

NEWSLETTER

Issue 4

Fall 2008

Sudbury Community Emergency Response Team (CERT)

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C. Flynn, Editor

OUTREACH:

On October 7, Chief MacLean gave an Emergency Preparedness presentation to Musketaquid Village residents. Lee Swanson of the Sudbury Historical Society distributed the "File of Life" form to all attending. Carole Flynn of CERT distributed FEMA materials and other preparedness handouts.

Our inaugural community Emergency Preparedness Presentation (formerly termed Lunch & Learn Sessions) will be held at the Sudbury United Methodist Church on January 27, 2009, at 7:30 PM, with Chief MacLean and Richard Simon as speakers. The session will be videotaped for broadcast on Sudbury cable TV.

Go-Bags. On Tuesday, December 2, Barbara placed sample go-bag contents in the glass display case of the senior center lobby. She may have already sold a couple of bags at the November 23 shelter drill.

assisted CERT by filling the medical/psychological triage and first aid functions.

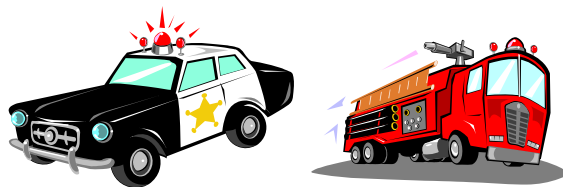
Inventory. Fred Schulz and Barbara Bahlkow did an outstanding job of inventorying our CERT equipment and supplies, and Fred prepared an Excel document itemizing everything. Fred also supervised a group of Boy Scouts, led by Steve Hultin who is working toward Eagle Scout, in organizing the equipment in our storage area. Additionally, the Scouts agreed to wash our shelter cots the weekend of October 18/19. Luckily, the weather cooperated, and although it was nippy, there was no rain.

The Goodnow Library's glass display table has been reserved for CERT for the month of March. Suggestions are welcome as to the best items to include. Please email or phone Carole at carole.flynn1@verizon.net, 978-443-2421, with any thoughts, and indicate if you'd like to help set up the display. All materials need to be removed by the end of March.

Two six-foot folding tables have been purchased, and our new CERT Banner is in hand! These will be extremely useful in our Outreach Educational events.

LEPC. Several CERT members attended the October 16 LEPC meeting held in the upper hall of the beautifully refurbished Sudbury Grange building. LEPC meetings are open to the public. Chief MacLean mentioned that Concord's Fire Chief, Kenneth Willette, will be retiring.

MRC and CERT are making concerted efforts to find ways to complement each other. At the practice Call-out/Shelter Drill at the Fairbank Community Center on November 23, MRC



ICS-100 TRAINING:

Beginning in September and continuing in subsequent months, our CERT meetings have included a significant TRAINING event for all our CERT members, and any from the MRC who wished to attend. During our formal CERT training, we only touched on ICS, which is a system used nationally to manage emergency efforts. ICS is flexible, responding, in real time, to the demands of an emergency. We learned more about this first ICS course, which introduces the Incident Command System and provides the foundation for higher-level ICS training. It describes the history, features and principles, and organizational structure of the Incident Command System. It also explains the relationship between ICS and the National Incident Management System, or NIMS. When finished, each participant should be able to pass the ICS-100 online exam.

SHELTER DRILL & CALL-OUT PRACTICE:

A second practice exercise was held for a Call-Out and Shelter Drill on Sunday, November 23. This event was organized by Barbara Bahlkow, Beth Whitlock, Steve Monteiro, Lucille Dixon, Richard Simon, and others. Several additional CERT members helped staff the event. The Sudbury MRC members volunteering to staff the Medical area included John Stevens, Marilyn Ellsworth (both also CERT members), and Gail Close. Additionally, Wingate at Sudbury generously donated sandwiches, snacks and beverages, which were served in the Cafeteria by Wayne Pultman, Wingate's Director, and their chef Barry. Sudbury

Boy Scout Stephan Hultin, working toward Eagle Scout level, brought several of his troop—and their family members—to help set up and take down the cots, put up and take down signage, and perform other extremely helpful tasks for this drill. We began by utilizing the Telephone Tree to contact all members, announcing the drill and relaying instructions to report to the Staging Area at the Fairbank Community Center. The following is the news release sent to the Crier:

Sudbury Blizzard of 2008 Shelter Drill - November 23, 2008, Sudbury



On Sunday, shortly after high noon, while the sun shone brightly, volunteers from Sudbury's Community Emergency Response Team (CERT), the Medical Reserve Corps (MRC), and seventy-five community evacuee volunteers, from ages one to ninety-eight, believed they were in the middle of MetroWest's worst snow storm to hit the area in the last thirty years. Heat and electricity had been out for ten hours, with a prediction that it might not return for another ten. Sudbury residents needed a warm place to go. Thus, Sudbury's CERT and MRC set up a shelter at the Fairbank Community Center for all who needed heat and food.

Why would almost 100 people volunteer their time on a beautiful November Sunday afternoon at a mock shelter drill? According to Beth Whitlock, who ran the shelter drill, "We have to practice our emergency shelter plan and skills. If there is ever a natural disaster like the Blizzard of

'08 or an unforeseen man-made disaster, the CERT needs to be ready for deployment by Fire Chief MacLean. This was a successful drill because of the amount of volunteers willing to help out, including Boy Scout, Steve Hultin, who worked toward his Eagle Scout award by organizing his troop and many of their family members to assist the set-up and break-down of the shelter."

"This is the second test of our Shelter Team's capabilities, and every time we drill, we learn what we need to do better for the next drill or the real thing," said Barbara Bahlkow, Sudbury CERT's Shelter Team Manager.

The Sudbury CERT was organized two and a half years ago by Fire Chief MacLean to assist first responders in the event of a major emergency. "Our CERT Team is part of our town's Local Emergency Planning Committee (LEPC). CERT and the MRC work together as part of the LEPC to improve the town's ability to plan for and help pin the event of a major emergency."

"Our community's ability to help itself during and after a major emergency is essential. We must become more self-reliant because help from outside agencies might not arrive when we need it, and we may have to "do it for ourselves" until help can arrive, and even afterwards," said Richard Simon, Sudbury CERT's Team Leader.

Emergency evacuee volunteers arriving at Sudbury's Fairbank Community Center were met by registration volunteers, who recorded vital information, and then the evacuees were assigned cots in the

dormitory. Sudbury's Wingate Rehabilitation and Skilled Nursing facility generously provided volunteers as well as the food served in the shelter's cafeteria. Evacuees relaxed in the recreation room, a far better place than a home with no heat or electricity. Several mock medical emergencies were staged throughout the drill with the help of the Sudbury Medical Reserve Corps. "While our Sudbury MRC was created to deal with a pandemic, our medical capabilities are needed in any major emergency, and that is why we work with CERT to help the town," said Marilyn Ellsworth, who headed up the medical unit during the shelter drill.

Holding shelter drills is but one of CERT's activities. Fully trained CERT volunteers go through a 20-hour certification course covering emergency response skills. A major CERT goal is educating the community in how to be prepared in the event of a major emergency. "You need to be ready," says CERT's Education and Outreach Team Leader, Carole Flynn. "We provide Emergency Preparedness talks to community groups throughout Sudbury. Ideally, we all want to be able to "shelter at home" and not have to go to a shelter, but if necessary, we will be there to provide one."

By mid-afternoon, the shelter scenario called for the sky to clear, roads made passable, and heat restored to all residents of the town. Evacuee volunteers left their cots and recreation room games, checked out of the shelter, and returned to their homes.

Sudbury CERT and MRC held a debriefing session to assess how they performed. "We learned a lot," said Steven Monteiro, Dormitory Team Leader and Debriefing

Coordinator. "This drill identified the need to reword parts of our registration process, improve the layout of our medical room, and helped us recognize the need to make our dormitory layout more wheel-chair accessible, to name a few." CERT and MRC will hone their sheltering skills to be

ready for the next drill, or the real thing!

The spirit of Volunteerism is alive and well in Sudbury. Sunday's drill was a shining example of how a community can collaborate on a project that truly benefits all. (Contact information followed.)



