

The mission of the North Alabama Medical Reserve Corps is to recruit and train medical and non-medical volunteers to supplement existing community organizations in preparing for and responding to an emergency or disaster and to provide community education in disease awareness and prevention during non crisis times.

Quarterly Orientation was offered July 30, 2009 and November 12, 2009 for NAMRC volunteers and those interested in becoming a NAMRC volunteer. NAMRC Orientation provides attendees with an overview of the role of the NAMRC and NAMRC volunteers in preparing for and responding to a disaster or public health emergency. Paige Soehren, Emergency Management Officer, explained the activities of the Huntsville-Madison County EMA and their partnership with the NAMRC. In addition, essential information was presented to prepare the NAMRC volunteers and their families for an emergency.



The NAMRC partnered again with the Huntsville-Madison County EMA, HEMSI, and MCMS in July and November to present the *Introduction to Personal and Medical Professional Preparedness* seminar in the Health Promotion course at the UAH College of Nursing. The presenters emphasized the importance of personal and family preparedness, communication plans, and medical “go-bags”, together with an explanation from each organization of their role in emergency preparedness planning and response to disasters in Madison County.



Community education is a central element of the NAMRC mission. In an effort to increase awareness and to encourage personal and family preparedness, the NAMRC sponsored booths in August at The Church of Jesus Christ of Latter-Day Saints *Disaster and Family Preparedness Seminar* and the Mayfair Church of Christ

Fall Healthfair. NAMRC volunteers stressed the importance of emergency preparedness planning and disease awareness and prevention by distributing educational information to attendees. Additionally, the NAMRC Medical Director, Dr. Mary Margaret Crestani, presented two workshops titled “Pandemic - Prevention, Containment, Home Nursing” during the *Disaster and Family Preparedness Seminar*.

In September, NAMRC volunteers participated again in the Governor’s Office of Faith-Based and Community Initiatives and the Alabama Department of Homeland Security’s *Be Ready Camp*, an educational experience for sixth-grade students focused on building preparedness skills for natural and man-made disasters. Each week of *Be Ready Camp*, a NAMRC volunteer physician and nurse served on the Career Panel with community first responders to discuss their role in the community response to a disaster or emergency. Also in September, as part of the NAMRC participation in National Preparedness Month, the NAMRC staffed an informational booth at the 2009 Alabama Be Ready Day in Florence, AL along with other professional and volunteer response agencies across the state.



With the support of the Madison County Medical Alliance and the MCMS the NAMRC purchased a Chill Zone portable misting station. The NAMRC plans to use the Chill Zone cooling station during open-air community events, sporting events, athletic road races, and outdoor concerts in conjunction with medical aid from NAMRC volunteers. These outdoor events will allow greater visibility of the NAMRC within North Alabama, offer a unique volunteer opportunity for NAMRC volunteers, and provide a distinctive NAMRC service to the community.

In keeping with the mission of the NAMRC, the Alabama Department of Public Health (ADPH) has requested the assistance of NAMRC volunteers in the operations of ADPH H1N1 Mass Vaccination Clinics which are anticipated to be opened in late October to early November. In the H1N1 Mass Vaccination Clinics, NAMRC volunteers (physicians, nurses, and pharmacists only) will be asked to administer the influenza vaccine. NAMRC volunteer social workers will be asked to assist with patient history forms, special needs patients, patient flow, and to provide other patient assistance as needed. NAMRC non-licensed volunteers will be asked to assist with tasks not requiring a professional license, such as assisting with paperwork, filing, or acting as clinic greeters. Those interested in volunteering in the ADPH H1N1 Mass Vaccination Clinics must register with the NAMRC and ADPH for credentials verification. For more information about the ADPH H1N1 Mass Vaccination Clinics or volunteering with the NAMRC contact Ashley Hays, NAMRC Director, at 256-881-7321 or ashleymcms@bellsouth.net.

2009 H1N1 Influenza Update

A Summary of CDC Key Public Health Messages this Season

Flu activity remained elevated in the United States with more than half of all states reporting widespread influenza activity.

