



Autauga/Prattville Medical Reserve Corps (MRC)

Autauga/Prattville Medical Reserve Corps Newsletter

"...volunteers committed to improving the public health, emergency response, and resiliency of their communities."

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TORNADO SAFETY: WHAT WE LOOK FOR AND WHAT YOU SHOULD DO

Meteorologist, Marcy Novak



With spring and warmer weather comes the threat for severe storms. We are all too familiar with severe weather season in central Alabama bringing winds, hail, flooding and tornadoes each year. According to the National Weather Service, from 1950-2012, there were 31 confirmed tornado touchdowns in Autauga County. Due to the common nature of severe weather and tornadoes in central Alabama, we can sometimes become complacent about preparing. It only takes one tornado touchdown in a matter of minutes to ruin property and life, so it is important to be prepared now.

A tornado is a violent rotating column of air extending from the base of a thunderstorm or cumulonimbus cloud and in contact with the ground. If it is not in contact with the ground, it is considered a funnel cloud. If there aren't any signs of rotation, it is considered straight line winds, which can be just as dangerous as a tornado. We look for three things when forecasting tornadoes: instability, rising air, and changing wind speed and direction with height.

Instability in the atmosphere can be caused by many things, and will sometimes cause thunderstorms to

develop. This often occurs during the spring when a cold front moves through and interacts with very warm, moist air that has moved in from the Gulf of Mexico. Rising air within a thunderstorm will produce rain and hail, and sometimes that rising air will begin to spin. This happens when the wind is changing direction and speed with heights. When all of these things come together, a tornado may develop. As meteorologists, we generally have a good idea that tornadoes are possible several days ahead of the event, so we will be monitoring the weather conditions and will be talking about a potentially dangerous weather situation.

The BEST way to be prepared for severe weather and tornadoes is to have a NOAA Weather Radio with battery backup. This will be the most reliable way to receive watches and warnings when severe weather happens. A Tornado Watch will be issued when conditions are favorable for a tornado to occur. A Tornado Warning will be issued when a tornado has been detected by radar or has been spotted by a trained storm spotter. This is when you need to take IMMEDIATE cover. If a tornado is imminent, go to your safe place immediately. The best place is underground in a storm shelter or basement, but if you don't have either of those, find a place that is the most center part of your house. You want to put as many walls between you and the outside as

possible. Do not take shelter in a room that has windows or is along the outside wall of your house. A closet in the center of your house is the best options. Take pillows and blankets with you, and find something to cover your head, such as a helmet. Stay here until the threat of a tornado has passed. If you live in a mobile home, it is best to seek sturdy shelter in a grounded home of a friend or a relative. You should leave the mobile home SEVERAL HOURS before the tornado threat occurs, don't wait until storms are here and a tornado warning is issued. It will be too late at that time.

You also want to have a disaster kit prepared now. This kit should have enough non-perishable food and water to get you through at least three days. First aid kits, flashlights, and batteries should be among the items in the kit.

Talk to your family now about what to do when severe weather strikes. Make sure everyone knows where to go, what to do, and what to bring if a tornado warning is issued. Also, make sure you discuss what to do if you aren't at home if a tornado impacts the area. Prepare now and be weather aware!

Meteorologist Marcy Novak

Alabama News Network on CBS 8 and ABC Montgomery



- Gary Barron, MRC Coordinator
- Tracy Savage-Barron, MRC Secretary/CERT and MRC Newsletter Editor
- CERT Council:
- Lisa Carswell, Chairman
- Jim Harper, Vice Chairman
- Charles Smith, Secretary
- Bonnie Temple, Treasurer
- Janet Brown, Member-at-Large
- Everett Flynn, Safety Coordinator
- Ben Reddoch, Past Chairman

MRC Trailer Makes Debut at Prattville CityFest By Gary Barron

Did you know that April 30th was "America's PrepareAthon"? Different organizations across the country took part in helping to educate citizens in what to do and how to take action during a disaster. Autauga/Prattville Medical Reserve Corps participated in this event, however, we decided our event would be held on May 3rd during our local city fest, instead of on April 30th.

Autauga/Prattville Medical Reserve Corps (MRC) did make it's debut at this year's Prattville CityFest and we are pleased to say that we were able to help educate some of the 10,000 people that attended on that Saturday. The MRC trailer was set up on site so that we could give tours and explain the trailer's capabilities and the role that MRC plays in the community. We were also able to inform people about the Autauga/Prattville Community Emergency Response Team (CERT) and how both of these organizations work in conjunction to assist Prattville and the surrounding area. Along with the trailer, we also set up tables with educational material and had some great giveaways.

