



Announcements and Trainings

Hello Volunteers,

As the year 2025 continues to unfold, we want to express our gratitude for your incredible contributions last year. Your dedication, compassion, and willingness to give your time have made a difference in the lives of Putnam County residents. Many of our community outreach events were enhanced by your willingness to volunteer.

This upcoming year brings renewed hope and excitement for what we can accomplish together, and with your support, we can continue to make an impact on the health of Putnam County residents. We look forward to providing you with meaningful opportunities to assist in enhancing and promoting public health in our county. Volunteering is more than just giving back; it's a chance to connect with your community, learn new skills, and experience the joy of making a tangible difference. We understand that everyone's time is valuable, and any amount you can give is deeply appreciated.

Thank you again for being such an invaluable part of our team!

2025 Training Opportunities

Enhance your skills with our online volunteer training opportunities, conveniently available throughout the year. Access flexible, self-paced modules through the following websites:

Train.Org

Create an account and access the following suggested courses:

- (L024) Public Health and Disasters | NDPHTN
- Disaster Responder Health and Safety
- Animal Emergency Preparedness
- Disaster Health Core Curriculum: Competency 1 - Personal and Family Preparedness

Suicide Prevention Training offered through QPRtraining.com

Here are instructions for accessing the course:

- Go to the website: qprtraining.com/setup
- Enter the organization code PCDH and select Create Account
- Complete and submit student registration form
- QPR will display and email the newly created Username and Password.
- Student can then log in to begin training at qprtraining.com



Volunteer Spotlight Featuring: Sue Gamache



Why did you join the MRC?

Volunteering with the MRC is a great way to use my RN license as a volunteer. While there are so many ways to volunteer and contribute, there are not that many where I can use my license.

How long have you been an MRC volunteer?

Since it's inception, 20 years ago.

How have you volunteered with the MRC in the past?

I've helped out at a few flu clinics, certainly many Covid clinics. I've helped at the table at the 4-H Fair. I had one fun day helping put together naloxone kits.

What do you find most rewarding about volunteering with the MRC? It's good to see how many people care about our county and give their time to help make it a better place.

Have you had any memorable experiences that you would like to share?

I'll never forget a few folks who came to get their Covid vaccines. Some people cried, they were so relieved to get the shot. Others took a photo of themselves getting the shot. People were so happy and grateful.

National Canned Food Month

Canned foods play a critical role in emergency preparedness, they can be safely heated in the can if necessary.



Heating Canned Foods

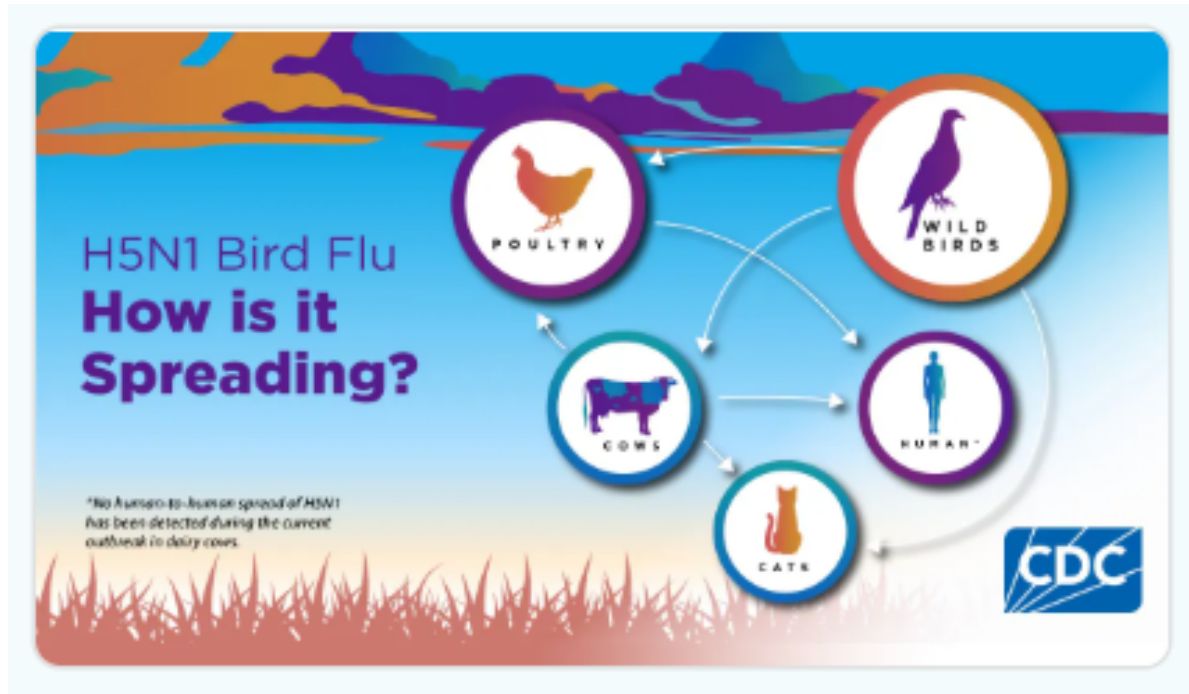
- Remove the label.
- Thoroughly wash and disinfect the can. (Use a diluted solution of one part bleach to 10 parts water.)
- Open the can before heating.

Caution

Never eat foods from cans that are swollen, dented or corroded, even though the product may look safe to eat. Check expiration dates and rotate items regularly.



H5N1 Bird Flu



WHAT TO KNOW

- H5 bird flu is widespread in wild birds worldwide and is causing outbreaks in poultry and U.S. dairy cows with several recent human cases in U.S. dairy and poultry workers.
- While the current public health risk is low, CDC is watching the situation carefully and working with states to monitor people with animal exposures.
- CDC is using its flu surveillance systems to monitor for H5 bird flu activity in people.

The Putnam County Department of Health has been monitoring the situation at both the local and national level.