avoid Water
2. Avoid electronics
3. Avoid windows, doors, porches, and concrete

Source: www.cdc.gov

ALL ABOUT REGION 5

TORRINGTON AREA MRC

"The Torrington Area Health District Medical Reserve Corps is housed out of the Torrington Area Health District, which serves nineteen cities and towns within Litchfield County, Connecticut. TA MRC works with community partners in an effort to strengthen their ability to support our local communities. TA MRC is dedicated to improving public awareness in the area of CPR and heart healthy living skills. The group is also committed to becoming recognized as a resource within local alternative care facility planning efforts."

TA MRC is committed to training our medical and non-medical volunteers in subject areas that are relevant to local emergency plans. It is our hope that this will be viewed as a viable asset within response Region 5 of CT.

Region 5 and TA MRC offer several community education presentations and trainings to volunteers throughout the year for topics regarding; Mental Health, Opioid Crisis, Vaccination & Mass dispensing, Emergency Preparedness, STOP the BLEED, and Hands-only CPR.

TA MRC is actively recruiting medical and non-medical volunteers in order to build our membership.

WANT TO KNOW MORE?

Learn about what we do: <https://aspr.hhs.gov/MRC/Pages/About-the-MRC.aspx>

Sign up to volunteer at: [CTresponde.ct.gov](https://ctresponde.ct.gov)



NAUGATUCK VALLEY MRC

Naugatuck Valley Health District and NVMRC have been very busy this spring, they hosted a virtual NVMRC Spring Orientation, sponsored a Blood Drive with the American Red Cross, and NVMRC volunteers Alyssa and Lisa volunteered at a Medication/Drug Take Back Day Event in Derby, CT on April 30, 2022. This event was coordinated by BHcare's Alliance for Prevention & Wellness and supported by Derby Police Department and Naugatuck Valley Health District. At this event, we collected about 88 pounds of unwanted/unused medications!



With a lot of community events put on hold throughout the COVID-19 pandemic, NVHD staff and NVMRC volunteers are finally getting back out into the community to attend health and safety events to recruit volunteers, provide health education, safety resources, and give out free COVID-19 test kits, masks, thermometers, pulse oximeters, First Aid Kits, and "Deterra" Drug Deactivation & Disposal bags!

As summer approaches, we want you, your family, and pets, to be prepared for Extreme Heat, Lightening Safety, and Firework Safety! Follow along with us on our social media for more information regarding these topics!

COMMUNITY GIVE BACK PROGRAM

Each month NVHD will pick a different organization in need of donations! In April we collected donations for the Spooner House, in Shelton and in May, My Sister's Place, in Ansonia! Thank you to everyone who has donated to this program thus far!

- **June 1st - June 30th:** NVHD is collecting donations for Naugatuck Animal Control. Check out our social media for a flyer with donation box locations!



TRAININGS

- **Extreme Heat Presentation- Thursday, June 9, 2022 from 5:30 PM - 6:30 PM**
 - **To Register:** <https://www.eventbrite.com/e/330763662017>
- **QPR Training- Thursday, June 23, 2022 from 6:00 PM - 7:30 PM**
 - **To Register:** Call Gabrielle, (203) 881-3255 ext. 108
- **Mental Health First Aid Training- Saturday, July 16th from 9:00 AM - 5:00 PM**
 - **To Register:** Call Amanda, (203) 881-3255 ext. 117

HOUSATONIC VALLEY MRC

Housatonic Valley MRC held their first orientation for volunteers on April 28, 2022 and were able to administer six loyalty oaths. In their efforts to recruit more members from New Milford and Washington, HVMRC attended the New Milford High School Health Fair and were able to distribute and share information about the Medical Reserve Corps. Housatonic Valley MRC volunteers continue to assist at blood pressure clinics across the five towns within the district.



AWARD UPDATES

- Housatonic Valley MRC was awarded the Tier 3 RISE Award. This award will be used for the recruitment of volunteers throughout the five towns along with strengthening our unit through training and a standardized activity intake system.
- HVMRC was also awarded the Tier 2 Operational Readiness Award. This will help assist in using volunteers for vaccination efforts.



UPCOMING EVENTS

- HVMRC is hosting a virtual blood drive that allows community members to pledge to give blood and find their local blood drive.
- **HVMRC is hosting an In-person Blood Drive in partnership with the American Red Cross**
 - **When:** Wednesday, August 24, 2022
 - **Time:** 1:00PM - 6:00PM
 - **Location:** New Milford VFW (11 Avery Road, New Milford, 06776)



DANBURY MRC

In April, Sulaiman Shaikh (PHEP) and Stephanie Ferguson (CHW) attended the Emergency Preparedness Summit in Atlanta, and presented a poster presentation on the Danbury DHHS' COVID-19 vaccine efforts. The presentation focused on effective strategies to increase vaccine rates among minority populations, based on the success Danbury DHHS has had with vaccinating the minority communities that exist in city. It was an amazing experience with lots of information sharing and networking, especially between other local health departments from different states, as well as MRC units and volunteers!



