

DMRC Quarterly Newsletter

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Volunteer Spotlight

This quarter's Volunteer Spotlight is on: Guy VanderLek. While all of our volunteers provide unique and valuable talents and time, Guy has gone above and beyond to assure our community's health and preparedness.



Guy VanderLek

Guy volunteers for the New Castle County MRC Unit. He has taken all required courses to deploy and has been an active member of the Community Outreach Team (COT), Stop the Bleed Trainers Team (STB) and Community Naloxone Trainers Team (CNT) Team.

Thank you Guy for being ready and willing to support DMRC and Public Health efforts.

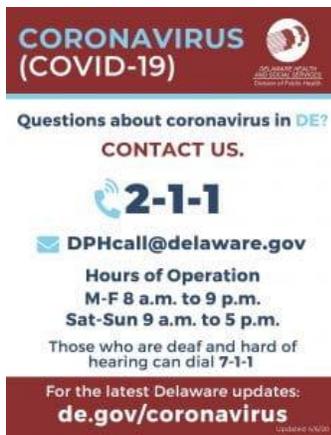
NOTE:

Please [contact us](#) if you would like to recommend a volunteer for our next spotlight.
Thank you.

COVID-19 Response

Center for Disease Control and Prevention (CDC) is responding to an outbreak of a novel coronavirus (SARS-CoV-2) and the disease it causes, named coronavirus disease 2019 (COVID-19).

The state of Delaware has created regulations that help reduce the spread of COVID-19 via reducing opportunities of exposure through limiting or omitting large group activities and reducing possible transmission through prevention tactics (see below for more details).



CORONAVIRUS (COVID-19)
 Questions about coronavirus in DE?
CONTACT US.
2-1-1
 DPHcall@delaware.gov
 Hours of Operation
 M-F 8 a.m. to 9 p.m.
 Sat-Sun 9 a.m. to 5 p.m.
 Those who are deaf and hard of hearing can dial 7-1-1
 For the latest Delaware updates:
de.gov/coronavirus



Face Covering Do's and Don'ts:

DO:

- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

DON'T:

- Use on children under age 2
- Use surgical masks or other personal protective equipment (PPE) intended for healthcare workers

cdc.gov/coronavirus

The DMRC began supporting Public Health in response to COVID-19 April 2020. MRC volunteers have been recognized for volunteer efforts ([click here to see National MRC volunteers in action](#)). Thank you to all DMRC Volunteers for your commitment to our community!

DMRC is grateful for the many new volunteers that have joined us! During these difficult times, it is with the utmost appreciation that we welcome you to our team. We are excited that the Delaware Academy of Physician Assistants jumped in to assist. Thank you all for your willingness to help!!

Please continue to monitor your email and phone for details and/or requests that may be sent via our SERVDE system. **Note that SERVDE phone communications will come from 1-866-609-8029 and texts will be from #24639.** We are asking volunteers to save both numbers to their phone contact list to easily identify DMRC notifications.

Source: CDC, <https://www.cdc.gov/coronavirus/2019-ncov>

DMRC Activities

DMRC continues to observe the CDC and state guidelines regarding COVID-19, which encourage social distancing. As such, this quarter's meetings and trainings have been canceled.

DMRC and DE BEST have been actively supporting Public Health in response to COVID-19 generated concerns, including community testing, food distributions, and medical staffing for group living facilities. Thank you to all volunteers that have given their time and skills to these efforts.

Post Deployment Reminder: Please remember to submit your Time Log and Activity Log Forms to DMRC@Delaware.gov.

Delaware Disaster Preparedness Highlight: Hurricane

Hurricane hazards include storm surge and severe coastal flooding, high winds, inland flooding, tornadoes, and large waves and rip currents.

Preparing your home

- Cover all windows with pre-cut plywood or hurricane shutters to protect from high winds.
- Plan to bring in all outdoor furniture, decorations, garbage cans, and anything else that is not tied down.
- Keep all trees and shrubs well-trimmed to reduce potential debris.
- Secure your home by closing shutters and securing outdoor objects or bringing them inside.
- Turn off utilities as instructed. Otherwise, turn the refrigerator thermostat to its coldest setting and keep the door closed.
- Turn off propane tanks.
- Ensure a supply of water for sanitary purposes such as cleaning and flushing toilets. Fill the bathtub and other large containers with water.

Planning for evacuation

- Monitor local radio and television news outlets or listen to NOAA Weather Radio for the latest developments.
- Check out our Evacuation Information page.
- Check out the NOAA National Hurricane Center for "5 Things to Know About Having an Evacuation Plan."
- If local authorities advise you to evacuate, leave immediately.

