

Southwest Health & Human Services Medical Reserve Corps Newsletter



March 2016

Public Health News

Mumps

Recently, the state of Iowa has experienced an ongoing mumps outbreak. Mumps is a viral infection that affects the saliva glands. As of March 8th, 2016 433 laboratory confirmed cases had been reported in Iowa. Minnesota has confirmed six cases and eight probable cases.

Why the recent outbreak? Many individuals who live or work in close quarters with others may experience an outbreak (i.e. colleges, camps, schools). The virus is found in fluids from the nose and mouth of an infected person and spread when those fluids get in the nose, eyes, or mouth. Individuals should cover their cough and not share beverages, eating utensils, or cigarettes.

Zika Virus

Zika Virus comes from the Aedes species mosquito. This mosquito does not harm most people, but it does affect women who are pregnant as it has been linked to birth defects. The Zika Virus may be contracted through the bite of an infected mosquito, from mother to child, through sexual contact and through blood transfusions.

Fortunately, the mosquito known to spread Zika Virus is not found in Minnesota. However, individuals who are planning to travel to areas where Zika is present should be aware of the risk to contract Zika, especially if you are pregnant.

As our temps warm up, stay protected from all mosquito transmitted diseases by wearing EPA-registered bug spray, wearing long-sleeve shirts and pants while outside, and remove any standing water around your home.



The Southwest Health & Human Services (SWHHS) Medical Reserve Corps is a diverse group of medical and non-medical volunteers with skills and training to assist in public health emergencies.

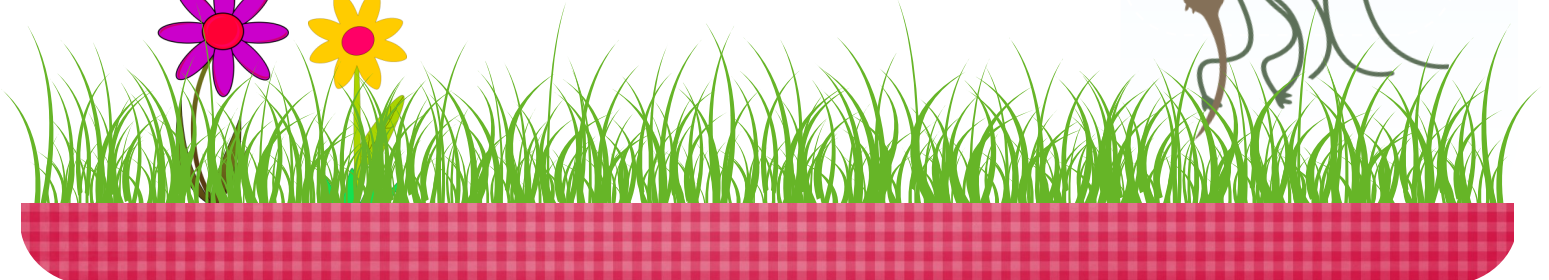
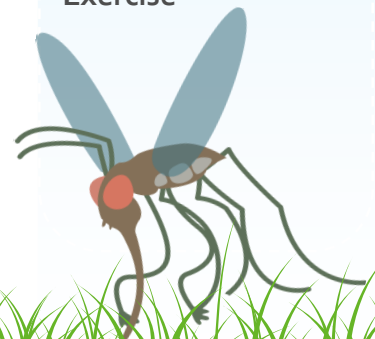
Important Dates

3/28 MRC Call Down Drill

4/9 MRC Volunteer Training

4/11-4/15 Severe Weather Awareness Week

4/28 Functional Shelter Exercise



MN Responds Website:

Www.mnresponds.org

Southwest Health &

Human Services Website:

www.swmhhs.com

Find us on Social Media:

www.facebook.com/
southwesthealthandhuman-
services

www.twitter.com/swmhhs

Upcoming Events & Trainings

MRC Emergency Notification Drill: We will hold an Emergency Notification Drill on Monday March 28th at 10:00 a.m. We will reach you at the phone number and e-mails provided in our database. These drills indicate SWHHS MRC's readiness to respond to an actual emergency. Please follow the directions in the telephone or e-mail message to appropriately respond.

MRC Volunteer Training: Our neighboring MRC unit, Countryside MRC, will be hosting a MRC Volunteer Training on April 9th. This is a good training for all MRC volunteers and is FREE! Please see the attached invitation for more information.

Functional Shelter Exercise: SWHHS will be hosting an Emergency Shelter Exercise on April 28th, 2016. This event is FREE! Please see the attached invitation for more information and to register for this event. **ALL MRC VOLUNTEERS ARE WELCOME!**

Do you know someone who would be a good fit for our team? Contact the MRC Coordinator below to sign up!

MRC/MN Responds Coordinator:

Anna Snyder
Public Health Emergency
Preparedness Coordinator

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SEVERE WEATHER WEEK IS APRIL 11-15

Severe Weather Week in Minnesota is April 11th-15th. This week is designed to provide education about seasonal threats and how to avoid them. It also provides a chance to practice or make an emergency plan and is a good time to check your emergency kits.

Monday April 11th: Alerts and Warnings

Tuesday April 12th: Severe Weather, Lightning and Hail

Wednesday April 13th: Floods

Thursday April 14th: Tornadoes

Friday April 15th: Extreme Heat

Don't forget! The statewide tornado drills will be held Thursday, April 14, 2016 at 1:45 P.M. and 6:55 P.M.