On April 27, Danbury DHHS set up a table at the American Red Cross blood drive, at the Danbury Fair Mall. Free COVID-19 test kits were distributed, along with emergency preparedness material, such as emergency preparedness guides for families, healthy home tips, and information on summer hazards (tick awareness, heat safety, pet safety, and mental health). MRC volunteer information was also presented and distributed.



In May, Danbury DHHS conducted an Opioid Overdose Prevention Training workshop with the assistance of Western Connecticut Coalition, where participants learned about various opioids, signs of overdose, and how to properly use Naloxone in treating a suspected opioid overdose.

Danbury DHHS and its MRC volunteers also set up a booth at the Danbury Community Resource Fair held at the Danbury Sports Dome, where COVID-19 test kits were distributed for free, along with fun and games for younger age attendees!

On May 12, Danbury DHHS conducted a Loyalty Oath Ceremony for its CERT and MRC teams. Matt Cassavechia, Emergency Management Director for the City of Danbury, did the honors of reciting the oath. It was a fun event, especially since volunteers were able to finally meet each other in-person after such a long time!



UPCOMING EVENTS

- CERT Training- coming soon! (June/July)
- Educational campaigns for Danbury schools and summer camps!
- Juneteenth Event

Region 5 MRC Presents:

PREPAREDNESS 101

DIY EDITION

LET'S MAKE A KIT!

- Water
- Non-Perishable Food
- battery-powered/ hand-crank radio
- Flashlight
- First Aid Kit
- Whistle
- Extra Batteries
- Thermal Emergency Blankets
- Important documents (even if copies)

Remember to
check and
rotate stock!

MOBILE APP MUST HAVES

- The Weather Channel
- Your utility company
- American Red Cross

KEEPING IT SMALL: EMERGENCY LANYARD

- What to put on your lanyard:
 - 1" Lanyard
 - Chapstick
 - USB Drive with important documents
 - Water Purification
 - LED Light
 - Compass
 - Bandana
 - Earplugs
 - Small attachable medicine bottle
 - Hand sanitizer

DIY FIRE EXTINGUISHER

- What you will need:
 - Clear jar or bottle (with a hole punched in the lid)
 - Vinegar
 - Baking soda
 - Candle
 - Matches or lighter
 - Paper towels
- Instructions:
 - Set a paper towel underneath the jar
 - Pour the vinegar into the jar until it is halfway full.
 - Drop a spoonful of baking soda into the glass. If you are using a lid, screw it on.
 - While the mixture bubbles and foams, light the candle with your matches or lighter.
 - Put the container next to the flame. Pour out the gas, but not the liquid. If using a lid with a hole, aim the hole at the flame.
 - Be amazed as the candle goes out!



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HV MRC Unit Leader

MRC LEADERSHIP & PREPAREDNESS SUMMIT

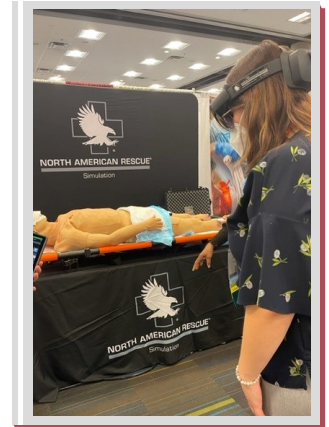
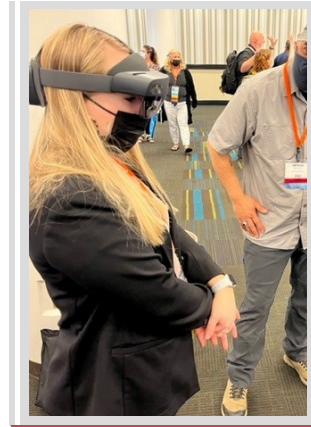


Photo credit: National Association for City and County Health Officials 2022 via Flickr.



Photo credit: National Association for City and County Health Officials 2022 via Flickr.

Pictured: Suliman and Stephanie (Danbury), Megan (HVMRC), Amanda (NVMRC), and Elisabeth (Region 2 MRC).



Pictured: (Left) NVMRC Unit Leader, Amanda, and (Right) HVMRC Unit Leader, Megan, participated in a simulation demonstration provided by North American Rescue.

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