We had a great time speaking with the citizens of Prattville and sharing vital preparedness information and giving away lots of goodies. I, personally, would like to say a huge "THANK YOU" to everyone that volunteered that day. We had a total of 20 MRC/CERT volunteers, as well as Ernie Bagget, Autauga County EMA Director and Gary Weaver, Autauga County EMA Deputy Director, who also helped work our booth that day. Thank you to Kristen Morgan, Autauga County EMA, for helping prepare the materials and giveaways for the event.

I know I had a great time and hope that all of you did also. Once again, "Thank You" to everyone for all your hard work.

Below are a few pictures from the event.



“Rampart, This is Squad 51...” By: Gary Barron

One day while working on things for MRC, I started thinking of old and new medical/fire/rescue TV shows.

The first one that came to mind was the show *Emergency!*. I loved that show growing up and even had some of the action figures and would play with them along with my S.W.A.T. (an old police TV show) toys. *Emergency!* was filmed with the cooperation of The Board of Supervisors, The Fire Department, and The Department of Health Services of Los Angeles County, which helped to make it quite realistic. Then I remembered going through the Prattville Police & Fire Citizens Academy and how the Prattville Fire Department actually used some clips from *Emergency!* and explained how Prattville was one of the first city's in Alabama to use that type of equipment. Because of that, the Prattville Fire Department, at that time, helped to setup and train other fire/rescue departments around the state.

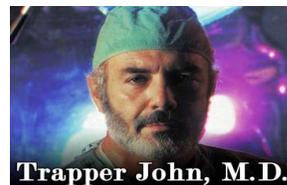
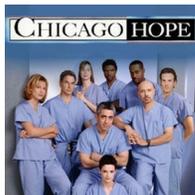
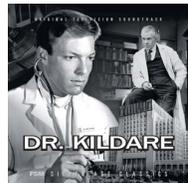
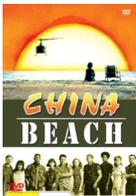
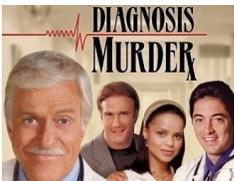
As I began thinking about all the different medical/fire/rescue shows on TV, it led me to start “googling” them. In doing so, I found an article from *The Washington Post* dated Saturday, May 26th 2012. It was titled, "The List: Top 20 TV Medical Shows". Here is their list, but first let me say they did not separate comedy from drama and even included a couple BBC (British Broadcasting Company) shows that PBS has shown on "Masterpiece Theater".

- | | |
|-------------------------------------|---|
| 20. Northern Exposure (1990-1995) | 10. Chicago Hope (1994-2000) |
| 19. Doctor Finlay (1993-1996) | 9. Grey's Anatomy (2005-present) |
| 18. Doogie Howser, MD (1989-1993) | 8. General Hospital (1963-present) |
| 17. Doctor In The House (1969-1970) | 7. Dr. Kildare (1961-1966) |
| 16. Bramwell (1995) | 6. Marcus Welby, MD (1969-1976) |
| 15. Diagnosis Murder (1993-2001) | 5. M*A*S*H (1972-1983) |
| 14. Doc Martin (2004-present) | 4. St. Elsewhere (1982-1988) |
| 13. Scrubs (2001-2010) | 3. Dr. Quinn Medicine Woman (1993-1998) |
| 12. China Beach (1988-1991) | 2. House (2004-2012) |
| 11. Trapper John, MD (1979-1986) | 1. ER (1994-2009) |

Do you agree with their list? Did this list jog some memories or take you back in time? Like the fact that *Trapper John, MD* was about the same character from *M*A*S*H*, but set 30 years later. Thanks to streaming channels like Amazon Instant Video, Netflix, Hulu, etc. and TV channels like MeTV and Antenna TV, just to name a few, we are still able to tune in and watch some of these great shows. We hope these bring back some great memories for you like they did for us. And, hopefully you can now appreciate how influential these programs have been to real life emergency agencies and how real life has been influential in producing such amazing programs.



EMERGENCY



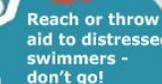


Make a Healthy and Safe Splash This Season ~ Practice Pool Safety



BABY GUARD
Never Let Our Good Deeds Sink

Water Safety Tips

- Swim in designated areas supervised by lifeguards.** 
- Always swim with a friend.** 
- Wear a life jacket when you go boating.** 
- Install and use a Baby Guard Pool fence around your home pool or hot tub.** 
- Actively supervise children whenever around the water.** 
- Keep toys not in use away from the pool and out of sight.** 
- Always stay within arm's reach of young children and avoid distractions.** 
- Reach or throw aid to distressed swimmers - don't go!** 



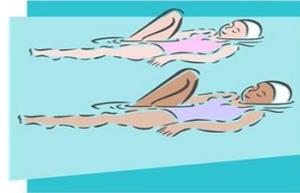
Make swimming pool safety a family affair.