Additional resources

- [Delaware Emergency Management Agency](#)
- [FEMA Ready.gov](#)
- [NOAA National Hurricane Center Hurricane Tracker](#)



Source: [PrepareDE.org](#), <https://www.preparede.org/natural-hazards/#hurricanes>

Volunteer Survey Request (Complete for your chance to win prizes!)

We are requesting that all volunteers please complete a DMRC Volunteer Survey.

This is an anonymous survey to assess volunteer preferences on trainings, communications, and program interest. Completing this survey will not only provide you a chance to win a prize, but will help us to determine ways to improve our unit.

Please visit <https://forms.gle/Erf86KYP4DxHUixw9> to complete the survey today.

Thank you! #DMRCVolunteers



Thank you to DMRC Volunteers, partner agency volunteers/staff/responders, DMRC PI Bethany Hall-Long, and Public Health workers for providing pictures of DMRC activities! Pictured are DMRC Community Naloxone Training/POD, Community Outreach Event/s, DMRC and DE BEST deployments.

#DMRCVolunteers like us on [Facebook.com/DelawareMRC](https://www.facebook.com/DelawareMRC) and follow us on [Twitter.com/DelawareMRCorps](https://twitter.com/DelawareMRCorps)

Team Work

Stop the Bleed Trainers (STB)

The STB Team is a group of DMRC volunteers that is specially trained to go out in the community and teach the Stop the Bleed program. This tourniquet training is essential for saving lives until help arrives.



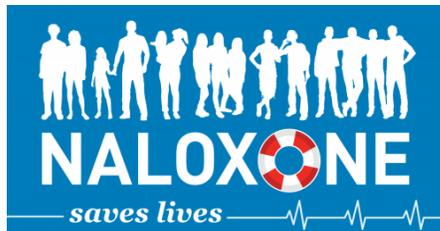
The instruction can be done in a class room setting or as a just-in-time training at a special event.

Contact us if you have any questions. [Click here for the Training Request form.](#)

This program is currently on hold due to COVID-19 related restrictions. Please submit your request and you will be notified when the program resumes.

Community Naloxone Trainers (CNT)

CNT volunteers were trained in 2019 to provide classroom instruction to groups of community members so that they can identify an overdose and administer naloxone to potentially save a life..



While Public Health may provide and distribute naloxone at some of these trainings, CNT members have also supported Public Health Point of Distributions (PODs).

DMRC Calendar

Date	Type	Event
Wednesday July 8, 2020	Virtual Meeting via Zoom	DMRC Advisory Board Meeting

[Event and calendar details can be found on the DMRC website.](#)

Support for Emergency Management

DMRC personnel and volunteers support the Federal Emergency Management Agency's (FEMA) Mission Areas (Prevention, Protection, Mitigation, Response, and Recovery) through supplementation of the MRC Core Competencies. MRC Learning Paths and Core Competencies include the following:

- **Volunteer Preparedness**
 - Personal & Family
 - Safe Behaviors
- **Volunteer Response**
 - Volunteer Roles
 - Communicate Effectively
 - Surge Capacity Responses
 - Clinical Management
- **Volunteer Leadership**
 - Situational Awareness
 - Public Health for All Populations
- **Volunteer Support for Community Resilience**
 - Ethical Principles
 - Legal Principles
 - Recovery Considerations

[Click here to learn more about MRC Core Competencies.](#)

Coronavirus Disease 2019 (COVID-19) Information

Here is what you can do to reduce the spread of COVID-19:

- ✓ Find Local Information
[Know where to find local information on COVID-19 and local trends of COVID-19 cases.](#)
- ✓ Know the Signs & Symptoms
Know the [signs and symptoms](#) of COVID-19
 - If you experience any symptoms, you are encouraged to call 2-1-1 (or your medical provider) for screening and testing information. (Alternatively, for individuals who are deaf and hard of hearing, text your ZIP code to 898-211).
- ✓ Take Steps for Those at Higher Risk
Know what additional measures those at [higher risk](#) and who are vulnerable should take.
- ✓ Protect Yourself, Family & Community
Implement [steps to prevent illness](#) (e.g., stay home when sick, handwashing, respiratory etiquette, clean frequently touched surfaces daily).
 - Stay home when you are sick
 - Call your health care provider's office in advance of any visit
 - Limit movement in the community
 - Properly use face masks
 - Limit visitors
- ✓ Create a Household Plan
Create a [household plan](#) of action in case of illness in the household or disruption of daily activities due to COVID-19 in the community.
 - Consider 2-week supply of prescription and over the counter medications, food and other essentials. Know how to get food delivered if possible.
 - Establish ways to communicate with others (e.g., family, friends, co-workers).
 - Establish plans to telework, what to do about childcare needs, how to adapt to cancellation of events.
 - For People with Access and Functional Needs (PWA FN), use the Buddy brochure ([click here for brochure](#)) to find someone who can assist you during an emergency.
- ✓ Stay Informed About Emergency Plans
Know about emergency operations plans for schools/workplaces of household members.

