



A Tradition of Stewardship
A Commitment to Service



ZOMBIES ARE COMING... Are You Ready?



This summer Napa County Public Health is preparing for the Zombie Invasion on October 31, 2012! The Napa County Public Health Emergency Preparedness Program has got zombie fever! The Centers for Disease Control and

Prevention (CDC) has capitalized on the zombie pop culture phenomenon as an educational and outreach tool to engage the public in emergency preparedness.

The "Zombie" Flu

Many movies link the origin of zombies to a mysterious illness. Then the zombie illness spreads much like influenza: close contact and exchange of fluids!

Is there really a "zombie" flu?

NO! But we all know the flu can make us feel like a zombie. Further, we can use influenza prevention messages, like staying home when you're sick, to help stop the fictional "zombie" flu... or the next pandemic flu virus!

This Halloween Napa County Public Health will operate a flu vaccine clinic under a "zombie pandemic" scenario to hopefully attract many visitors. While there is no "zombie" flu, REAL flu vaccine (along with other healthy activities) will be provided FREE

Save the Date:

ZOMBIE FLU VACCINE CLINIC & HALLOWEEN HEALTH FAIR

OCT 31, 2012 ☠ 1PM—4PM

Napa County Health & Human Services Agency
2344 Old Sonoma Road (Napa)

for individuals and families!

Zombie Emergency Preparedness

Beyond flu prevention, if you're prepared for a zombie invasion, then you're prepared for anything! Again the preparedness messages are the same:

- 1) Get a kit
- 2) Make a plan
- 3) Stay informed

Want to get involved?

There are many opportunities for you to train and volunteer for zombie (and flu) preparedness. Check out the upcoming event calendar on page 2 and RSVP to etraining@countyofnapa.org for the trainings and events that work for you!

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For more info visit: www.countyofnapa.org/publichealth/zombieclinic/



Public Health
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UPCOMING TRAININGS AND EVENTS

Incident Command System (ICS) 100-200 and National Incident Management System (NIMS) 700-800	Tuesday, Sep 11	1:00PM— 4:30PM	Napa County HHSA 2344 Old Sonoma Rd. (Napa) Building K Conference Room
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*ICS-NIMS is **REQUIRED** for all MRC volunteers. Compared to taking the individual classes online this in-person training saves time and includes a fun, interactive tabletop exercise to help build skills!*

Zombie Preparedness 101 and MRC Volunteer Swearing in for the “Zombie Pandemic”	Thursday, Sep 13	3:30PM — 4:30PM	Napa County HHSA 2344 Old Sonoma Rd. (Napa) Building K Conference Room
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Learn our Zombie Preparedness (ZP) messages and become certified in ZP! Get sworn in at 4:30PM so you can volunteer for all upcoming “Zombie Pandemic” events and exercises.

Recovery Happens Fair	Wednesday, Sep 19	11:00AM— 3:00PM	Napa County HHSA 2344 Old Sonoma Rd. (Napa) Outside Campus
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Volunteers welcome to staff a Public Health Emergency Preparedness table including ZOMBIE Preparedness and face painting at this fair organized by the HHSA Alcohol & Drug Services Division.

Psychological First Aid	TBD Sep	4 hours	Napa County Red Cross 1790 Third Street (Napa)
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*Learn this signs of mental stress and how to provide compassionate care after an emergency or disaster. No previous experience needed. **4 Free CEUs from BRN/BBS!***

Zombie Makeup and Moulage Workshop	TBD early Oct	After 5PM 1.5 hours	Napa County Red Cross 1790 Third Street (Napa)
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Learn how to turn people into zombies! Hands on workshop teaching zombie face painting and moulage (fake wound) skills.

The Great California Shake Out: Preparedness Self Assessment!	Thursday, Oct 18	10:18AM	Wherever you are!
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Use the Shake Out Earthquake Drill to conduct an assessment of your emergency supplies. On Oct 18 at 10:18AM drop, cover and hold wherever you are! Find out more at: www.shakeout.org/california/individuals/

Zombie Flu Vaccine Clinic and Halloween Health Fair	Wednesday, Oct 31	1:00PM— 4:00PM	Napa County HHSA 2344 Old Sonoma Rd. (Napa) Outside Campus
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Volunteers needs for multiple roles including flu clinic (i.e. vaccinators) and health fair (i.e. health education).

RSVP to eptraining@countyofnapa.org ASAP!



MRC SURVEY RESULTS

The results are in!

Thank you everyone that participated in the Napa County MRC Unit survey conducted in May 2012. One lucky respondent won an MRC backpack full of supplies! To find out who won turn to the Volunteer Spotlight on page 6!