CDC recommends a three-step approach to fighting the flu: vaccination; everyday preventive actions, including covering coughs, frequent hand washing, and staying home when sick; and the correct use of antiviral drugs if your doctor recommends them.

Activity Update

Almost all of the influenza viruses identified so far are 2009 H1N1 influenza A viruses. These 2009 H1N1 viruses remain similar to the virus chosen for the 2009 H1N1 vaccine, and remain susceptible to the antiviral drugs oseltamivir and zanamivir with rare exception. The timing, spread and severity of 2009 H1N1 virus – in addition to our regular seasonal influenza viruses – are uncertain.

Medical Supplies, Including Antivirals

Over the course of this pandemic, it is possible that in areas experiencing widespread flu activity there may be temporary limited commercial availability of some medical supplies, including antiviral medications. CDC is coordinating with manufacturers, distributors and retailers to gather information on available quantities of certain medical supplies, including antiviral drugs.

SNS Deployment of Pediatric Oral Suspension Approved

HHS has approved deployment of 300,000 bottles of Tamiflu® oral suspension from the Strategic National Stockpile (SNS) to all states based on population for use in pediatric populations to ensure available supply. Three-hundred thousand bottles equals approximately 300,000 treatment courses of pediatric suspension depending on the child's weight.

Antiviral Drugs, General

The priority use for antiviral drugs this season is to treat people who are very sick (hospitalized) or people who are sick with flu-like symptoms and who are at increased risk of serious flu complications, such as pregnant women, very young children, people 65 and older and people with chronic health conditions. Other people may also be treated based on the clinical judgment of the clinician.



www.adph.org

WHAT WE DO

ADPH serves the people of Alabama by assuring conditions in which they can be healthy.

NOW AVAILABLE FOR THE FOLLOWING GROUPS

H1N1 VACCINE

Updated November 9, 2009

- Pregnant women
- Children and young adults 6 months through 24 years old
- Adults 25 through 64 years old with medical conditions (for example, asthma and diabetes)
- Close contacts of children younger than 6 months of age (for example, parents, siblings, and child care providers)
- Health care and emergency medical services personnel

Find H1N1 Vaccination Sites Near You >

Call the Toll-free Flu Hotline

7 a.m. to 7 p.m. | Monday through Friday

A live operator is available to answer your call and provide flu immunization information.

1-877-377-7285

After hours, leave a message, and your call will be returned the next day.

Please call with questions regarding flu immunization. ADPH professionals are ready to speak with you.

H1N1 cont'd.



MCMS Executive Director, Laura Moss and NAMRC Director, Ashley Hays presented a check to Liz Hurley for the Liz Hurley Breast Cancer Fund at the MCMA "Pink Tea" in October

2009 H1N1 Influenza Vaccine

- All four manufacturers of the 2009 H1N1 vaccines are using the same processes that they use for making the seasonal flu vaccines, which have a long record of producing safe seasonal influenza vaccines. Children younger than 10 years should receive two doses of 2009 H1N1 flu vaccine. This is slightly different from CDC's recommendations for seasonal influenza vaccination which state that children younger than 9 who are being vaccinated against influenza for the first time need to receive two doses. Infants younger than 6 months of age are too young to get the 2009 H1N1 and seasonal flu vaccines.
- CDC recommends that the two doses of 2009 H1N1 vaccine be separated by 4 weeks. However, if the second dose is separated from the first dose by at least 21 days, the second dose can be considered valid.
- The national vaccine program will be voluntary. Those interested in vaccination for themselves or their children will receive accurate information about 2009 H1N1 influenza vaccine and the vaccine's benefits and risks so they can make an informed decision.
- The guiding principle of these recommendations is to vaccinate as many persons as possible as quickly as possible. Vaccination efforts should begin as soon as vaccine is available.
- Highlights of these recommendations include 1) Pregnant women 2) Household and caregiver contacts of children younger than 6 months of age (parents, siblings and child care providers) 3) Health care and emergency medical services personnel 4) Persons from 6 months through 24 years of age 5) individuals aged 25 through 64 years with medical conditions associated with a higher risk of flu complications (such as asthma, cancer, diabetes, heart disease, HIV and certain types of arthritis)
- Simultaneous administration of inactivated vaccines against seasonal and the 2009 H1N1 influenza viruses is permissible if different anatomic sites are used.
- CDC's priority for people 65 and older is to have them get their seasonal influenza vaccine as soon as it is available. While people 65 and older aren't included in the high risk groups to be prioritized for 2009 H1N1 influenza vaccination, they can get the 2009 H1N1 influenza vaccine as soon as the high-risk groups have had the opportunity to be vaccinated and should not delay in seeking medical treatment if they develop symptoms of influenza.