**Is your family ready
if you deploy?
Your personal readiness to
respond/deploy includes
preparing your family.**

Source: Center for Disease Control and Prevention, <https://www.cdc.gov/coronavirus/2019-ncov/prepare/index.html>

DMRC Training Plan

As a DMRC volunteer, we ask that you be flexible and diligent in your preparedness. During this time of planning and preparation, please consider attending to DMRC Volunteer's required trainings, including the following that are available on-line:

- DMRC Online Orientation Training
- IS-100.c: Introduction to the Incident Command System (ICS)
- IS-700.b: National Incident Management System (NIMS), An Introduction
- Psychological First Aid (PFA) – for DE BEST Volunteers

For additional trainings visit [DE TRAIN](#), [Delaware's Learning Center](#), [DEMA](#) and/or [FEMA](#).

Once you have completed the above courses, [please send your certificate to us so that your profile can be updated.](#)

Votes are In for New 2020/2021 Volunteer Advisory Board Representatives

The DMRC advisory board consists of elected volunteers who collaborate with DMRC staff and Division of Public Health employees. DMRC Volunteers have elected the following representatives:

New Castle County Representative



Advisory Board Committee.

Kara L. DiCecco has nursing experience in hospice care, cardiac step-down, medical-surgical, neurosurgical, staff development and in-house LNC for a plaintiff's law firm. She teaches for Wilmington University in the College of Health Professions, where she once was Chair of the MSN Leadership Program. She has completed Emergency Response Team training through the CERT program. She has completed DMRC training to volunteer as a Stop the Bleed instructor, Narcan instructor, and liaison for the Breast and Colorectal Cancer awareness team. Kara is serving her second term on the

Kent County Representative



Cancer awareness team. I am also an advocate for mental health and wellness, and for those dealing with chronic pain.

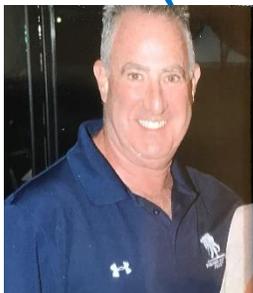
Bruce Caballero does Civil Engineering reviews for the State of Delaware and works as an Emergency First Responder and Instructor. He is nationally certified to teach Traffic Incident Management for DEMA's CERT program and is a Level 3 instructor for Emergency First Aid, CPR/AED. He is a member of Citizen's Corps and is trained as an advanced CERT member (for DE, DSU, UD and NM Tech) and a Pilot that allows him to fly at accident and disaster scenes nationwide. He has completed DMRC training to volunteer as a Stop the Bleed instructor, Narcan instructor, and liaison for the Breast and Colorectal

Sussex County Representative



Amy Gootee-Ash a faculty member at Delaware State University with a major in public health. She is a master trainer within the self-management programs for diabetes, chronic disease, cancer, and pain management and has completed DMRC training to volunteer as a Stop the Bleed instructor, Narcan instructor, and liaison for the Breast and Colorectal Cancer awareness team.

Delaware Behavioral and Emotional Support Team (DE BEST) Representative



(CISM) and has completed DMRC training to volunteer as a Stop the Bleed instructor.

David retired as Colonel from the Marine Corps. Since retirement David has been involved with numerous Mental Health and Veteran activities. David is a Wounded Warrior Project Peer Mentor and Peer Leader, Melwood Veterans Services Peer Mentor and a member of the MVS Advisory Committee, a Charter Member of a New York College's Veterans Advisory Board, lead numerous projects and Chairmanships with the Marine Corps League plus leading a multitude of projects with other organizations too numerous to mention. David is trained in Critical Incident Stress Management

Thank you Kara DiCecco, Bruce Caballero, Amy Gootee-Ash, and David Cahn for committing your time and efforts to the future of DMRC. We look forward to working with you!

DMRC Resources and Personnel

Resources

DMRC Website

<https://sites.udel.edu/delawaremrc>

DE Office of Preparedness Website

<https://preparede.org>

National MRC Websites

<https://mrc.hhs.gov/homepage>

<https://www.dhss.delaware.gov/dhss/dph/php/emsp.html>

2020 Preparedness Calendar

www.ready.gov/calendar

DE Dept. Public Health Volunteer Website

<https://www.dhss.delaware.gov/dhss/dph/php/vohome.html>

SERVDE Communications

Phone: 866.609.8029

Texts: 24639

Contacts

Elle Hammond

State DMRC Coordinator

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Ingrid Hansen

DMRC Unit Leader, Project Community Liaison

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ingridh@udel.edu

Celeste Peart

DE BEST Leader, DMRC Program Coordinator

302.831.6136

cpeart@udel.edu

Reminder: You are not required to deploy; but you are required to respond to all call down calls and texts.