Pandemic Flu

Sometimes a new strain of influenza virus emerges to which humans have no natural protection. If the new influenza virus is easily transmitted from person to person, it can result in serious disease affecting people worldwide. This is called an influenza pandemic. Influenza pandemics occurred in 1918, 1957 and 1968. The next influenza pandemic will occur when a new strain of influenza virus emerges that is easily transmitted from person to person.

Pandemic Planning

- [Influenza: Birds, Pandemics and Protecting Yourself \(PDF\) | RTF](#)
- [Massachusetts Pandemic Flu Planning](#)
- [Massachusetts State Pandemic Plan](#)
- [Executive Office of Health and Human Services Continuity of Operations \(COOP\)](#)
- [US Pandemic Flu Website](#)
- [Take the Lead: Working Together to Prepare Now \(US HHS\)](#)
- [US Health & Human Services Pandemic Influenza Plan](#)
- [MDPH Pandemic Planning Flyer \(PDF\) | Word](#)
- [Ten Things You Need to Know About Pandemic Flu \(WHO\)](#)
- [Coping with Pandemic Flu \(PDF\) | RTF](#)

Pandemic Preparedness

- Controlling the Spread of Respiratory Disease
 - [Transmission of Respiratory Pathogens \(PDF\) | HTML](#)
 - [General Infection Control Measures \(PDF\) | HTML](#)
 - [Cleaning and Disinfection \(PDF\) | HTML](#)
 - [Isolation and Quarantine \(PDF\) | HTML](#)
- [MDPH Handwashing Materials](#)
- [CDC Interim Guidance for the Use of Masks to Control Influenza Transmission](#)
- [MDPH Antiviral Medications: Personal Stockpiling NOT Recommended \(PDF\) | RTF](#)
- [Guidance for Clinicians and Laboratorians Regarding Avian Influenza A \(H5N1\) \(PDF\) | RTF](#)
- [CDC - Testing Page - Laboratory Diagnostics](#)
- [CDC Infection Control in Health Care Settings](#)
- [HHS - Reporting Adverse Reactions](#)

Testing Methods

- [Specimen Submission Form \(PDF\) | RTF](#)
- [CDC - Testing Page - Laboratory Diagnostics](#)
- [Respiratory Virus Specimen Collection Instructions \(PDF\) | RTF](#)

- [Division 6.2 Infectious Substance Shipping Guide: Classification, Packing, Marking and Labeling - For single-sided printers \(Word\)](#)
- [Division 6.2 Infectious Substance Shipping Guide: Classification, Packing, Marking and Labeling - For double-sided printers \(Word\)](#)
- [Label for Respiratory Viral Kits/ Flu Kits \(PDF\) | RTF](#)

Reporting Influenza in Massachusetts

Recommended Reading

Barry JM. "The Great Influenza: The Epic Story of the Deadliest Plague in History." New York: Penguin Group, 2004.

Crosby AW. America's Forgotten Pandemic: The Influenza of 1918. Cambridge: Cambridge University Press, 1989.

Kolata, G. Flu: The Story of the Great Influenza Pandemic of 1918 and the Search for the Virus that Caused It. New York: Farrar, Straus and Giroux, 1999.

IOM. The Threat of Pandemic Influenza: Are We Ready? Workshop Summary. Knobler SL, et al, eds. Institute of Medicine Forum on Microbial Threats Board on Global Health. Washington DC: The National Academies Press.

For up-to-date flu information and where to find a flu shot, please call the MDPH Information Line toll free at (866) 627-7968.

This information is provided by [Communicable Disease Control](#) within the [Department of Public Health](#).



The following information is taken from the MEMA Website (www.mass.gov/mema). The full articles would have been nice to print here but for space. To see the full text, press Control and then click on the links.

Massachusetts Emergency Management Agency

Welcome from Director Don Boyce

Welcome to the Massachusetts Emergency Management Agency (MEMA) website.

Keep Warm, Keep Safe this winter

State Fire Marshal Stephen Coan and all the members of the Massachusetts fire service are concerned that high energy prices this winter might also lead to an increase in fires from heating.