Everyone in the house should have a complete understanding of pool safety rules and emergency procedures. Children should be aware that they must never approach the pool, even while playing outside of it, without an adult present and watching. Make sure at least one family member is CPR-certified, and always keep a cordless phone or cellphone poolside.



Use the buddy system.

Never swim without a partner. Even an experienced swimmer, of any age, can suffer a muscle cramp, get injured from playing too roughly, or simply become too exhausted to swim. When swimming with a child or watching a child play in the pool, maintain visual contact.



Keep a life hook & ring buoy near the pool and mark the deep end.

These tools, used by lifeguards at public swimming pools, are helpful in an emergency. A float line also contributes to a safer pool by indicating deepening water and in the event that someone becomes fatigued while swimming or playing in the pool. Let smaller children and those who are inexperienced swimmers know what number marks the boundary that makes the rest of the pool off-limits.



Fence in your pool & keep the gate locked.

Check state regulations, your homeowner's insurance policy, and/or your homeowner's association for swimming pool fencing rules. The Consumer Product Safety Commission offers safety barrier guidelines for pools.



Get out of the pool immediately if a storm approaches.

One of the benefits of having your own backyard swimming pool is that you can use it again later. Don't take chances if you see evidence of an approaching storm.

DROWNING DEATHS AND INJURIES

#1 Drownings are the leading cause of injury death for children ages 1 to 4, according to the U.S. Centers for Disease Control and Prevention.

DEATHS

Average: 390 Annual average number of drowning deaths in children ages 0-14 from 2007 through 2009 as reported to CPSC.

INJURIES

5,100 Average number of emergency department pool and spa drowning-related injuries treated annually from 2010-2012



*The U.S. Consumer Product Safety Commission estimates injuries based on the National Electronic Injury Surveillance System. The full report is here: <http://www.poolsafely.gov/wp-content/uploads/PoolSubmersions2013.pdf>.

Warning: Recreational Water Illness Advisory

YOU CAN CHOOSE TO SWIM HEALTHY!

PRACTICE THESE 'PLEAS' STOP GERMS CAUSING ILLNESS IN THE POOL

BEWARE! SUCTION ENTRAPMENT Stay Away From The Main Drains

PLEASE DO NOT SWIM WHEN YOU ARE SICK

A person with diarrhea can easily contaminate the pool with fecal matter. Illness is then spread when swimmers swallow this contaminated pool water.

PLEASE DO NOT SWALLOW POOL WATER

IN FACT, EVEN AVOID GETTING POOL WATER INTO YOUR MOUTH

PLEASE PRACTICE GOOD HYGIENE

Take a shower before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.

PLEASE DRESS IN PROPER SWIMMING ATTIRE

No cut-offs or street clothes. Babies must wear swim diapers with proper protection to prevent leakage.

PLEASE TAKE CHILDREN ON BATHROOM BREAKS

Or check diapers OFTEN. Waiting to hear 'I have to go' may be too late.

PLEASE CHANGE DIAPERS IN A BATHROOM

Not at poolside. Germs can spread to surfaces and objects in and around the pool and spread illness.

PLEASE WASH YOUR CHILD THOROUGHLY

(Especially the rear end) with soap and water before swimming. Everyone has invisible amounts of fecal matter on their bottoms that end up in the pool.

7 PLEAs for Healthy Swimming

For More Information Please Visit www.cdc.gov/healthyswimming



Are you prepared? Do you have what you need? By: Gary Barron



Do you know what a "Disaster Preparedness Kit" is? Do you have one? How many days should you have built up in your kit? Do you what items you should have in it? Do you need a kit for each type of disaster?

Let us answer these questions for you. Everyone should have a disaster kit and disaster plan. Make sure when making your disaster plan that the whole family is involved and include a disaster kit, safety areas in the house, and a meeting area, should any family members become separated.

What items do I need to make sure is in my kit? You should have enough water and food for a minimum of **3 days**. Food items should be things like soup, crackers, breakfast/snack bars, can tuna, vienna sausage, pop tarts, etc. and bottled water. Other items should be things like a hand can opener, flashlight, first aid kit, tent, toilet paper, gloves, small shovel, prescription medication, portable battery

operated radio, duct tape, sunblock, a deck of cards, safety helmet, notebook and pen for taking notes, etc.

