



# Portage County Medical Reserve Corps



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March 2015

## Volunteer Activation Drill

Thank you to everyone who participated in the activation drill on February 24th. We had 37 volunteers respond. Additionally, thank you for your generous donations to the Center of Hope! We were able to donate a cart full of food.



Congratulations to **John Gwinn** and **Ruth Buzzi** who won the Red Cross Emergency Preparedness kits!

## Ohio Responds

Please remember to keep your Ohio Responds profile updated regularly including your contact information, trainings, and licensure information (if applicable). During an actual emergency, you will be contacted through the Ohio Responds system, therefore if your information is not accurate you may not receive important information.

Additionally, remember that in order to maintain liability protection through the State of Ohio you **MUST** have a documented training every 3 years. CEU's and CPR/First Aid certifications **WILL** count towards the training. If you would like information on additional training opportunities, please contact me.

If you do not remember your Ohio Responds log-in information, please contact me ASAP so that I can

provide you with your user ID and password: jennifermccoy@portageco.com or (330) 296-9919 ext 118.

## March Red Cross Trainings



Take advantage of the following **FREE** Red Cross trainings:

### March 14th:

- Disaster Assessment Fundamentals (DASFUND)
- Shelter Fundamentals (SHFUND)
- Psychological First Aid (DIS000061)

To register for a course and for course descriptions go to :

<https://classes.redcross.org>

The above courses will be held at the Summit County American Red Cross. The online course "Disaster Services Overview" DIS000095 is a prerequisite for all training.

## Severe Weather Preparedness Month

March is severe weather preparedness month. Severe weather can occur at any time and it is important to know which types of weather hazards can occur in your area. Governor John Kasich has declared March 1st-7th "Severe Weather Awareness Week" in Ohio. On March 4th at 9:50 am, the State of Ohio will participate in a statewide tornado drill and test the Emergency Alert System. Counties will sound their outdoor warning signals. Households, businesses and schools are encouraged to participate.

Are you ready for severe weather this spring and summer?

## Difference between watches and warnings

**Severe thunderstorm watch:** The potential exists for the development of thunderstorms which may include hail or damaging winds.

**Severe thunderstorm warning:** A severe storm is occurring or is imminent. Move indoors to safety.

**Tornado watch:** Conditions are favorable for storms to produce tornados.

**Tornado warning:** A tornado is occurring or is imminent. Seek shelter immediately.

## Lightning Safety



Outdoor:

- Be Aware: Check for watches and warnings and consider postponing outdoor activities if thunderstorms are possible
- "When thunder roars, go indoors"
- If you find yourself caught in a thunderstorm and cannot seek shelter stay close to the ground by crouching in a ball like position with minimal contact to the ground. DO NOT lie down as lightning currents can travel up to 100 feet on the ground

Indoor:

- Lightning can travel through plumbing so avoid water—do not bathe, shower, or wash dishes.
- Do not use anything connected to an electrical outlet
- Avoid corded phones, however, it IS safe to use cell phone and cordless phones
- Avoid windows, doors, and concrete.

## Tornado Safety



Peak tornado season in Ohio is April through July.

When practicing a tornado drill, or if you find yourself in a real tornado, remember to DUCK:

- D - Go DOWN to the lowest level
- U- Get UNDER something heavy
- C - COVER your head
- K - KEEP in shelter until the storm passes

For more information on tornado preparedness and safety visit:

[http://www.cdc.gov/phpr/documents/BeReady\\_tornado.pdf](http://www.cdc.gov/phpr/documents/BeReady_tornado.pdf)  
<http://emergency.cdc.gov/disasters/tornadoes/>

## Flood Safety



Did you know that 140 people die annually due to flash flooding?

Floods cause more fatalities than any other thunderstorm associated hazard. Here are some flood facts to consider if you find yourself caught in a flood:

- 6 inches of water can reach the bottom of most cars potentially causing loss of control and stalling
- 1 foot of water is enough to float most vehicles
- Do not walk through moving water. Just 6 inches of moving water can cause a person to fall, increasing the risk of drowning.

For more information on how to prepare and protect yourself from floods, visit:

<http://www.ready.gov/floods>

We would love your feedback! Please let us know if you have any suggestions or comments!

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