The Emergency Preparedness program used the MRC survey to find out:

- ✓ If you would like to remain on our MRC/Medical Volunteers database
- ✓ The types of training and activities you're interested in
- ✓ Your barriers to participation in the MRC Unit activities

Top Trainings

Out of the 10 trainings listed in the survey, the **top four trainings** you would like to take are:

1. Mass Prophylaxis
2. Disaster Triage, First Aid and Personal Preparedness
3. MRC Roles and Responsibilities
4. Outbreak and Infectious Disease Readiness

- ★ Most people prefer to attend in-person trainings during the **weekday**.
- ★ **Email** is the best way to inform you of training opportunities.

Activity Type and Format

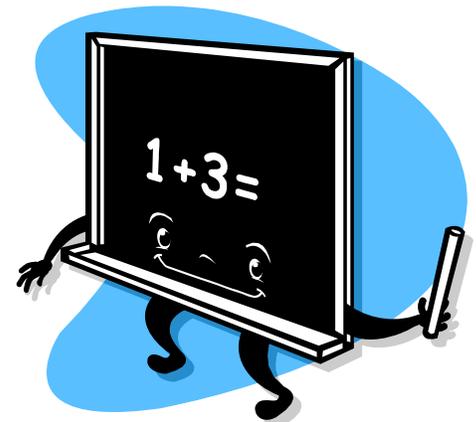
- ★ A majority of volunteers are interested in participating in training and activities related to **emergency preparedness AND general public health**.

Here are the **top five activities** you are interested in:

1. Face-to-face and in-person training courses
2. On-line training courses
3. Training events, drills and exercises
4. Volunteering in public health initiatives (ie. Flu clinics, prevention activities, health promotion campaigns)
5. Attending planning activities or meetings for the MRC/Medical Volunteers

Your responses will help us plan for trainings and events that are important to you!

Thanks again for your feed back!



ONLINE TRAINING AVAILABLE NOW!

Bay Area Mass Prophylaxis Working Group Training

Mass Prophylaxis was the survey's top training topic choice! Go to www.bayareadisastermeds.org/training.html to take online Point of Distribution (POD) Training.

MRC-Train

Did you know the website www.mrc.train.org has hundreds of trainings available online? *Many have FREE CEUs!* Go to www.mrc.train.org and click "Create Account" on the left menu. You can also click: "[MRC-Train 101 for Medical Volunteers](#)" under the MRC logo for information on setting up and managing your account.





HEALTH ADVISORY: H3N2v Influenza Associated w/ Exposure to Swine

August 13, 2012

Current Situation

A recent increase in human cases with influenza A (H3N2v) infection has been reported in several states. Since July 2012, a total of **153** persons with confirmed H3N2v infection have been reported. The majority of cases have been in children with mild self-limiting illness similar to seasonal influenza. No fatalities from H3N2v have been reported to date. National H3N2v case counts will be updated by the CDC every Friday at:

<http://www.cdc.gov/flu/swineflu/influenza-variant-viruses-h3n2v.htm>.

No H3N2v cases have been detected in California to date.

All cases reported nationwide since July 2012 had contact with swine prior to the onset of illness. There is no evidence of sustained human-to-human transmission of H3N2v in the community at this time. Exposure to swine at agricultural fairs appears to be a significant risk factor; individuals should take action to prevent the spread of viruses between people and also between people and pigs.

The seasonal influenza vaccine is unlikely to provide protection against H3N2v; however, influenza vaccination is still recommended for protection against seasonal influenza viruses which are much more common causes of illness in humans than H3N2v.

Treatment with oseltamivir or zanamivir is effective for H3N2v and recommendations for antiviral use are the same as with seasonal influenza. Antiviral treatment is most effective when started as soon as possible after influenza illness onset.

Current Recommendations:

During the summer months, influenza testing is encouraged in the following:

- ★ All persons with influenza-like illness (ILI)*, including severely ill/fatal cases and outpatients
- ★ Acute respiratory outbreaks
- ★ ILI in persons with recent swine exposures
- ★ ILI in persons who can be epidemiologically linked to confirmed cases of novel or variant influenza.

* *Influenza-like illness = fever (>100°F or 37.8°C) and cough and/or sore throat, in the absence of a known cause*

Testing

Testing is available at the Napa-Solano Public Health Laboratory (707-784-4410) or the California Department of Public Health Viral and Rickettsial Disease Laboratory (CDPH-VRDL) InfluenzaSurveillance@cdph.ca.gov.

Upper respiratory samples suitable for RT-PCR include: nasopharyngeal (NP swabs), nasal swabs, throat swabs, nasal aspirate, nasal washes, NP wash, and NP aspirate. For patients hospitalized with pneumonia, specimens from the lower respiratory tract should also be obtained. Lower respiratory tract samples suitable for RT-PCR include: bronchoalveolar lavage, bronchial wash, tracheal aspirate, and lung tissue.

