

The MRC Response

Updates & News for
January 2017



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HAPPY NEW YEAR FROM MICHELLE MCGAUGHEY, MRC COORDINATOR

Hello MRC Volunteers and Happy New Year! I am so happy to be on board with the Emergency Management Bureau of the Salt Lake County Health Department as your new MRC Coordinator. It is an honor and a privilege to be entrusted with this important program serving the citizens of Salt Lake County. I've been busy learning about the history of the MRC in Salt Lake County through discussions with my colleagues and volunteers. I have discovered that we have an incredibly dedicated group of volunteers and a very supportive county agency. I look forward to continue the work of the MRC and build on the current foundation.

A little about me: I have lived in Salt Lake County for most of my life with the exception of stints in Las Vegas and Seattle where my work took me. My husband and I have three kids that keep us busy with school and sports. My professional background includes 20 years of program and volunteer management within the Association Management profession and seven years of medical research, specifically in the mental health arena. I look forward to putting my experience to work for the MRC and to meeting you in the very near future! In fact, don't wait for our next meeting, stop by the Salt Lake County Government Center and say hello! I'm in Suite S2-600.

REMINDERS FOR THE NEW YEAR

- Change the batteries in your smoke detectors.
- Change your toothbrush.
- Change your perspective.
- Laugh more.
- Love more.
- Throw away 2016's let downs.
- Recruit a new attitude.
- Recruit a new, fellow volunteer for the MRC.

January is National Blood
Donor Month!
www.redcross.com





Update your MRC Volunteer Profile on the Utah Responds website and confirm your availability to help when disaster strikes!
www.utahresponds.org



Preparedness on the Go!

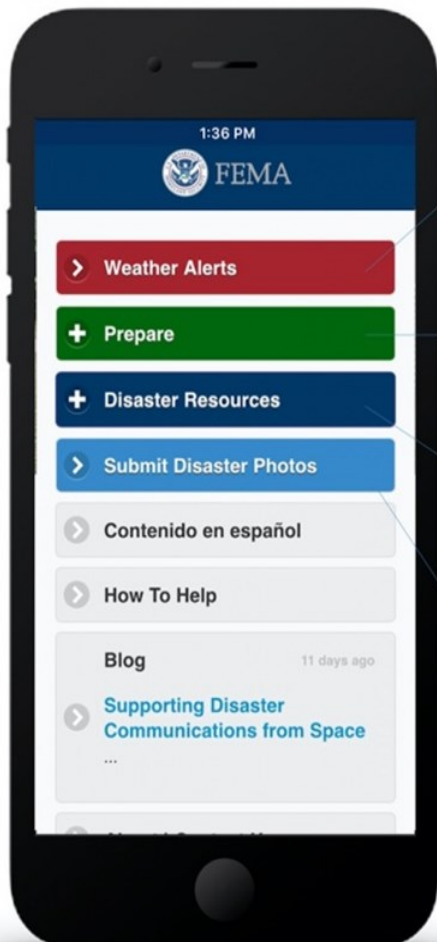
Yours, From FEMA

Do you have the FEMA preparedness App for your Apple or Android device? Log on to www.fema.gov/mobile-app to download the app and be prepared with:

- Alerts from the National Weather Service
- Safety reminders
- Survival tips
- Contact and shelter information from FEMA.

Be prepared before you go so that you and your family are informed and ready.

www.fema.gov/mobile-app



Receive alerts from the National Weather Service for up to five locations.



Get safety reminders, read tips to survive natural disasters, and customize your emergency checklist.



Locate open shelters and where to talk to FEMA in person (or on the phone).



Upload and share your disaster photos to help first responders.

Find us on

Digital media plays a big role in society. We use Facebook to keep in touch with family and friends, Twitter to express our opinions and share information and any number of other social media sites to stay informed.

The Salt Lake County MRC has launched a Facebook page for our volunteers to communicate with each other and share information.

