



Medical Reserve Corps of Southern Arizona

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## Mobilizing Resources

### **National Preparedness Month - Mobilizing Community Resources.**

*Saturday, September 15, 9:00am –12:00pm.*

**MRCSA, in collaboration with the Red Cross, COAD and AZ ESAR-VHP, conducts a multi-faceted training and exercise including:**

- **Volunteer Reception Center,**
- **Multi-Agency Resource Center and**
- **Annual Red Cross Shelter Rodeo.**
- **Location to be announced**

## New “Stop the Bleed” App

The **Uniformed Services University’s National Center for Disaster Medicine and Public Health** (NCDMPH) recently launched a new “Stop the Bleed” app, which is available free on both Google and Apple sites (links below). The app is designed to educate users on what to do in an emergency, how to determine the severity of bleeding, and how to correctly apply a tourniquet to stop bleeding. “Stop the Bleed” App Available at:

<https://play.google.com/store/apps/details?id=edu.usuhs.stb>

<https://itunes.apple.com/us/app/stb/id1336173602?mt=8>

## And Coming This Fall . . .

- September 15 - Annual Red Cross Shelter Rodeo
- October 12-14 “**Tucson Meet Yourself!**”
- November 2 & 3 **Pandemic Preparedness Workshop and Exercise** in collaboration with Pima County Health Department and Arizona

## Managing School Crises

MRCSA’s partner program, the *Southern Arizona Interagency Peer Support Teams*, will be conducting a training in **Managing School Crises, October 18-19.**

Designed to prepare school administrators and all educators for the inevitable crises that occur within schools and/or that effect those in schools, this training reflects the 3 most common phases of a crisis:

- Pre-crisis planning,
- Acute crisis response and
- Post-crisis activities.

Special attention is given to the most common pitfalls (those that pose the most threat to school personnel from a liability standpoint) associated with crisis response activities. Participants of this training are introduced to the CISM framework and specific intervention techniques that can easily be applied within the school setting. These intervention techniques are research-informed and widely recognized for their effectiveness. Participants will be given opportunities to explore the elements of effective crisis management through multiple group activities.

**For more information and registration, call us at 520-276-0970 or email [mrca@outlook.com](mailto:mrca@outlook.com)**

## Register with ESAR-VHP Today!

Help support public health emergency preparedness and register with ESAR-VHP today!  
It take just minutes to register.

Go to: <https://www.esar-vhp.health.azdhs.gov>

*Uniformed Services University of the Health Sciences is a health science university of the U.S. federal government. The primary mission of the school is to prepare graduates for service at home and abroad as nurses and physicians, dentists and allied health professionals.*

*“Life’s most persistent and urgent question is, What are you doing for others?”*

*Martin Luther King, Jr.*



August is National Immunization Awareness Month (NIAM).

Immunizations represent one of the greatest public health accomplishments of the 20<sup>th</sup> century. The purpose of NIAM is to celebrate the benefits of vaccination and highlight the importance of vaccination for people of all ages.

August 5 through August 11 - **Pregnant Women:** *Protect yourself and pass protection on to your baby.*

August 12 through August 18 - **Babies and Young Children:** *A healthy start begins with on-time vaccinations.*

August 19 through August 25 - **Preteens/Teens:** *Ensure a healthy future with vaccines.*

August 26 through August 31 - **Adults:** *Vaccines are not just for kids.*





WE REMEMBER. WE PREPARE.

# Seasonal Flu vs. Pandemic Flu

Influenza is one of the world's greatest infectious disease challenges. But did you know that seasonal flu and pandemic flu are not the same?

## What is seasonal flu?



Influenza (flu) is a contagious respiratory illness caused by flu A and B viruses that infect the human respiratory tract. Annual flu epidemics occur among people worldwide.

## How often do seasonal flu epidemics occur?



Epidemics of seasonal flu happen every year. Fall and winter is the time for flu in the United States.

## How do seasonal flu viruses spread?



Flu viruses are thought to spread mainly from person to person through droplets made when someone with flu coughs, sneezes, or talks near a person (within 6 feet).

## Is there a vaccine for seasonal flu?



Seasonal flu vaccines are made each year to vaccinate people against seasonal flu. Everyone 6 months and older should get a flu vaccine every year. For most people, only one dose of vaccine is needed.

## Are there medications to treat seasonal flu?



Prescription medications called antiviral drugs can treat seasonal flu. During a severe flu season, there can be spot shortages of these drugs.

## Who is at risk for complications from seasonal flu?



Young children, people 65 years and older, pregnant women, and people with certain long-term medical conditions are more likely to have serious flu complications.

## What is pandemic flu?



A flu pandemic is a global outbreak of a new flu A virus in people that is very different from current and recently circulating seasonal flu A viruses.

## How often do flu pandemics occur?

Flu pandemics happen rarely. Four flu pandemics have happened in the past 100 years, but experts agree another one is inevitable.



## How do pandemic flu viruses spread?



Pandemic flu viruses would spread in the same way as seasonal flu, but a pandemic virus will likely infect more people because few people have immunity to the pandemic flu virus.

## Is there a vaccine for pandemic flu?



Although the U.S. government maintains a limited stockpile of some pre-pandemic flu vaccines, vaccine may not be widely available in the early stages of a pandemic. Two doses of pandemic flu vaccine will likely be needed.

## Are there medications to treat pandemic flu?



Flu antiviral medications may be used to treat pandemic flu if the virus is susceptible to these drugs. While a limited amount of flu antiviral drugs are stockpiled for use during a pandemic, supplies may not be enough to meet demand during a pandemic.

## Who is at risk for complications from pandemic flu?



Because this is a new virus not previously circulating in humans, it's not possible to predict who would be most at risk of severe complications in a future pandemic. In some past pandemics, healthy young adults were at high risk for developing severe flu complications.



<https://www.cdc.gov/flu/pandemic-resources/basics/about.html>

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