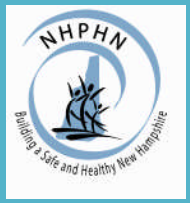
GREATER SULLIVAN COUNTY PUBLIC HEALTH NETWORK & MEDICAL RESERVE CORPS

PULSE of the Region

VOLUME 1, ISSUE 1 09/01/2009

PULSE is a publication of the Greater Sullivan County Public Health Network, serving 15 municipalities in Merrimack and Sullivan counties. View us on the web at www.sullivancounty.gov/publichealth



HIGHLIGHTS:

SEPTEMBER IS NATIONAL PREPAREDNESS MONTH!

- **Are you prepared ? Join our National Preparedness Month campaign .**

PANDEMIC PLANNING SPECIALIST

- **A warm welcome to our new Pandemic Planning Specialist.**

MARK YOUR CALENDAR

- **Thurs. Sept 17**
- **Regional H1N1 tabletop exercise**
- **8-12 @ Newport Golf club**

Greater Sullivan County Welcomes

Medical Reserve Corps

We have a new Regional Medical Reserve Corps! The Greater Sullivan County Medical Reserve Corps (GSC MRC) kicked off its first volunteer orientation day on June 18, 2009 with over 20 prospective members in attendance. Thirteen new MRC Volunteers will attend a graduation ceremony in September.

The MRC members will staff emergency clinics and respond to health emergencies in our region and beyond. During non-emergency times you might see MRC members at local events or health fairs educating the public about how to stay healthy, or participating in free trainings to expand their skills.

Our vision for the MRC is to enhance the regional medical and emergency response capability.

Benefits to the Community:
An organized, well trained MRC unit can effectively respond to a health emergency when local hospitals and medical agencies are getting overwhelmed. MRC members are familiar with our Regional response plan, know who their partners in the response are, and know where their skills can be utilized advantage and in a coordinated manner. The MRC members will serve an important role this fall as we plan to hold special vaccination clinics for the H1N1 flu.

JOIN MRC TODAY ! Be a part of a rewarding volunteer experience offering many unique opportunities to serve your community. Call (603) 398-2222 or email for more information. **mrc@sullivancountynh.gov**

H1N1: Region to set up POD clinics

While we are all encouraged to get the regular seasonal flu shot this fall, the State of New Hampshire will also distributing the H1N1 ("Swine Flu") vaccination to Public Health regions. The Greater Sullivan County region will be setting up Point of Dispensing clinics (POD) in the community to offer the vaccine. This two-stage vaccine will require a

WASH YOUR HANDS
COUGH IN YOUR SLEEVE
STAY HOME IF SICK !

second booster shot in about 20 days. The H1N1 shot is recommended for primarily younger people ages 6 months to 24 years, pregnant women , people with underlying chronic medical conditions such as Asthma or COPD and healthcare providers. The shot is not necessary for people over 65 unless they regularly care for young children. During an August 27th

(continued on page 3)

New Grant Funding for Flu Preparedness

The Greater Sullivan County Public Health Network (All Health Hazard Region) will receive $42,000 in a PHASE I of new grant funding for Flu preparedness as the H1N1 (Swine Flu) pandemic continues to affect the population. The funding will come through the NH Department of Health and Human Services, Division of Public Health Services; the funding originates from the Centers for Disease Control and Prevention, The grant comes with a very specific scope of service, which enables the Region to beef up our planning efforts already in progress. Specifically we have hired a new Pandemic Planning Specialist. This position will work to enhance the Region's ability to hold mass vaccination clinics this fall. In addition to helping to coordinate these clinics, the Pandemic Planning Specialist will work on improvements to our communications plans for any health emergency.

Region receives additional grant funds for flu preparedness.

