



## Medical Reserve Corps 2024 Activities

The hard work and dedication of the Putnam County MRC volunteers played a critical role in promoting and enhancing public health in 2024.

### Flu Clinics:

From September to November, MRC volunteers provided hours of service that were essential to the success of this year's seasonal flu clinics. Medical volunteers administered vaccines throughout the county at public flu clinics, school flu clinics and employee flu clinics. Non-Medical volunteers provided other vital skills by directing traffic flow, organizing paperwork during the clinics then entering patient data after the flu clinics were completed.

The work of the Putnam County MRC volunteers made a valuable, cost saving contribution to the county by the hours they dedicated to the success of the flu clinics, and by participating in many other county wide events throughout the year.

### Community Events:

- Volunteered their time and efforts to promoting public health at events such as the county fair, county health summit, pride march and the suicide prevention walk.
- Worked with community healthcare partners to ensure the success of their outreach events.
- Utilized their skills to introduce Girl Scouts to the basics of First Aid, and completed various trainings throughout the year.

### Achievements:

- In September, in honor of National Preparedness Month and 20 years of the MRC in Putnam County, a proclamation was read and presented at the monthly meeting of the county legislature.



Connie was featured in the September Putnam County Employee Spotlight. Please click on this link to read the full article:

<https://putnamcountyny.gov/component/zoo/item/health-department-highlights-public-health-emergency-preparedness-with-staff-spotlight?Itemid=143>

# Newsletter

December 2024



A friendly reminder to keep you healthy and safe this holiday season and throughout the year!

## Four Steps of Food Safety

<b>CLEAN</b> Wash hands with soap and water often.	<b>COOK</b> Cook and hold foods at the right temperature. Keep hot foods at 140F and cold foods below 40F.
<b>SEPARATE</b> Use separate cutting boards for produce and meats.	<b>CHILL</b> Refrigerate perishable foods within 2 hours.

Adapted from [foodsafety.gov](https://www.foodsafety.gov)

Putnam County Department of Health

## When to Wash Your Hands

- After using the toilet or blowing your nose.
- Before eating, preparing, or handling food.
- Before giving yourself or someone else medicine.

## How to Wash Your Hands

- Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply **soap**.
- Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- Scrub** your hands for **at least 20 seconds**. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse** your hands well under clean, running water.
- Dry** your hands using a clean towel or an air dryer.

Putnam County Department of Health

## Norovirus

**What is norovirus?**  
A virus that can cause sudden inflammation of the stomach lining and intestines. Both healthy and compromised person can be affected

**What are the symptoms?**  
Nausea, vomiting, diarrhea, and some stomach cramping

**It is contagious?**  
Norovirus is very easily transmitted through contaminated hands, equipment/surfaces, or food and water

## Cleaning

- Wear rubber or disposable gloves.
- Wipe the entire area with paper towels and throw them in a plastic trash bag.
- Disinfect the area with a bleach solution or an EPA-registered disinfectant as directed on the product label.
- Clean the entire area again with soap and hot water.
- Wash laundry, take out the trash, and wash your hands
  - Wash laundry items with detergent and hot water at the maximum available cycle length and then machine dry them at the highest heat setting

[cdc.gov/norovirus/prevention/index.html](https://cdc.gov/norovirus/prevention/index.html)

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## Winter Storm Preparedness



**BE PREPARED FOR A WINTER STORM**

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.



FEMA  
FEMA V-1034/June 2018

Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds.



Greater risk



Can last a few hours or several days



Can knock out heat, power, and communication services

### IF YOU ARE UNDER A WINTER STORM WARNING, FIND SHELTER RIGHT AWAY

Stay off roads.



Use generators outside only.

Stay indoors and dress warmly.



Pay attention to emergency information and alerts.

Prepare for power outages.



Look for signs of hypothermia and frostbite.



Check on neighbors.

