

# Southwest Health & Human Services Medical Reserve Corps Newsletter

September, 2016

## Public Health News: Legionellosis Cases

The Minnesota Department of Health is currently investigating five confirmed cases of Legionnaires' disease in people who live or work in Hopkins, MN.

According to the Minnesota Department of Health, "Legionnaires' disease is spread by inhaling the fine spray (aerosols) from water sources containing Legionella bacteria. It is not spread person to person and you cannot get it by consuming water." An outbreaks of Legionnaires' disease could be linked to cooling towers, cooling misters, decorative fountains or plumbing systems.

To learn more visit:

[www.health.state.mn.us/divs/idepc/diseases/legionellosis/](http://www.health.state.mn.us/divs/idepc/diseases/legionellosis/)

## September is National Preparedness Month!

Every September we recognize National Preparedness Month. September is a good time to prepare for various disasters and emergencies that may occur where you live, learn, work or play. The Southwest Health & Human Services Medical Reserve Corps encourages you to create or update your emergency communication plan and emergency preparedness kit.

An emergency communication plan include phone numbers, addresses, emergency contact information and a designated meeting spot outside of your home. The plan should be updated often.

## Don't Wait, Communicate!

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In the event of an emergency or disaster it is important to have multiple ways to receive warnings.

Various options to receive warnings exist. Sign up for wireless emergency alerts and download a weather application on your cell phone, tune in to the local TV and radio stations, check warnings online, listen for outdoor sirens and/or purchase a NOAA weather radio.

Remember, a power outage may occur and cell phone service may be unavailable. Think and plan ahead!



# Emergency Preparedness Kit

An emergency preparedness kit contains important items that you, your family, and your pets may need during or after an emergency.

- One gallon of water per person, per day for at least three days
- Three day supply of non-perishable food and can opener
- Battery-powered or hand crank radio and NOAA weather radio
- Flashlight and extra batteries
- First aid kit
- Emergency communication plan and important family documents
- Blanket
- Change of clothes
- Cell phone and charger
- Prescription medication and glasses
- Personal hygiene items
- Whistle, to signal for help
- Pet supplies
- Additional items as necessary

## BE INFORMED

about what kind of disasters might occur where you live, work or visit.

## BUILD A KIT

Include enough food, water, and medical supplies for your needs in your emergency kit to last for at least 72 hours.

## MAKE A PLAN

Include your specific health and safety needs when creating your emergency plan.



*The Southwest Health & Human Services Medical Reserve Corps is an organization made up of medical and non-medical volunteers.*

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