Twenty Four Trained in “Until Help Arrives”  
By Susan Lumenello

On April 3, 2019, the Burlington Board of Health, Burlington Volunteer Reserve Corps, the Burlington Police Department, and Burlington Fire Department worked in collaboration to provide an “Until Help Arrives” training for Burlington residents.

The “Until Help Arrives” program was developed by FEMA and the Department of Homeland Security to give the public the knowledge and confidence to provide life-saving care to the injured before first responders arrive. Christine Paulik, RN, Board of Health nurse, discussed how to keep yourself safe first and how to provide comfort to the injured. Lt. Glen Mills of the Burlington Police department reviewed the 911 system and what information to give to emergency dispatchers when calling 911. Mike Runyan of the Burlington Fire Department used a “Rescue Annie” to demonstrate the best way to position the injured and Lt. Mark Saia, also of the Burlington Fire Department, led a hands on demonstration of “Stop the Bleed”. Massive bleeding could occur from an active shooter or explosive event or from a tragic accident. Victims can die within 5-10 minutes if nothing is done. Similar to how the general public learns and performs CPR, the public can learn proper bleeding control techniques, such as using tourniquets.

Every participant was provided with a bleeding control kit which included items such as bandages, gloves, an emergency blanket, and a tourniquet.

If you weren’t able to attend and are interested in attending a future “Until Help Arrives” training, please email the Board of Health at boh@burlington.org.

“Doing nothing for others is the undoing of ourselves.”
– Horace Mann

Top: Carolyn Abruzzo, RN shows Cindy Phillips how to apply a tourniquet. Bottom: Sandra Voltero practices applying a tourniquet to Ram Sainath (photo by S. Lumenello)
Board of Health Enacts New Keeping of Animals Regulations: May Affect Chicken Owners By Samantha Hardy

On March 12, 2019 the Board of Health voted to approve revised regulations for the keeping of animals. The new regulation applies to “all animals and livestock which are kept as domesticated animals except household pets (animals kept indoors for non-agricultural purposes). For example, dogs, cats, potbellied pigs, and birds that live inside the home as pets do not require a permit. Residents wishing to house animals in their yard, such as chickens, horses, and goats must obtain a permit from the Board of Health.

The previous regulations had allowed residents to own up to three chickens or other fowl without obtaining a permit. The new regulations will require anyone who is housing chickens in their backyard, no matter the number, to obtain a permit. The keeping of roosters and cockerels will still be prohibited in the Town of Burlington. If you own any number of chickens and do not have a permit, please contact the Board of Health office at 781-270-1955. The previous regulations also capped the number of chickens and other fowl that were allowed under the permit. This cap no longer applies, however, the Board may limit the number of animals allowed under the permit at their discretion.

To begin the permit process, contact the Board of Health office at the number above. When filling out the application you will see that you will have to provide a hand written plot plan, a manure management plan, and a turf management plan. A plot plan can be a drawing depicting the location of the coop or stable where you will be housing the animals and the distances to the property lines as well as the location of your home. A manure management plan can be as simple as explaining where the waste is being stored on your property and if it is discarded in the trash or composted. A turf management plan is an explanation of how you will keep your yard from becoming degraded; such as moving a chicken run to new spots in the yard to protect the grass from dying.

The most important part of keeping animals is using best management practices. The best management practices enforced by these new regulations were developed by the Massachusetts Department of Agriculture. These are things like building a coop or stable out of sturdy materials that allow for ventilation and insulation, feeding the animals a healthy diet for their species and breed, and keeping a supply of water for them at all times. The best management practices along with fact sheets and helpful tips for backyard birding can be found on the Board of Health website. For more information call the Board of Health office at 781-270-1955 or email boh@burlington.org.

Samantha Hardy is the Associate Health Inspector for the Burlington Board of Health. She provides recommendations to the Board of Health on new animal permit applications and conducts yearly inspections for animal permit renewals.
April 6, 2019 Proclaimed Massachusetts MRC Day

A Proclamation

Whereas, Thousands of Medical Reserve Corps (MRC) volunteers have been promoting the health and safety of Bay State residents since September 2009; and

Whereas, Trained, credentialed, and capable MRC volunteers are a major asset for a wide range of roles in disaster response; and

Whereas, MRC units help to protect against disease by supporting flu, pneumonia, hepatitis, shingles, and other clinics, as well as emergency dispensing sites; and

Whereas, Massachusetts residents benefit from education provided by MRC volunteers for family and personal preparedness; and

Whereas, Local public health departments have been further empowered to promote wellness through MRC service and support; and

Whereas, Communities are more resilient through programs supported by MRC units and their volunteers for disease prevention and screening; and

Whereas, The Commonwealth is safer and better prepared through the commitment and response to their community by MRC volunteers; and

Whereas, MRC service engages a broad perspective of volunteers from medical and non-medical backgrounds, providing both direct care and administrative support; and

Whereas, All residents of Massachusetts may benefit from multiple MRC activities throughout the year and in times of great need;

Now, Therefore, I, Charles D. Baker, Governor of the Commonwealth of Massachusetts, do hereby proclaim April 6, 2019, to be,

MASSACHUSETTS MRC DAY

And urge all the citizens of the Commonwealth to take cognizance of this event and participate fittingly in its observance.

Given at the Executive Chamber in Boston, this twenty-eighth day of March, in the year two thousand and nineteen, and of the Independence of the United States of America, the two hundred and forty-second.

BY HIS EXCELLENCY

Charles Baker
Governor of the Commonwealth

Karyn Polito
Lieutenant Governor of the Commonwealth

William Francis Galvin
Secretary of the Commonwealth

God Save the Commonwealth of Massachusetts
Thank you to March Volunteers

ARC Blood Drives
Carolyn Abruzzo
Pat Angelo
Joan Hastings
Margaret Henderson
Ellie Hutchinson
Arthur MacDonald
Ram Sainath
Ed Tedesco

“Until Help Arrives” Training
Carolyn Abruzzo

COA B/P
Kathie Pazola

Library BP Screening
Constance Raynor

March Quarterly Drill Results

Thank you to all the BVRC members who participated in the March 26 quarterly drill. This drill is a requirement from the Massachusetts MRC program. MRC volunteers were sent an email message and asked to respond within four hours. The following is the drill results.

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<table>
<thead>
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<tbody>
<tr>
<td>Total Volunteers</td>
<td>168</td>
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<tr>
<td>Total Responses</td>
<td>47</td>
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<tr>
<td>Total No Response</td>
<td>113</td>
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<tr>
<td>Percentage Participation</td>
<td>28%</td>
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Please increase our drill participation by responding to the next quarterly drill.

Save the Date: Upcoming Events

**Thursday, April 11 & Wednesday, April 17**—“Hands-only CPR” and “Stop the Bleed” training for Medical Volunteers, Board of Health Office. Medical Volunteers needed to conduct these trainings in the future. If you would like to volunteer and become a trainer, or have taken the course previously and need a refresher, we are holding two training sessions—Thursday, 2:30-4:30pm; Wednesday, 5-7pm.

**Saturday, April 13**—Household Hazardous Waste Collection, Francis Wyman School, 8:30 am-12pm.

**Monday, April 22 and Wednesday, April 24**—Classroom Incident Command System (ICS) 100 Training, Board of Health Office, 61 Center Street, **6:30 pm—8:30 pm**. The BVRC bylaws require that all volunteers complete this training, either in a classroom setting or on-line. ICS-100 is a FEMA course that promotes effective emergency response by familiarizing volunteers with Incident Command principles that are used by emergency responders to manage incidents.

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