

SOUTH CENTRAL PA MRC NEWSLETTER

30 June 2023

July is UV Awareness Month!

Overexposure to UV rays from the sun during summer (when we are often outside for extended periods of time) can cause severe skin and eye injuries including sunburn, skin cancer, cataracts, macular degeneration, and growths on our eyes - including cancer.

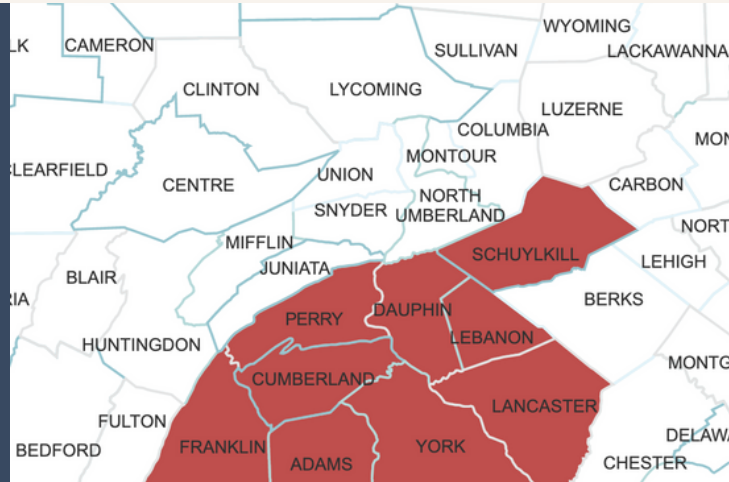
Did you know that 1 in 5 Americans will get skin cancer sometime in their life? UV light exposure from the sun or indoor tanning beds causes most skin cancers. Only 5 sunburns doubles your chance to develop melanoma, the deadliest form of skin cancer. Anyone can get skin cancer, regardless of skin color. Most skin cancers are treatable when caught early, so it is important to have a medical professional check any suspect areas.

In July, the American Academy of Dermatology (AAD) raises awareness that UV is the root cause of most skin cancers and encourage the public to take precautions. The AAD recommends that the public practice sun safety year-round by following three simple steps while outdoors:

- Seek shade when appropriate
- Wear sun-protective clothing
- Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher

For more information:

<https://www.aad.org/public/public-health/skin-cancer-awareness>



It is important to shield eyes from the sun's harmful rays with 100% UV-blocking sunglasses and broad-brimmed hats.

- Don't focus on color or darkness of sunglass lenses: Select sunglasses that block UV rays. The ability to block UV light is not dependent on the price tag or how dark the sunglass lenses are.
- Make sure your sunglasses block 100% of UV-A rays and UV-B rays.
- Ideally, your sunglasses, either the lenses or the frame, should wrap all the way around to your temples so the sun's rays can't enter from the side.
- Wear a hat; in addition to your sunglasses, wear a broad-brimmed hat to protect your eyes.
- Don't rely on contact lenses: Even if you wear contact lenses with UV protection, remember your sunglasses.



VOLUNTEER SPOTLIGHT: CAITLIN FOLTZ

Each month we highlight one of our superstar volunteers as a way of showing appreciation from SCPA MRC leadership.

Caitlin Foltz is a licensed and certified athletic trainer working for the Lebanon School District and Messiah University. Athletic trainers are health professionals educated in the prevention, evaluation, treatment, and rehabilitation of medical conditions and emergent, acute, and chronic injuries. When there is an injury on the athletic field, the athletic trainer is usually the first person running onto the field to help!

Caitlin is relatively new to the regional MRC, having started volunteering Spring of 2022, but has already made an impact in the region. She usually volunteers for morning shifts before heading to work as an athletic trainer in the afternoon.

Caitlin has helped in multiple vaccine clinics and respirator fit testing events. Her favorite MRC volunteering experience was at the Penn State Hershey Mass Vaccination Clinic on Granada Avenue in Hershey. It was both fun and personally rewarding to help people who were so thankful for their vaccination appointments.

