



Dallas County

DALLAS COUNTY HEALTH & HUMAN SERVICES

Dallas County MRC Newsletter

Flood Preparedness

Failing to evacuate flooded areas, entering flood waters, or remaining after a flood has passed can result in injury or death. Flooding is a temporary overflow of water onto land that is normally dry. Floods are the most common natural disaster in the United States. Floods may:

- Result from rain, snow, coastal storms, storm surges, and overflows of dams and other water systems.
- Develop slowly or quickly – Flash floods can come with no warning.
- Cause outages, disrupt transportation, damage buildings, and create landslides.

IF YOU ARE UNDER A FLOOD WARNING, FIND SAFE SHELTER RIGHT AWAY

- Do not walk, swim, or drive through flood waters. **Turn Around, Don't Drown!**
 - Just six inches of moving water can knock you down, and one foot of moving water can sweep your vehicle away.
- Stay off of bridges over fast-moving water.
- Determine how best to protect yourself based on the type of flooding
 - Evacuate if told to do so.
 - Move to higher ground or a higher floor.
 - Stay where you are.

<https://www.ready.gov/floods>



MRC Volunteer All-Star Coy Poitier

Coy has been a MRC Volunteer for 1 1/2 years. He is the current President of Poitier Productions LLC, Coy also serves as the Executive Director of FAWC Conservatory of Arts and Sciences as well as the Music Minister for Fresh Anointing Worship Center.

Coy has participated in National Night Out Events, 2018 Regional Volunteer Symposium, Intro Radiological/Nuclear AWR-350 Class. He has also assisted the MRC Coordinator on several projects. Mr. Poitier volunteers for many other organizations in Dallas County such as Dallas County Historical Commission, District 10 Economic Development Committee, Dallas CERT, Lancaster Parks and Recreation Board and many more organizations. Coy states that the reason why he joined the Dallas County MRC is because he loves to help people and enjoys giving back to the community. He believes that Dallas County First Responders give so much that it is his civic responsibility to assist where is needed in the community.





Busy Summer for the Dallas County Medical Reserve Corps

In the summer of 2018 the volunteers participated the first Hurricane Readiness Meeting. Along with attending the Hurricane Readiness meeting, volunteers participated in Psychological First Aid training. Also the volunteers participated in joint a Shelter Fundamentals training with the Dallas CERT volunteers the training was taught by the American Red Cross. On September 15th the volunteers participated in a canvassing exercise in the cities of Desoto and Cedar Hill. The volunteers canvassed 333 homes and spoke with a 104 citizens about flu education and prevention. The volunteers also participated in the following classes: MRC Orientation, Fundamentals of Preparedness class and Epi Surge. DCHHS would like to thank volunteers Kevin Grantham, Lois Lehman, Dave Hogan and Chad Anderson along with Dr. Julie Martellini for instructing these classes.

MRC Upcoming Events

11/08/2018	Central Market Feast of Sharing
12/08/2018	Kwanzaa Health Fest 2018
12/09/2018	Kwanzaa Heath Fest 2018

Vaccination Remains Your Best Flu Protection

Fall brings cooler temperatures, colorful leaves, and football games. It also means another flu season is upon us. Last year's was rough. The CDC classified 2017-2018 a high severity season high levels of outpatient clinic and emergency department visits for influenza-like illness, high influenza-related hospitalization rates, and widespread influenza activity across the United States for an extended period. This year we had close to 80,000 deaths nationally. The CDC estimates the flu caused between 140,000 and 710,000 hospitalizations and between 12,000 and 56,000 deaths annually in the U.S. since 2010. While estimates for last season won't be available until later in the fall, it's likely that last season was record-breaking across both of these key indicators used to track severity. It's not possible to predict how severe the upcoming season will be, but we know that the best way to prevent flu and its potentially serious complications is receiving a flu vaccine.

Flu viruses infect the nose, throat, and lungs and can cause a wide range of complications. Sinus and ear infections are examples of moderate complications from flu. Pneumonia is a serious flu complication that can result from either flu virus infection alone or from co-infection of flu virus and bacteria. Flu virus infection can also cause serious complications like inflammation of the heart (myocarditis), brain (encephalitis) or muscle and multi-organ failure (for example, respiratory and kidney failure). Flu can also trigger an extreme inflammatory response in the body and can lead to sepsis, the body's life-threatening response to infection. The U.S. experienced high rates of hospitalization and severe disease during the past seven flu seasons. Flu vaccination can help keep you from getting sick from flu. Protecting yourself from flu also helps protect the people around you who are more vulnerable to serious flu illness.

