

Minnesota Responds



Central Region

Central MN Responds MRC

Serving Benton, Cass, Chisago, Crow Wing, Isanti, Kanabec, Mille Lacs, Morrison, Pine, Sherburne, Stearns, Wadena, Wright, and Todd counties

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VOLUNTEER NEWSLETTER – Fall/Winter 2018



Ebola

What is it?

Ebola is an often fatal form of hemorrhagic fever that gets its name from a river in the Democratic Republic of Congo.

Signs and Symptoms

It can take anywhere from 2-21 days after infection for symptoms to kick in, but once they do, the pain is excruciating. It starts off with a fever, muscle pains, vomiting and diarrhea. It also makes the victims so weak that it leaves them bedridden. As the virus spreads, it can shut down major organs, such as the kidneys and liver. And the infection can cause internal and external bleeding from openings in the body, including eyes, ears, nose, rectum and even pores. The peak of the illness is the first seven to 10 days, during which patients are most likely to die.

Personal protective equipment including coverall suits, gloves, and respirators should be used to prevent the spread of disease.

For more information on Ebola visit the [CDC Website](http://www.cdc.gov).

Infection Control and Prevention Personal Protective Equipment (PPE)

What is PPE?

Personal Protective Equipment (PPE) is specialized clothing or equipment worn by a person for protection against infectious materials.

PPE prevents contact with an infectious agent or body fluid that may contain an infectious agent, by creating a barrier.

Examples of PPE include:

- Gloves— help protect you when directly handling potentially infectious materials or contaminated surfaces.
- Gowns- help protect you from the contamination of clothing with potentially infectious material.
- Shoe and Head Covers- provide a barrier against possible exposure within a contaminated environment.
- Masks and Respirators- help protect your nose and mouth from splattered of body fluids, respirators filter the air before you inhale it.
- Other Face and Eye Protection- Goggles help protect only your eyes from splatters. A face shield provides splatter protection to facial skin, eyes, nose, and mouth.

Make Your Own Disposable PPE Kit

Your kit should include:

- One disposable gown
- One pair of gloves
- A face shield
- Hair and shoe covers
- A red bag
- A copy of the PPE placement and removal instructions

For more information on infection control, PPE, and how you can be prepared to respond to an emergency as a volunteer, visit the [Minnesota Department of Health Website](http://www.health.state.mn.us).

Preparing Your Vehicle for the Winter Season

Ensuring that your vehicle is in good working condition is always important, but it is even more important in the winter. Taking a few simple steps to protect your vehicle and yourself can help prepare you for traveling this winter season.

1. Make sure your battery is in good condition.
2. Check your tire pressure.
3. Inspect and replace windshield wipers as needed.
4. Consider purchasing snow tires.
5. Make sure antifreeze is the correct mixture.
6. Keep your vehicle's gas tank as full as possible.
7. Make sure you keep an emergency kit in your car at all times.

Including things like:

- Warm blankets and clothing
- Drinking water and food
- A flashlight
- A shovel
- Jumper cables
- First aid kit



ATTENTION

Registered Volunteers

Thank you for being involved! Please remember to keep your profile information updated as changes occur- for example, phone number, address, email address. This helps Local Coordinators contact you with upcoming trainings, opportunities to volunteer, and other important information.

Minnesota Responds is a great tool to communicate important information about your area. It is our hope that we can keep you educated through our newsletters, informed through emergencies, and engaged in other community volunteer opportunities.

If you no longer wish to be a volunteer and to receive these newsletters, **please contact your Local Coordinator immediately and you will be removed from the database.**

[Download the FEMA app](#), receive weather alerts from the National Weather Service for up to five different locations

Shoveling Safety

5 TIPS FOR SHOVELING SNOW SAFELY

Shoveling snow is hard work, stay safe

1. Keep up with the storm
2. Push don't lift
3. Wear breathable layers
4. Wear good boots
5. Stay hydrated

FIND OUT MORE ABOUT PROFESSIONAL SNOW MANAGEMENT AT WWW.SIMA.ORG



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Now accepting **Questions, Comments, and Suggestions** for future newsletters!

Please email your Local Coordinator and write "MN Responds MRC Newsletter" in the subject line.

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