



medical
reserve
corps

OF SARASOTA COUNTY



When disaster strikes... we will be there.

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MRC SARASOTA NEWS

The quarterly newsletter for MRC Volunteers & Community Partners

Are You Prepared for the Next Hurricane?

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Sarasota County

Your answers to the questions below could save your life and the lives of your family.

Do you know if your home is in a hurricane storm surge evacuation zone?

If a hurricane heads to Sarasota County, how would you decide whether to stay or evacuate?

If you stay, what do you need to do?

Have you prepared your home for the effects of hurricane force winds?

If you leave, where would you go?

After the storm, would you be self-sufficient for at least a week?

How did you do?

Now is the best time to answer these questions – before the next hurricane is 24 hours from landfall and people are lining up to buy storm supplies.

Hurricane season is a part of living in Florida. It's harder for some people to remember that after a couple of seasons with little to no storm activity. But we can't count on a hurricane-free year. It only takes one hurricane to ruin our day. We can only count on being prepared to stay safe. That means doing three things:

Have a plan for your family & pets.

Put together a disaster supply kit to get you through the first week.

Stay alert and be ready to carry out your plan.



Your first step for storm preparation and storm information should be a visit to Sarasota County's Web site, scgov.net. Click on the "All Hazards Be Prepared" button at the bottom of the home page. On the "All Hazards" page, you'll find links to information about preparations for your family, home, neighborhood and business. There is also special information and storm tips for senior citizens. People who have special needs during a storm should contact Emergency Management to register in advance for assistance. If you do not own a computer with internet access pick up a hurricane guide at your local library or at the county administration center on Ringling Boulevard.

The first question – whether to stay or go during a storm – partially depends on which evacuation zone you live in. Maps are available online at scgov.net or in the hurricane guides. You can also use the "find your evacuation zone and shelter" tool on the All Hazards webpage to find out if your home or business is in a hurricane storm surge evacuation zone. The Sarasota County Emergency Operations Center will issue evacuation orders by zone as a storm approaches. But your evacuation zone isn't the only factor to consider.

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What's New

- ◆ Eblasts will now be sent out twice monthly
- ◆ Take the MRC Volunteer survey
- ◆ Please update your contact information in ServFl in preparation for hurricane season
- ◆ Stay tuned for a "Finish the Class" event in September.

In This Issue

- ◆ Know Your Zone: Hurricane Preparedness
- ◆ National Preparedness Month
- ◆ News & Notes Spotlight
- ◆ Emergency Preparedness on Social Media
- ◆ MRC Volunteer Survey
- ◆ September Volunteer Dinner Date
- ◆ Volunteer Event Pictures

You're Invited!

MRC Volunteer Dinner
September 20th
6:00pm — 8:00pm
Health Department,
Room 226
2200 Ringling Blvd.

Are You Prepared For the Next Hurricane?

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Even if you don't live in a mandatory evacuation zone, your house may not be safe if it wasn't constructed to meet recent Florida building codes. If you haven't done a wind inspection, or if you don't have storm shutters, it may not be safe to stay. This is especially true in some areas of the county that have high concentrations of mobile homes or older homes constructed before we learned how easily wind can damage them.

Know Your Zone

The evacuation zones for Sarasota County were updated this year! People who were not in a zone may be in one now. To find your zone, visit:

www.scgov.net/kyz/KnowYourZone.aspx

If you plan to stay home, remember your **ABC'S** of preparation:

Anchor your roof, especially if it was built before 1994 and is gabled.

Brace the entry and garage doors, where 80 percent of home wind damage starts.

Cover windows with impact-resistant shutters or other window protection systems.

Safe, interior rooms provide more protection than rooms with windows and doors.

Preparing your neighborhood is as important as preparing your home. Sarasota County is helping residents develop Neighborhood Preparedness Programs (NPPs) with the goal of making families self-

sufficient for up to 7 days following a storm. These neighborhood organizations can provide assistance when police, fire, emergency service and other workers may be overwhelmed.

A NPP includes 25-250 households and is lead by a Neighborhood Disaster Team. For assistance in starting a NPP in your neighborhood or homeowners association, call the county Call Center at 861-5000.

Sarasota County Emergency Management will keep residents informed as storms approach, and residents can count on us for help after a storm passes. But residents need to be prepared and self-sufficient until we can respond. Being prepared is the best way to make sure your family is ready for any disaster.



A Time to Remember. A Time to Prepare.

Throughout the month that marks the 10th anniversary of the September 11th attacks, Americans are encouraged to remember the attacks and take simple steps to prepare for emergencies. National Preparedness Month (NPM) is held every September and features a different theme each year.

