Flu Clinic and Full Scale Exercise to be held
October 20

The Board of Health Flu Clinic and Full Scale Exercise will be held on Saturday, October 20 at the Memorial School, 125 Winn Street from 12 PM - 3 PM. This clinic provides a valuable service to the residents of Burlington, but it is also used to test and evaluate the Board of Health’s emergency dispensing site or EDS plan for the operation of a medical dispensing site.

The EDS Plan outlines how the Board of Health would provide medications or vaccinations to the community in an emergency. The emergency situation that the plan describes is a worst case scenario, an anthrax attack. In the event that anthrax is released, anyone exposed, but not showing symptoms, would need to receive medication within 48 hours of exposure to prevent death. Within the first 24 hours of people being exposed, the BOH would need to notify volunteers, prepare the point of dispensing (POD) site, and receive the medications from the state’s strategic national stockpile or SNS.

The EDS Plan contains an Incident Command Chart (see page 2) which shows the positions and who each person must report to. If there is a question or problem, volunteers must follow Incident Command and report only to their supervisor. Following incident command is crucial to avoid chaos and miscommunication. During last year’s drill it was noted that there were several breakdowns in Incident Command, therefore, following incident command will be tested again this year.

It is important that all volunteers receive what’s called “Just in Time Training” before the event so they understand their responsibilities and who to report to. The EDS Plan contains “Job Action Sheets” for each position which are distributed to volunteers prior to the event. Volunteers are also given a schedule. Because this is a drill, it is important that volunteers arrive on time. Medical volunteers are asked to arrive at 10 am and non-medical volunteers at 10:30 am. Even though volunteers may already be familiar with their position, it is important for them to come at the designated time in order to fully participate in the drill and, also, to get any new information. Volunteers are still needed for the October 20 drill. Positions are available for greeters, flow maintenance, registration, dispensers, medical screeners, and forms reviewers with dispensers especially being needed. If you would like to participate call the BOH at 781-270-1955 or email boh@burlington.org.

The federal government works with state and local officials to provide medical supplies, medications, and vaccine in an emergency. Supplies are stored in the nation’s Strategic National Stockpile at undisclosed locations. Photo courtesy of the CDC.
As the trees shed their leaves and the temperatures continue to drop, it's important to keep in mind a few fall safety tips. Follow these tips to stay safe this winter and fall:

- Service your furnace to ensure it's in working order and that there are no leaks.
- When using a fireplace make sure to utilize a screen to keep sparks from flying out. Never leave a burning fire unattended, and make sure a fire in a fireplace is distinguished before going to bed.
- Use caution when using a space heater and make sure to read the instructions. Never use your stove or oven to heat your home as it's not designed for space heating. Gas stoves can omit dangerous levels of carbon monoxide that could be fatal.
- Avoid burning leaves as they omit dangerous and cancer-causing chemicals according to the Environmental Protection Agency.
- Use caution when burning candles as improper candle use has accounting for starting almost 10,000 home fires, according to the National Candle Association.
Responding to BVRC Messaging and Drills

By Susan Lumenello

Responding to messaging, whether you can come to an event or not, is an important responsibility of every MRC volunteer. When volunteers respond to messages, it lets us know that your contact information is accurate and that you are receiving messages. It is also important that volunteers respond to drills because drill response reflects how we’re doing as a Unit in communicating information to our volunteers.

Every quarter, the BVRC is required to conduct what’s called a “Call Down Drill”. This drill consists of an email to all volunteers to test their response rate. The drills are required for the BVRC to continue receiving grant funding. Last quarter, our drill was conducted on September 13. Volunteers were asked to respond “yes” or “no” to the question of whether or not they could respond to the BOH office the following day. Out of 156 volunteers contacted, 58 responded either yes or no, a 37% response. We would like to thank the 58 volunteers that responded to the drill and ask the remaining 98 volunteers to please respond to upcoming quarterly drills.

In an emergency, the BVRC would either contact volunteers through email, phone calls, a text message (please see below on how to sign up for text messaging), or all three. In a non-emergency, the BVRC would contact you through email only. Some volunteers may be annoyed by the number of emails they receive through MA Responds from the BVRC, but did you know that if you respond to the first email, even if that email is a no response, you will no longer receive repeat emails? That’s right, simply respond yes or no and you won’t receive any more emails about the same event. If you are not receiving emails, please contact the Cathy Piccolo at cpiccolo@burlington.org.

The BVRC is currently in the process of contacting all volunteers to ensure that contact information is accurate. At the same time, we will be updating all photos taken before 2013. Please help us to keep our records accurate. You should have received a letter with the contact information that we have on file. Please respond by emailing cpiccolo@burlington.org even if you have no changes to your contact information. If your picture was taken before 2013, please email a new photo to cpiccolo@burlington.org. Once your information is received, your records and your MA Responds profile will be updated.

Thank you for participating in our drills, responding to email messages, and ensuring that your contact information is up to date so we can get in touch with you should an emergency arise.

How to Opt in to Receive Text Messages through MA Responds:

1. Log in to MAResponds.org
2. Click the My Profile tab
3. Then Click the Contact tab
4. Scroll to Contact Method and choose SMS feature to opt in to receive text messages
5. Click Save Changes at the bottom of the page 6. For a short 3 minute tutorial, please visit: http://mms.adobeconnect.com/pyvc1phcgvm3/
Save the Date: Upcoming Events

**Thursday, October 18**—Patrick Gill Memorial Trauma Symposium, Burlington Marriott—Burlington, 7:30-4:30pm. Go to http://www.trendsintrauma.org/ for more information.

**Saturday, October 20**—Flu Clinic, Memorial School, 125 Winn Street,

**Wednesday, October 24**—“Supporting Those At Risk For Suicide”, Grandview Farm, 55 Center Street, 7pm—8:30pm Discussion will take place around recognizing risk factors and warning signs, as well as how to talk to an individual who may be suicidal and basic steps in getting a suicidal person help.

Volunteers can register for any of the above by responding to emails sent through MA Responds. For more information, please email boh@burlington.org or call 781-270-1955.

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**Thank you to September Volunteers**

**ARC Blood Drives**
- Pat Angelo
- Joan Hastings
- Margaret Henderson
- Jeanne LeClair
- Lola Lombardo

**Household Hazardous Waste Collection**
- Paul Groulx
- Bill Hitchcock
- Tim McCoy
- James McIninch
- Andrew Rittenburg
- Dr. Ed Weiner

**Recruitment at Diwali Celebration**
- Geeta Pandit
- Neil Pandit
- Andrew Rittenburg
- Pushpa Shah

**High Dose Flu Clinic**
- Toni Dardeno
- Heidi Mover

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*Top-left: Roger Morrison checks identification at the Household Hazardous Waste Collection (photo by S. Lumenello)*

*Top-right: Toni Dardeno, RN, Carolyn Abruzzo, RN, and Heidi Mover, RN administer high dose flu vaccination to those over age 65 (photo by S. Lumenello)*

*Left: Geeta Pandit, Andrew Rittenburg, and Pushpa Shah at the BVRC Recruiting Table at the Diwali Celebration (photo by Neil Pandit)*