George Sykes, Pandemic Planning Specialist

The GSC Public Health Network welcomes George Sykes, who will begin work in the new position of Pandemic Planning Specialist this September. George comes to us with over twenty years' experience in emergency services and education settings. He served as the Director of Emergency Services for the Central VT/NH Valley Chapter of the American Red Cross where he supervised over 150 volunteers. He has also served on the NH Emergency Medical and Trauma Services Coordinating Board, setting rules for delivery of EMS in the State of NH. As former Commissioner on the NH Fire Standards and Training Commission, George assisted in developing curriculum for the NH Fire Academy. He has also been a Lead Instructor of the Franklin Pierce University,

With his rich background, George will be an asset to our team. He will help to plan Flu Clinics this fall as well as continue organization of trainings for the Medical Reserve Corps. His office will be in Unity, at the County Complex.

Welcome aboard, George!

George Sykes will be an asset to our team. He will help to plan Flu Clinics this fall as well as organize trainings for the MRC!

Your Contributions, Please

Don't forget to check the website for CALENDAR of upcoming events and meetings !

www.sullivancountynh.gov/publichealth

We need your public health news!

Submit your contribution to our new newsletter, "PULSE of The Region"!

I can't keep this up without your input!

Feedback, Feedback!

How do you like the newsletter? Please let us know.

phn@sullivancountynh.gov

Corrections?

If an error appears we will gladly make a correction.

POLL:

What's your birthday?

DAY and MONTH only please.

Why do I ask? … not tellin.

Email me:

phn@sullivancountynh.gov

September is National Preparedness Month !

September is National Preparedness Month! Are you ready for any emergency ? Are you prepared if a health related emergency were to suddenly strike? Prepare your home and your family now.

Are You Ready ? Prepare your home and your family now.

Need some tips? **Stay healthy.**

Wash your hands. Wash them again. Get your seasonal **FLU SHOT**, and if you are eligible, get your two-series H1N1 SHOT this fall too. Some emergencies such as a flood or fire may require you to leave your home. Have a GO BAG ready in case you ever need to leave your home quickly. Here's a quick checklist of what you should put in your **GO BAG**;

One day's **clothing** and sturdy **shoes** for each family member, **medications**, personal care products (don't forget your toothbrush), a **blanket** or sleeping bag, a **flashlight** and extra **batteries**, a **dust mask**, a **whistle**, a pocketknife, **nonperishable food**, emergency **cash** in small denominations, copies of your important **documents** and ID. Don't forget your **PETS** too, bring leash, carrier, food, water, and any of their medications. For more information on staying prepared, this September and every day, contact your Public Health Network.

Watch your local media this October for dates, times and locations of H1N1 vaccination clinics in your town.

H1N1 (continued from page one)

conference, Dr. Jose Montero, NH Director of Public Health said that the virus is spread primarily by droplets and can stay on surfaces for 3-4 hours. Specialized N95 masks are not necessary. People should focus on washing their hands well and often, coughing in their sleeve not in the hand, and stay home if you feel ill, even for 24 hours after symptoms are gone. Dr. Montero reported that the State efforts are focusing on three goals: First, preventing people from getting ill through vaccinations, secondly, promotion of proper hand washing and staying healthy, and third, treatment.

People can get the H1N1 shots at their regular doctor's or pediatrician's office, and most healthcare providers will receive the shots through their employer. The Public Health Network, is working closely with the State and regional partners in preparation to open community clinics this fall for those who are not able to access a regular physician. As you watch your local media this October for dates, times and locations of H1N1 vaccination clinics in your town, don't forget to get your regular seasonal flu shot too. For additional general information on the seasonal flu and the H1N1 flu, check **www.flu.gov**.

Your Public Health Network Coordinator

Different name, same dedicated Public Health Network Coordinator.

What would our first newsletter issue be without a personal addition: On September 5th, 2009 Jessica Rosman will marry Marty M. McAuliff originally of Amsterdam NY. The wedding will take place aboard the M.V. Kearsarge on Lake Sunapee in Sunapee, NH. After ten years together, Jessica and Marty are happy to live and work in this beautiful Region of New Hampshire, and are looking forward to good things ahead.

- Jessica Rosman [McAuliff],

Public Health Network Coordinator