

CARING COMMUNITY NETWORK OF THE TWIN RIVERS GREATER FRANKLIN-BRISTOL CERT/MRC



The *RESPONDER*

Serving the Communities of

Andover, Alexandria, Bridgewater, Bristol, Danbury, Franklin, Groton, Hebron, Hill, New Hampton, Northfield, Salisbury, Sanbornton, and Tilton



Acronym Alley

Ever wonder what all of the acronyms mean? Here is the code to figure some out. Look for new ones each month:

SME: Subject Matter Expert

WHO: World Health Organization

HAN: Health Alert Network

ILI: Influenza Like Illness

AHHR: All Health Hazards Region

ESAR-VHP: Emergency System for the Advanced Registration of Volunteer Healthcare Professionals

CALLING ALL VOLUNTEERS

If you are interested in volunteering in your community there is a great opportunity to do so on October 17, 2009. Ten regions within the State of New Hampshire will be taking part in a State-wide Point of Dispensing (POD) exercise. This exercise is to test our planning assumptions relative to opening a POD. A POD is pre-designated area where community members would go to receive medications or vaccinations in the event of a public health emergency. This is a timely exercise for regions across the state as many of us may look to using our POD sites as a venue to provide both seasonal and H1N1 flu shots this fall. If you are interested in becoming involved in this exercise please contact Donna Quinn directly at 934-0177 X 136.

WHAT ARE THE CERT AND MRC PROGRAM ABOUT?

What are the Community Emergency Response Team (CERT) and Medical Reserve Corps (MRC) programs all about? Both are volunteer based and were founded after President Bush's 2002 State of the Union Address. In that speech he called for American's to volunteer in support of their country. Both programs have an affiliation to the Citizen Corps, which is a national network of volunteers. Citizen Corps programs promote public education, training and volunteer opportunities for community members.

of the community to protect themselves and their families; as well as, to provide auxiliary support to first responders when needed.

MRC volunteers can train with local emergency response partners, participate in mass prophylaxis, as well as, act as an additional resource for public health outreach. MRC volunteers typically have a medical background which may include physicians, nurses, dentists, EMT's and veterinarians. Other community members can assist with administrative support.

CERT provides training to members

All training is provided to volunteers free of charge.

VISIT US ONLINE!!!

We are pleased to announce that the Greater Franklin-Bristol CERT and MRC are online at www.gfbcertmrc.com. Visit us there to find training updates and other great information.

The CERT and MRC unit at one of our local Old Home Day celebrations.



FLU FACTS
FROM THE NH DEPARTMENT OF HEALTH AND
HUMAN SERVICES

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Facts About Swine Flu (H1N1 Flu)

Did you know?

- Swine flu (H1N1 flu) is a respiratory disease caused by type A influenza viruses.
- The swine flu spreads the same way the regular flu spreads. People with the flu pass it to others by coughing and sneezing.
- Swine flu can cause fever, runny nose, being tired, sore throat, and coughing.
- Swine flu is not spread by eating pork. This flu has not been found in pigs in the United States.
- Most of the time the swine flu sickens people for a short time period. But like the regular flu, some people have gotten very sick and a small number have died from swine flu.
- There are medicines that can treat swine flu.

How can you stay healthy and keep from getting the swine flu?

- Wash your hands often with soap and water.
- Avoid close contact with sick people.
- Try not to touch things that may have the flu virus on them.
- Stay home when you are not feeling well.
- After sneezing, wash your hands or use a hand sanitizer with 60% alcohol.
- Sneeze into a tissue, your sleeve, or your elbow. Do not cover your mouth with your hands.

New Hampshire Department of Health and Human Services

www.dhhs.state.nh.us

For additional information on H1N1 visit the following sites:

www.cdc.gov or www.flu.gov