

Welcome to Disasterville

July 2009



MEDICAL RESERVE CORPS: Volunteers building strong, healthy, and prepared communities.

The MRC was founded after President Bush's 2002 State of the Union Address, in which he asked all Americans to volunteer in support of their country. It is a partner program with Citizen Corps, a national network of volunteers dedicated to ensuring hometown security. The mission of the Medical Reserve Corps (MRC) is to improve the health and safety of communities across the country by organizing and utilizing public health, medical and other volunteers.

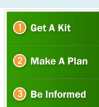
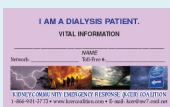
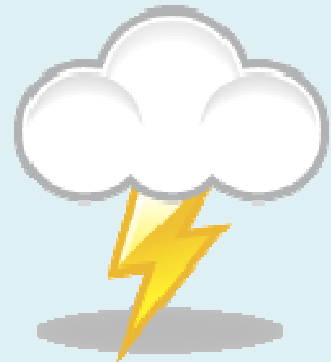
MRC volunteers include medical and public health professionals such as physicians, nurses, pharmacists, dentists, veterinarians, and epidemiologists. Many community members—interpreters, chaplains, office workers, legal advisors, and others—can fill key support positions.

MRC volunteers also strengthen the overall health of Americans by participating in general public health initiatives such as flu vaccination clinics and diabetes detection programs. MRC volunteers can choose to support communities in need nationwide.

For more information, visit www.medicalreservecorps.gov

SPOTLIGHT: **LIGHTNING SAFETY**

There were 756 deaths from lightning from 1990-2003. **PLAN** in advance your evacuation and safety measures. When you first see lightning or hear thunder, activate your emergency plan. Now is the time to go to a building or a vehicle. Lightning often precedes rain, so don't wait for the rain to begin before suspending activities. **IF OUTDOORS...** Avoid water. Avoid the high ground. Avoid open spaces. Avoid all metal objects including electric wires, fences, machinery, motors, power tools, etc. Unsafe places include underneath canopies, small picnic or rain shelters, or near trees. Where possible, find shelter in a substantial building or in a fully enclosed metal vehicle such as a car, truck or a van with the windows completely shut. If lightning is striking nearby when you are outside, you should: **Crouch down**. Put feet together. Place hands over ears to minimize hearing damage from thunder. **Avoid proximity** (minimum of 15 ft.) to other people. **IF INDOORS...** Avoid water. Stay away from doors and windows. Do not use the telephone. Take off head sets. Turn off, unplug, and stay away from appliances, computers, power tools, & TV sets. Lightning may strike exterior electric and phone lines, inducing shocks to inside equipment. **SUSPEND ACTIVITIES** for 30 minutes after the last observed lightning or thunder. **INJURED PERSONS** do not carry an electrical charge and can be handled safely. Apply First Aid procedures to a lightning victim if you are qualified to do so. Call 911 or send for help immediately.



KCER is a member of the National Preparedness Month Coalition. For more information, visit www.kcercoaliton.com, call 813-865-3267 or email sburris@nw7.esrd.net.