Caitlin loves being a caregiver for her grandmother and is also hoping to enter a physician assistant program in the near future. She enjoys spending time with her two English Labrador Retrievers, friends, and family, especially her 2-year-old nephew. She enjoys kayaking at her favorite site, Yellow Breeches Creek (a tributary of the Susquehanna River).

Please join us in thanking Caitlin for her servant leadership!



Caitlin Foltz



Caitlin Foltz (L) with Ryan Donnelly (R)
Dauphin County 50+ Expo Vaccine Clinic and
Education Event
(Hershey)

TRAINING OPPORTUNITIES

A new comprehensive training plan for MRC volunteers is in the works and should be finalized very soon.

In the meantime, consider taking "MRC Volunteer Pre-Deployment Readiness".

This course takes about 15-20 minutes to complete.

- <https://www.train.org/mrc/course/1086867/details>

The following FEMA courses are required for all MRC volunteers:

- IS-700.B: An Introduction to the National Incident Management System:
<https://www.train.org/pa/course/1078831/>
- IS-100.C: Introduction to the Incident Command System:
<https://www.train.org/pa/course/1078825/>

After successful completion of these courses, please ensure the course is listed in the training section of your SERV PA profile: <https://serv.pa.gov/profile>



Dr. Alan Wirt and Ms. Brittney Fuhrman accepting the 2023 Pennsylvania Immunization Champion Award on behalf of the SCPA MRC

MRC Leadership Given Major Award by the PA Department of Health

On 15 Jun, South Central PA MRC Unit Leader Brittney Fuhrman and Public Health Specialist Dr. Alan Wirt were presented with the 2023 Pennsylvania Immunization Champion Award. The award, recognizing their “Exemplary work in enhancing vaccinations” was presented to Ms. Fuhrman and Dr. Wirt at the 27th Pennsylvania Immunization Conference in Hershey. The Pennsylvania Department of Health and the Penn State College of Medicine were co-sponsors of the all-day conference.

The award recognized Ms. Fuhrman’s and Dr. Wirt’s efforts leading MRC vaccine missions, as well as organizing the new South Central PA Immunization Coalition (SC PAIC). The new regional coalition already boasts over 140 members from many different healthcare backgrounds, all committed to improving vaccination rates through advocacy and education. Much of the work of the MRC and the SC PAIC is made possible by generous grants from the PA Immunization Coalition, the PA Chapter of the American Academy of Pediatrics, and the United Way.

MRC Leadership thanks the hundreds of active volunteers who have participated in the 50+ vaccine clinics and education events in SC PA over the past few years. Your dedication and passion for helping keep the citizens of our 9-county region safe from vaccine-preventable disease is nothing short of amazing. The award belongs truly to all the volunteers who willingly gave up their precious time, and often drove long distances to do so.

UPCOMING DEPLOYMENTS

Sign-up links will be provided in SERV PA messages.

Library Vax Education

- 7/18 - Newport Public Library (Perry County)

Vaccination Clinics & Education

- Stay tuned for events scheduled in Sep and beyond

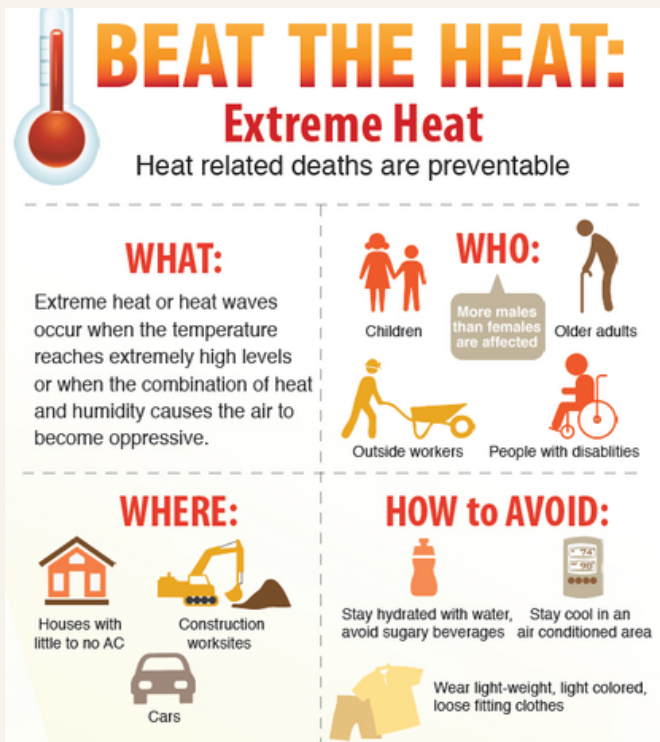
Fit Testing

- None currently scheduled

COMMUNITY WELLBEING:

Tips for Preventing Heat-Related Illness

Heat-related illnesses, like heat exhaustion or heat stroke, happen when the body is not able to properly cool itself. During extreme heat, the body's normal way of cooling itself via sweating might not be enough. In these cases, a person's body temperature rises faster than it can cool itself down. This can cause damage to the brain and other vital organs.



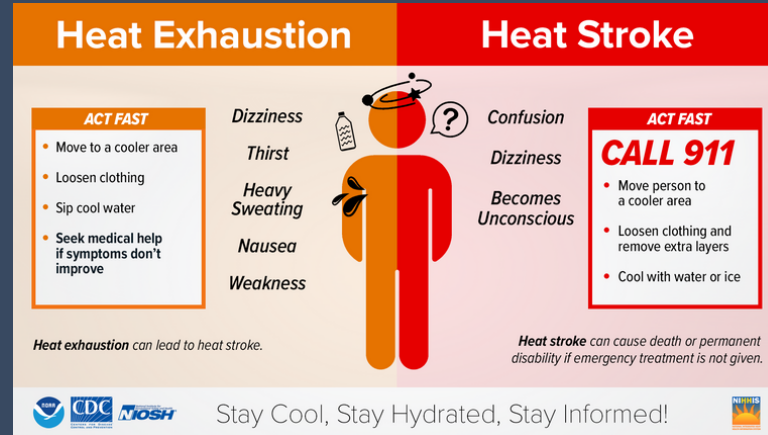
BEAT THE HEAT:
Extreme Heat
Heat related deaths are preventable

WHAT:
Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO:
Children
Older adults
More males than females are affected
Outside workers
People with disabilities

WHERE:
Houses with little to no AC
Construction worksites
Cars

HOW to AVOID:
Stay hydrated with water, avoid sugary beverages
Stay cool in an air conditioned area
Wear light-weight, light colored, loose fitting clothes



Heat Exhaustion	Heat Stroke
<p>ACT FAST</p> <ul style="list-style-type: none"> • Move to a cooler area • Loosen clothing • Sip cool water • Seek medical help if symptoms don't improve 	<p>ACT FAST</p> <p>CALL 911</p> <ul style="list-style-type: none"> • Move person to a cooler area • Loosen clothing and remove extra layers • Cool with water or ice
<p>Dizziness</p> <p>Thirst</p> <p>Heavy Sweating</p> <p>Nausea</p> <p>Weakness</p>	<p>Confusion</p> <p>Dizziness</p> <p>Becomes Unconscious</p>
<p><i>Heat exhaustion can lead to heat stroke.</i></p>	<p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>
<p>Stay Cool, Stay Hydrated, Stay Informed!</p>	

Additional information about heat exhaustion and heat stroke can be accessed via this link:

<https://www.weather.gov/safety/heat-illness>

Some factors that might increase your risk of developing a heat-related illness include:

- High levels of humidity
- Obesity
- Fever
- Dehydration
- Prescription drug use
- Heart disease
- Mental illness
- Poor circulation
- Sunburn

Click on the following link for Tips for Preventing Heat-Related Illness:

<https://www.cdc.gov/disasters/extremeheat/heattips.html>

USEFUL SCPA MRC LINKS

Email Inbox: mrc@ehsf.org

Website: <https://mrc.ehsf.org/>

LinkedIn page:

<https://www.linkedin.com/showcase/south-central-pennsylvania-medical-reserve-corps/>

SERV PA: <https://serv.pa.gov>