To join, log in to your Facebook account and search for **“Salt Lake County MRC.”** This is a closed group for MRC volunteers.

IN THE NEWS

Coping with a Disaster or Traumatic Event

During and after a disaster it is natural to experience different and strong emotions. Connect with family, friends and others who were affected in your community. Take care of yourself and each other, and know when and how to seek help. Coping with these feelings and getting help when you need it will help you, your family, and your community recover from a disaster. There are steps that [families](#), community and organizational [leaders](#), [state and local government](#), and [emergency responders](#) can take to help themselves and others cope.



Preparedness Resources

Visit these websites for all things preparedness:

Salt Lake County Emergency Management
www.slcoem.org/

Be Ready Utah
www.utah.gov/beready/index.html

Federal Emergency Management Association
www.fema.gov

Contact Us

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Protect Yourself from Carbon Monoxide Poisoning

Each year, an average of 430 Americans die from unintentional carbon monoxide "CO" poisoning, and there are more than 20,000 visits to the emergency room with more than 4,000 hospitalizations. Carbon monoxide-related deaths are highest during colder months. These deaths are likely due to increased use of gas-powered furnaces and alternative heating, cooking, and power sources used inappropriately indoors during power outages.

Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area. Locate unit away from doors, windows and vents that could allow carbon monoxide to come indoors. Keep these devices at least 20 feet from doors, windows, and vents.

The primary hazards to avoid when using alternate sources for electricity, heating or cooking are carbon monoxide poisoning, electric shock and fire.

Install carbon monoxide alarms in central locations on every level of your home and outside sleeping areas to provide early warning of accumulating carbon monoxide.

If the carbon monoxide alarm sounds, move quickly to a fresh air location outdoors or by an open window or door.

Call for help from the fresh air location and remain there until emergency personnel arrive to assist you.

From beready.com

Types of Carbon Monoxide Detectors

Digital - These devices have a digital screen to show you levels of CO in your home.

Hardwired - These detectors are wired into your home's electrical grid. Unless the power goes out, you won't have to worry about devices losing battery and failing to work.

Battery-operated - This is a basic detector and requires a battery check every three months.

Dual Function - Some detectors have smoke detectors or other gas sensors built in.

Smart - Smart alarms are the most advanced option available. They do their own diagnostics and sync with home automation apps.

MRC Mission

The Salt Lake County Medical Reserve Corps (SLCoMRC) improves public health and safety by ensuring that a trained group of volunteer health professionals is ready to respond to health emergencies. We augment the efforts of medical staff at local hospitals and emergency centers by providing a pre-organized and rapid response to medical surge emergencies.

We coordinate our efforts within the health department, professional organizations, local governments and hospitals, as well as statewide and national emergency response teams to ensure that our response is as timely and effective as possible.

For more information about the MRC, call 385-468-4137 or email MRC@slco.org.



**The MRC Response
January 2017**

Upcoming Events

<u>Month</u>	<u>Date</u>	<u>Time</u>	<u>Training Topic</u>
January	28 th	8:00 am – 12:00 pm	Vitals & Planning Workshop
February	25 th	8:00 am – 9:00 am	TBD
March	25 th	8:00 am – 9:00 am	TBD
April	22 nd	6:00 am – 2:00 pm	SLC Marathon First Aid Station
May	20 th	8:00 am – 9:00 am	TBD
June	24 th	8:00 am – 9:00 am	TBD
July	Happy 4 th & 24 th of July! Let freedom ring!		
August	17 th	6:00 pm – 8:00 pm	Training TBD and Summer Social
September	National Preparedness Month		
	23 rd	8:00 am – 9:00 am	TBD
October	TBD	TBD	MRC Day at Primary Children's Hospital
November	Happy Thanksgiving to you and your family!		
December	2 nd	8:00 am – 12:00 pm	Training TBD & Holiday Party

**Salt Lake County Health Department
Emergency Management Bureau**

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<http://www.slco.org/health/>