FEMA Administrator Craig Fugate shares why the theme was chosen: "by doing what we can to ensure that our communities, and our nation, are prepared to respond and recover from all types of disasters and hazards, we honor the memory of those who were lost that day."

Sign up for the NPM Coalition and join the 2,000+ existing members. Members agree to promote emergency preparedness in their home, workplace or community and receive access to preparedness resources and events. www.community.fema.gov.



Gulfstream Avenue at the foot of Main Street after the October 1921 hurricane.



Spotlight: MRC News & Notes

Are you checking the MRC News & Notes feed for new content weekly? Below, find spotlights on the most popular posts—visit the blog to read more.

MRC Knowledge

“Test your knowledge about the MRC with these five facts. We won’t quiz you on them later but we would like to hear how you did...”

Five fast facts about the MRC’s history, mission and reach.

Why I Serve

“I realized that I was without any plan or support system, and so are many residents. Then I discovered an invitation to join MRC Sarasota. The support and training I received is invaluable...”

A guest post from MRC Volunteer Heidi Heine on why she was called to serve the MRC.

Crisis Leadership

“A successful crisis leader must: have a strong command presence, speak with authority, be transparent and truthful...”

Crisis leadership qualities based on a report from the 2010 Gulf Oil Spill.

2011: Extreme Weather

“2011 ranks second for the number of natural disasters costing more than \$1 billion...”

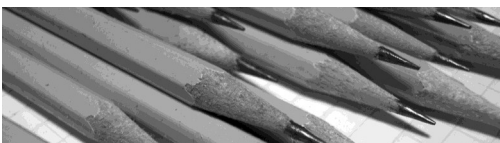
News media is paying attention to the high numbers of costly disasters

Beating the Heat

“In July, a U.S. heat wave set 2,100 daily high maximum temperature records and 4,734 daily high minimum temperature records...”

Information on the record heat wave and resources for avoiding heat-related problems.

Contribute to MRC News & Notes!



Would you like to write a short guest post for MRC News & Notes? Your post can be on why you chose to volunteer, a volunteer experience, something you have learned in MRC training, or on an aspect of emergency preparedness. Contact Tammi to guest post.

Social Media Resources

2011 has been the year of social media for emergency preparedness organizations. “Follow” or “friend” any of the below organizations to keep up to date on current disaster preparedness news.



FEMA

FEMA Twitter: www.twitter.com/fema

FEMA Administrator Craig Fugate’s Twitter:

www.twitter.com/craigatfema

Facebook: www.facebook.com/fema

Florida Department of Health:

Twitter: www.twitter.com/OfficialFDOH

National Hurricane Center

Twitter: www.twitter.com/NHC_Atlantic

Facebook: www.facebook.com

US.NOAA.NationalHurricaneCenter.gov

Civilian Volunteer Medical Reserve Corps

Twitter: www.twitter.com/MRC_OSG

Facebook: www.facebook.com/edicalreservecorps

“Volunteers have greater longevity, higher functional ability, lower rates of depression and less incidence of heart disease.”

Survey: MRC Sarasota Volunteers

MRC Sarasota needs your input! Are you interested in volunteering for non-emergency MRC activities? Would you attend advanced MRC training or regular volunteer meetings?

Take the Survey:
www.surveymonkey.com/s/WQMH99J

MRC wants to provide opportunities that interest our volunteers. Please fill out our survey to share what you would like to see more of from MRC Sarasota.



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Dates to Remember

September

Throughout: National Preparedness Month: A Time to Remember. A Time to Prepare.

19: Get Ready for Flu Day

20: MRC Volunteer Dinner. Speaker TBA

October

9—15: Fire Prevention Week

Pictures from the April MRC Volunteer Dinner. Attend the next Volunteer Dinner September 20th!



About the Sarasota County MRC

The Medical Reserve Corps (MRC) of Sarasota County began in 2005 in an effort to expand local response capacity to a major public health threat or local disaster. MRC Sarasota volunteers serve alongside staff from the health department, Red Cross and other community agencies and may serve in shelters during hurricanes, give medications during serious outbreaks, work aboard our mobile medical unit "Health In Motion" for health screenings, or participate in health fairs.

We're actively recruiting!

For more information, visit www.mrcsarasota.com.

MRC Contact

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or mrc@sarasotahealth.org

Write for the MRC Newsletter!

The MRC Newsletter is taking submissions and ideas for articles to include in the upcoming newsletter. Contact Tammi at Tammi_Ketcham@doh.state.fl.us if you are interested.