

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.



The NAMRC was selected by the American Medical Association (AMA), in cooperation with the Department of Homeland Security and the National Disaster Life Support Foundation, to pilot the CitizenReady™ program. This program is designed to foster community resilience for disasters and public health emergencies through health education that both empowers participants to develop a “citizen responder” state of mind and think clearly about reacting appropriately in a true pandemic situation. The NAMRC partnered with the UAHuntsville College of Nursing and the Alabama Department of Public Health Area II for the NAMRC Medical Director’s (Dr. Mary Margaret Crestani) presentation of the CitizenReady™ program. Upon completion of the CitizenReady™ program, attendees were able to explain the difference between seasonal and pandemic influenza and the role of the public health system during a pandemic, describe public health directives that may be issued in a pandemic and why they should be followed, and discuss actions that individuals and communities can take to prepare for and respond to an influenza pandemic.



NAMRC volunteers and individuals interested in becoming a NAMRC volunteer attended quarterly Orientation on November 12, 2009. Attendees were given an overview of the role of the NAMRC and NAMRC volunteers in preparing for and responding to a disaster or public health emergency. Essential personal and family preparedness information was presented, as well as an explanation by Paige Soehren, Emergency Management Officer, of the activities of the Huntsville-Madison County EMA and their partnership with the NAMRC. NAMRC Orientation will be offered again on February 4, 2010 from 6-8pm at 320 Fountain Circle, Conference Room 1, Huntsville, AL, for anyone interested in volunteering with the NAMRC.



On November 11 & 13, 2009, HEMSI, the Huntsville-Madison County EMA, and the NAMRC partnered for the third semester to present the *Introduction to Personal and Medical Professional Preparedness* seminar in the Health Promotion courses at the UAHuntsville College of Nursing. Each presenter highlighted the importance of personal and family preparedness, communication planning, and medical “go-bags”, in addition to explaining the role of their organization in emergency preparedness planning and response to disasters in Madison County.





www.adph.org

Anyone can now get the flu vaccine, but certain HIGH-RISK GROUPS should be encouraged to receive the H1N1 vaccine.

Health Care Workers - High risk of getting the flu due to exposure and to spreading the flu to high-risk patients.

Persons with Chronic Health Conditions – such as asthma, diabetes, heart disease, kidney and liver disorders, neurological disorders, blood disorders, cancer, HIV or AIDS, and others have high risk of serious influenza-related complications. A large majority of serious infections and deaths have occurred in this group.

Pregnant Women - Greater chance for serious problems and even death. Vaccinating the mother during pregnancy can reduce the risk of influenza for her and for her baby.

Children of All Ages - Especially children under the age of 2 and children of any age who have chronic health conditions like asthma, neurological conditions, heart disease or diabetes are at increased risk for complications from flu. Getting the flu can cause children to miss school and activities, and sometimes result in hospitalization, or sadly, even death.

Household Contacts and Caregivers of Children 6 Months and Younger – High risk of spreading the flu to children who are not old enough to receive the vaccine and could become very sick if they get the flu. The best way to protect these children is to make sure that their caregivers and other adults and children who live with them get vaccinated.

Young Adults Ages 19 to 24 Years - More likely to expose themselves and their loved ones to this virus. Vaccination is not only important for their health, but also for those around them.

Persons 65 Years or Older - Thought to be less likely to be infected with the 2009 H1N1 virus compared to younger persons; however, there have been severe infections and deaths in this age group from 2009 H1N1 influenza, particularly for those with chronic health conditions.

Resolve to be Ready in 2010

The NAMRC encourages our community to make preparing for an emergency a 2010 RESOLUTION that is both important and easy to keep:

- 1. Create a family emergency plan :** Your family may not be together when an emergency happens, so it is important to plan in advance: how you will contact one another; how you will get back together; and what you will do in different situations. You can download a family emergency plan template form by visiting: <http://www.ready.gov/america/makeaplan/index.html>
- 2. Put together an emergency supply kit :** You may need to survive on your own after an emergency. This means having your own food, water, and other supplies in sufficient quantity to last for at least three days. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately. You could get help in hours, or it might take days. In addition, basic services such as electricity, gas, water, sewage treatment, and telephones may be cut off for days, or even a week or longer. To find a complete checklist of the supplies your household may need in the event of an emergency, visit: <http://www.ready.gov/america/getakit/index.html>
- 3. Be informed about the different types of emergencies that can happen in your area and their appropriate responses:** Learn about the hazards that may strike your community, the risks you face from these hazards, and your community's plans for warning and evacuation. You can obtain this information by visiting: <http://www.ready.gov/america/beinformed/index.html>
- 4. Get involved in emergency preparedness:** Visit: www.CitizenCorps.gov to find what you can do to prepare and train yourself and your community for disasters.

The NAMRC encourages you to use these tools to make a New Year's RESOLUTION that will bring you and your loved ones peace of mind.

Volunteer Opportunities



HEALS, Inc.

HEALS provides free, accessible, quality, school-based medical & dental care to disadvantaged children.

Celebrating 10 years of service to the community... because every child deserves health care.

Volunteer Dentists

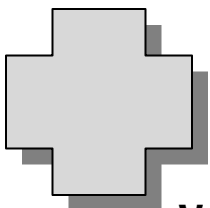
Volunteer dentists needed for a school-based dental clinic, Tue.-Thur. from 8:30-11:30 a.m. The clinic has state-of-the-art equipment and digital technology.

Dentists will perform preventive and restorative dentistry. Dentists must have a DDS or DMD degree and must carry adequate malpractice insurance.

About the HEALS, Inc. Dental Clinic

- HEALS has had over 15,000 dental visits, providing more than \$2,200,000 worth of dental care
- HEALS is considered a model nationally for school-based dental clinics by *The Center for Health and Health Care in Schools*
- HEALS has shown that affordable, accessible dental care for underserved children is not just a dream

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



Community Free Clinic
410 Sivley Road, HSV 35801

Volunteer Physicians Needed: Tues. & Thur. 4:30pm and Wed. 10-12pm
Contact: ashleymcms@bellsouth.net

Volunteers

Building

Strong,

Healthy,

and

Prepared

Communities