NESEC CO Detector Offer

Municipalities and institutions which donate \$100.00 to the Northeast States Emergency Consortium (NESEC) will receive a case of 6 FREE First Alert Carbon Monoxide Detectors as a thank you gift. Individuals who donate \$25.00 to NESEC can receive a First Alert Carbon Monoxide Alarm. The List Price for this alarm is \$44.95 each. Because of the generosity and support of First Alert J, NESEC is able to make these important detectors available.



NESEC Names 'Emergency Manager of the Year'

Northeast States Emergency Consortium (NESEC) Executive Director Edward Fratto recently honored Brookline Police Department Sergeant Michael Raskin as the NESEC 2008 Emergency Manager of the Year. Sgt. Raskin was responsible for implementing the recent Emergency Communications workshop in the town of Brookline to which we were invited.



Call 2-1-1 for Non-Emergency Assistance

MEMA and the Council of Massachusetts United Ways (COMUW) continue to promote Mass 2-1-1 as the Commonwealth's primary telephone information call center during times of emergency. The easy-to-remember 2-1-1 telephone number will be utilized as a 24/7 resource for human service and Public Safety/disaster response and planning agencies. It was designed, in part, to reduce the number of non-emergency calls made to 9-1-1.

MEMA Distributes CDs for Visually Impaired

MEMA has again updated and distributed Compact Discs (CDs) containing important emergency information for the sight impaired Massachusetts residents living within 10 miles of a nuclear power plant. The CDs contain important information in the event of an emergency at Pilgrim, Seabrook or Vermont Yankee Nuclear Power Stations.

What is a Gubernatorial State of Emergency?

The Governor of the Commonwealth of Massachusetts is authorized under state law to declare a Gubernatorial State of Emergency upon the occurrence of a natural or man-made disaster. The law gives the Governor broad authorities to implement emergency measures to ensure the safety and health of the residents of the Commonwealth, take appropriate steps to mobilize state assets, and conduct other emergency business for the protection of the Commonwealth.

Don't forget, check your Emergency Kit! A write-up by Emergency Essentials follows:

BePrepared.com is brought to you by...



Emergency Essentials

Don't Forget, Check Your Emergency Kit!

Bruce Barton, a well known author, once said "When I think of what tremendous consequences come from little things, I am tempted to think, there are no little things."

Many people have taken the time to purchase emergency supplies for themselves and their families. Once these supplies have been purchased people often forget to check their kits on a regular basis to be sure the supplies are fresh and in usable condition.

One of the most difficult parts of this process is merely remembering. Since we all schedule our lives very differently, we recommend tailoring a system that you know will work for you in checking your [emergency kits](#). One recommendation is to mark the date to review your kits on your calendar six months in advance. When the day arrives, be sure to schedule a new date in another six months. This process will ensure that your kits are checked every six months. Some have chosen April and October and others have chosen January and June, regardless of what months are chosen it is wise to check your kits on a regular basis.

When the time comes to check your emergency preparedness supplies, it is wise to remember these three words: review, evaluate and replenish.

First, review the location of your kit and ask yourself the following questions:

Is the location of my kits easily accessible?

Is the location near an exit for quick access in the event of leaving your home?

Second, open each kit and re-familiarize yourself with the contents. Evaluate whether your family needs may have changed in the last six months; make sure your emergency supplies address your specific situation. Your family size might have increased or decreased, causing a change in needs. People grow older, possibly resulting in changes ranging from medications to food consumption. If extra clothing is in the emergency kit, ensure they still fit properly. In addition, there could be special needs for individuals that should be addressed. The following list is not meant to be comprehensive; however, hopefully it will help you think through any special needs that are applicable to you.

Infants - Diapers and wipes, bottles, food, lotion, medications, [blankets](#), extra clothing, etc.

Children - Stress relieving toys and games, food, vitamins, [blankets](#), extra clothing, etc.

Elderly - Medications, extra bedding, special food items, etc.

Third, check all the items that have expiration dates and rotate accordingly. Examples of items that need to be rotated include [calorie food bars](#), [meals ready to eat](#), [lightsticks](#), [batteries](#), [hand and body warmers](#), medications, [first aid supplies](#), etc.

As you review your [emergency kits](#) and keep them up to date, you will be better prepared for an emergency.