Place Dacron-tipped swabs (cotton or calcium alginate swabs are not acceptable for PCR testing) in a standard container with 2-3 ml of viral transport media (VTM).

Specimens should be collected within the first 24-72 hours of onset of symptoms and no later than 5 days after onset of symptoms. The specimens should be kept refrigerated at 4°C and sent on cold packs if they can be received by the laboratory within 5 days of the date collected. If samples cannot be received by the laboratory within 5 days, they should be frozen at -70°C or below and shipped on dry ice.

For a PDF version of the August 13, 2012 Health Advisory on H3N2v visit:

www.countyofnapa.org/publichealth/CD/healthalerts/



2011-2012 FREE SEASONAL FLU VACCINE CLINICS

Flu season is almost here! Napa County Public Health will provide FREE seasonal influenza vaccine to anyone over age 3. Priority will be given to people over 60 years and/or without health insurance.

DON'T LET THE FLU MAKE YOU A ZOMBIE!

Remember, we need medical volunteers for the Zombie Flu Vaccine Clinic and Halloween Health Fair on October 31 from 1-4PM. Check out the event calendar on page 2 and RSVP to eptraining@countyofnapa.org!

City	Date	Time	Location
Calistoga	Wed Sep 19	3 PM - 7 PM	Calistoga Fairgrounds Butler Pavilion, 1435 N Oak St.
Yountville	Wed Sep 26	10 AM - 1 PM	Yountville Community Center 6516 Washington St.
Napa	Mon Oct 1	10 AM - 1 PM	Napa Senior Center 1500 Jefferson St.
American Canyon	Wed Oct 10	3 PM - 7 PM	Multi-Use Center 2185 Elliot Dr.
Angwin	Wed Oct 17	10 AM - 1 PM	Angwin Fire Department 275 College Ave.
Napa	Mon Oct 22	3 PM - 7 PM	Napa Elks Lodge 2840 Soscol Ave.
St. Helena	Wed Oct 24	3 PM - 7 PM	St. Helena Elementary School 1325 Adams St.
NAPA	WED OCT 31	1 PM - 4PM	NAPA COUNTY PUBLIC HEALTH 2344 OLD SONOMA RD.
Lake Berryessa	Mon Nov 5	11 AM - 1 PM	Berryessa Senior Center 4380 Spanish Flat Loop Rd.
Napa	Wed Nov 7	11:30AM - 5 PM	McPherson Elementary 2670 Yajome St.



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VOLUNTEER SPOTLIGHT: DAVID KALLABY



David and the MRC backpack filled with emergency supplies he won for completing the survey!

Introducing David Kallaby: the winner of the MRC Backpack filled with emergency supplies! By taking the survey Napa County Public Health conducted in May, his name was entered into a drawing and randomly chosen. For a summary of the MRC survey results, turn to page 3.

David is long-time, 28+ year resident of Napa and a nurse in the Adult In-Patient Services and Child/Adolescent Mental Health Services for the St. Helena Hospital Center for Behavioral Health in Vallejo. As a charge nurse for the past two years, he supervises either Unit 1 (a large adult unit) or Unit 4 (a children's unit up to age 12). He works for the largest behavioral health service provider in Northern California and the Hospital is in the top 10 performing hospitals in the country for post discharge results.

David did clinical work at the Veteran's Home of Yountville, Sonoma Valley Hospital and the Queen of the Valley Medical Center. While David completed his preceptorship (a period of practical experience and training for a student, especially of medicine or nursing that is supervised by an expert or specialist in a particular field) at St. Helena Hospital that he decided to work for the organization.

Dedicated to his job, it's not uncommon for David to work more than 50-hour weeks. As for a quote that best describes David, "advocate for, or help someone you don't know".

Sometimes on his days off he is asked to come into work to assist, which he often times does. David finds great gratification in helping people and this is also why he decided to join the Napa County MRC Unit. As a volunteer for the Napa County MRC Unit for nearly two years, he hopes to participate in more events and attend future trainings in Mass Prophylaxis, Disaster Shelter Operations & Simulation, Incident Command System (ICS) / National Incident Management System (NIMS), and a few others. He believes the MRC Unit will help him be prepared during an emergency or disaster. He would rather "be prepared than not prepared."

David use to be in the construction industry and he's quite the handyman. Recently he replaced his entire roof! During his free time he likes to work on cars and computers.

We THANK you David for all you do for St. Helena Hospital and for being a MRC Volunteer! We look forward to seeing you at the trainings and working with you at our events.



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