



# NEWSLETTER

Volunteers Building Strong, Healthy, and Prepared Communities

## Public Health—Idaho North Central District Achieves National Accreditation

Spring 2016

Dear Community Partners,

Public Health – Idaho North Central District (PH-INCD) is pleased to announce that it has been accredited for five years by the Public Health Accreditation Board.

This milestone accomplishment is official recognition that PH-INCD exceeds the rigorous standards established by the non-profit, non-governmental Public Health Accreditation Board (PHAB). The national accreditation program works to improve and protect the health of the public by advancing and ultimately transforming the quality and performance of the nation’s state, local, Tribal and territorial public health departments. Accreditation means that the PH-INCD is committed to continuous quality improvement so that we can meet our community’s needs as effectively as possible. PHAB accreditation demonstrates our accountability and credibility to everyone with whom we work.

PH-INCD is proud to be recognized by PHAB for demonstrating the capacity to protect and promote the health of our community. The achievement of national accreditation will help guide our work to better protect, promote and preserve the health of the people in our community.

This achievement is a testament to the staff, Board of Health and community partners who work to improve the health and quality of life in North Central Idaho.

We are grateful to our community partners who supported and continue to support PH-INCD and our efforts toward maintaining accreditation.

Thank you,

Carol Moehrle, Director

Public Health – Idaho North Central District

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## Stay Healthy and Safe this Spring

Bitten by the travel bug for spring break this year? Follow these tips to reduce your risk of illness or injury abroad.

- Find out about vaccines and any health concerns at your destination. Visit your local health department or a travel medicine specialist at least 4 to 6 weeks before you leave the United States.
- Make extra copies of your passport and other travel documents that you can leave with a family member or friend.
- Pack smart and prepare a travel health kit with the items you may need on your trip including medicines, sunscreen, and bug bite protection.

Wherever your spring break plans take you, be informed and make smart decisions. The CDC Traveler’s Health Website is a great first stop to make sure you are prepared (<http://wwwnc.cdc.gov/travel>).

### Zika Preparedness

Many popular spring break destinations throughout the Caribbean, Central America, South America, Pacific Islands, and Mexico have outbreaks of Zika virus. The CDC has issued Zika travel notices with recommendations for travelers to these destinations.



The Zika virus is primarily spread by mosquitoes. CDC recommends that travelers to any destination with Zika protect themselves from mosquito bites. CDC also recommends that pregnant women not travel to an area with Zika as the virus is linked to serious birth defects. Consult your doctor if you must travel to one of these areas.

For more information on Zika Preparedness go to <http://www.cdc.gov/zika/about/index.html>.



# Cascadia Rising Exercise

Public Health—Idaho North Central District and the five counties of North Central Idaho continue to plan for the 2016 Cascadia Rising Exercise. The exercise is testing the effective coordination and integration of governments at all levels as well as non-government organizations and the private sector’s ability to jointly respond to a catastrophic event on the West Coast of the United States. The states of Idaho, Washington, Oregon and select areas of British Columbia are participating in the exercise on June 7-10, 2016.

The exercise is simulating a 9.0 earthquake along the Cascadia Subduction Zone, which is a fault line that stretches 600 miles from British Columbia to Northern California. An incident of this magnitude would generate a tsunami that would be similar in size to the one that struck Japan in 2011. The damage estimates for this type of event are catastrophic. Nearly all of the infrastructure and residential homes will be destroyed within the inundation zone. Further inland the impact of the earthquake will cause extreme damage to healthcare facilities, roads, bridges, electric power systems, etc. The disaster will force people to flee the coastal areas in search of safety, healthcare, and the basic necessities of life.



Aftermath of the 2011 Japan tsunami

North Central Idaho is working as a region to plan for an influx of people that could result in disaster like this. The counties, hospitals, and several other participants agencies are preparing for the exercise through lead up trainings and exercises. The ability to assess the situation through multiagency coordination, situational awareness, and proper communications are areas of focus identified by the region for this exercise.



Shelter set up for evacuees

For more information on Cascadia Rising go to <https://www.fema.gov/cascadia-rising-2016>.

## Thank you to those who have participated in recent MRC activities:

### University of Idaho Vaccination Clinic

- |                  |               |                   |                |
|------------------|---------------|-------------------|----------------|
| Pat Monger       | Jodi Bice     | Sharon Snow       | Bill Snow      |
| Courtney Kunjara | Shauna McCall | Brittany Dean     | Liahona Dillon |
| Olga Groseclose  | Angie Madsen  | Samantha Kleffner |                |

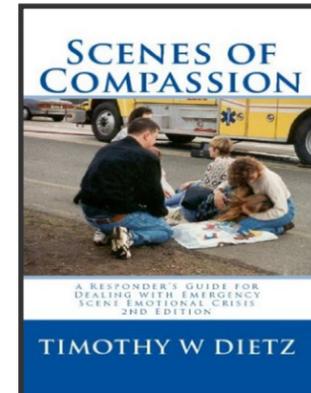
## Volunteers Needed

Nez Perce County and the Lewiston Airport will be hosting a full scale exercise on Friday, June 10th in Lewiston as part of the Cascadia Rising exercise. Volunteers are needed as patients involved in a plane crash scenario. Patients will be transported by EMS to one of the local hospitals and triaged by the staff as part of a med surge. The exercise is scheduled to last from 8:00am—12:00pm. Volunteers need to arrive at 6:30am for moulage and exercise prep. Lunch will be provided. Please contact Ryan Bender at 208-799-0393 or [rbender@phd2.idaho.gov](mailto:rbender@phd2.idaho.gov) if you would like to participate in the exercise.



## Scenes of Compassion Training

The North Central Idaho Medical Reserve Corps is providing a training on “Scenes of Compassion”; a guide for dealing with emergency scene emotional crisis. The course is scheduled for Tuesday, May 24th at Lewis-Clark State College from 9:00am—5:00pm. Lunch will be on your own.



“Scenes of Compassion” is an internationally recognized course revealing how responders can dramatically impact the emotions of people at emergency scenes. Participants learn how to understand and successfully deal with human emotional crisis, and develop skills for scene control and mitigation.

The instructor, Timothy Dietz, began his fire service career in Oregon in 1979. His first 22 years working on the line as a Company Officer/Paramedic. He retired at the end of 2008 as the Behavioral Health Specialist for a metropolitan fire district on the edge of Portland, Oregon. He is a Licensed Professional Counselor and an internationally recognized speaker on crisis, grief, and staying happy and healthy in the emergency service professions.

Please RSVP with Ryan Bender at 208-799-0393 or [rbender@phd2.idaho.gov](mailto:rbender@phd2.idaho.gov).

## MRC Activities

The MRC Advisory Board is looking for your input. Please let us know what kind of activities, trainings, and exercises you would like to see the MRC participate in. If you would like to join the Advisory Board, please contact Ryan Bender for more details. Thank you!

**Ryan Bender, MRC Coordinator**  
[rbender@phd2.idaho.gov](mailto:rbender@phd2.idaho.gov) - 208-799-0393