If you have children you should also pack some things to keep them occupied, such as crayons, color pencil, drawing paper, coloring books, reading books, toys, etc.

You should also have a disaster cell phone plan. What we mean by that is this... During a disaster, local cell towers become overloaded and you might not be able to place a local call, but most of the time you can make long distant calls. With that in mind, develop a plan for a phone chain with friends and family to be able to check in with them and receive updates on other members. Also, with all the social media they can check on disaster info such as shelters and relay the information on to you. Also apps such as <http://www.ping4.com/> and <http://alabamasafnet.com/> are great apps for receiving weather and other types of updates.

Another question might be, do you need a kit for each type of disaster? NO. If you build the type of kit with the items we listed above, you should

be fine, no matter what disaster may occur. However, here is a great website with videos on building disaster kits <http://www.ready.gov/build-a-kit>. But remember you can add whatever items you feel you may need or would be necessary for you and your family and/or pets.

Remember: The time to prepare for an emergency is before it happens!



Pictured above is Miss Millie Brown (20 mths) and Miss Lainey Brown (3 1/2 yrs.), daughters of Mr. and Mrs. Drew and Rachel Brown of Warrior, AL. During one of our more recent tornado warnings, Millie and Lainey were ready and prepared for the bad weather by wearing their helmets for protection as suggested by the weather experts. Great job Millie and Lainey!



EMERGENCY PREPAREDNESS
The time to prepare for an emergency is *before* one occurs.
Are you ready?

Pictured below are a few examples of some of the disaster preparedness kits you and your family can prepare for your home or purchase at one of your local stores. Remember, you can personalize your kit for you and your families own personal needs. But, always plan for at least 3 days of supplies.



Just For The Fun Of It !



Well, since CERT did it, we thought we would do it too!
Yep, Prize Giveaway time!

The first person to correctly answer the following questions will win a Ready America 2-person/3-day Grab-n-Go Tornado Survival Kit (Donated to us by: Low's Prattville)

Be sure to send answers to: apcertnewsletter@gmail.com and notate "MRC Contest Answers" in the subject line.

Ready.... Here are the questions:

1. What are the names of the children that wore the storm protection helmets?
2. What are the 3 things that meteorologists look for when forecasting tornadoes?
3. Where do you go to register to join Autauga/Prattville MRC?



Autauga/Prattville MRC
 826 Gillespie Street
 Prattville, Alabama 36067

Phone: 334-361-3758
 Email: autaugaprattvillemrc1@gmail.com



Find us at www.medicalreservecorps.gov
 And like us on Facebook at :
<https://www.facebook.com/pages/AutaugaPrattville-MRC/201655503330407>

**** IMPORTANT REMINDER ****

To get your MRC I.D. Badge... Please check with Kristin at the EMA office. Thank You

JOIN OUR TEAM!



Mission:

The mission of the Autauga/Prattville Medical Reserve Corps (MRC) is to provide adequately trained medical and non-medical volunteers to perform public health and safety support in times of emergency and non-emergency matters. A/P MRC dedicates their time and efforts in securing the health, welfare and safety of the citizens of Autauga County.

Purpose:

The purpose of the A/P MRC is providing medical and non-medical volunteers to assist Autauga County in the key areas of emergency preparedness and response, and in areas of preventive health services.

Emergency Preparedness and Response: The A/P MRC reinforces the existing organizations in Autauga County to help promote emergency preparedness and response to all disastrous events such as fire, flood, hurricane effects, chemical release, tornado, disease outbreak or any event that threaten the public's health and safety.

Preventive Health Services: The A/P MRC will assist and provide community outreach to educate residents on health and safety emergency preparedness training, health education and preventative health services.

How to join the Autauga/Prattville MRC

Go to <https://www.alresponds.adph.alabama.gov/> click "Register Now". On the next page go to Organizations, click "Select Organizations", then click MRC, then click Autauga/Prattville MRC, then click select in the bottom right of the screen.

After doing that, it will take you back to the first screen. At that point up will need to create your profile page. A/P MRC will receive an email that you have joined and you will receive an email to verify.



An MRC meeting will be held on Tuesday June 24th 2014.

Location ~ St. Joseph Catholic Church. 511 N. Memorial Dr. Prattville, Al. 36067

Time ~ 6:00pm

The meeting will cover our mission & future goals, as well as filling out MRC information sheets.

If you are not an MRC member, but would like to attend the meeting to find out more and possibly join, please come. If you know anyone that might be interested please invite them to come also.

SEE YOU THERE!