2009 H1N1 Influenza Vaccine Safety

CDC expects the 2009 H1N1 influenza vaccine to have a similar safety profile as seasonal flu vaccines, which have very good safety track records. The types and frequencies of side effects from the 2009 H1N1 vaccine will likely be similar to those experienced following seasonal influenza vaccines which are mild, localized reactions.

Secondary bacterial pneumonia after H1N1

All children less than 5 years of age should receive pneumococcal conjugate vaccine according to current recommendations (<http://www.cdc.gov/vaccines/vpdvac/pneumo/default.htm>). In addition, the 23-valent pneumococcal polysaccharide vaccine (PPSV23) should be administered to all persons 2-64 years of age with high risk conditions and everyone 65 years and older (http://www.cdc.gov/h1n1flu/guidance/ppsv_h1n1.htm).

Volunteer Opportunities

Tar Wars is a tobacco-free education program for fourth- and fifth-grade students.

The program is designed to teach children about the short-term, image-based consequences of tobacco use, the cost associated with using tobacco products, and the advertising techniques used by the tobacco industry to market their products to youth.

A follow-up poster contest is conducted at the school, state, and national level to reinforce the Tar Wars message.

HEALS, Inc.

Huntsville, AL

“Providing free, accessible, school-based health care for children”

HEALS Purpose and Programs

HEALS mission is to provide free, accessible, quality, school-based health care for economically disadvantaged children.

1. Healthy children learn better.
2. Children who are nurtured and supported are more likely to succeed in school.
3. Children who receive positive attention and who are given ways to take positive control of their lives are more likely to exhibit better behavior in school.
4. Children who receive services in a warm, caring environment are more likely to avail themselves of other resources designed to help them succeed.

HEALS, Inc., 308 Fountain Circle, Huntsville, AL 35801
Connie Carnes, Executive Director ccarnes@hsv.k12.al.us
256-428-7560 www.healsinc.org

Physician Needed Four Hours per Week at Lincoln Elementary School

Heals, Inc. is in need of a volunteer physician to work 4 hours per week in the clinic at Lincoln Elementary School. The physician will be working with elementary age children and their siblings of all ages, up to age 19. This physician must be able to become a Medicaid Provider, and must be able to commit to four hours per week, every week.

Physicians Needed Two to Four hours per week at Martin Luther King, University Place or Morris Elementary Schools

Heals, Inc. is in need of volunteer physicians to work 2 -4 hours per week at one of the HEALS site schools. The schools needing additional physician coverage are Martin Luther King, University Place and Morris Elementary Schools. The physician will be working with elementary age children and their siblings of all ages, up to age 19. This physician must be willing to get a Medicaid number, and must be able to commit to a consistent 2-4 hour shift.

NAMRC Volunteers (medical and non-medical) are needed to be presenters for the 2009-2010 Tar Wars programs. Individuals interested in volunteering please contact Ashley Hays, NAMRC Director, at 256-881-7321 or ashleymcms@bellsouth.net

**We make a
living by what
we do,
but we make
a life by
what we give.**

Winston Churchill

Community Free Clinic

**NEW ADDRESS:
410 Sivley Road, HSV 35801**

Volunteer Physicians Needed:

Tues. & Thur. 4:30pm

and Wed. 10-12pm

Contact: ashleymcms@bellsouth.net