

Livingston County Medical Reserve Corps Newsletter



2022 Edition 1

Welcome To the First MRC Newsletter

Welcome to the inaugural edition of the MRC Quarterly Newsletter. Our hope is that you find this newsletter informative and helpful. It was agreed that a quarterly newsletter would be welcomed by you. So let's get started.

COVID Bivalent Booster Clinics

When the new bivalent booster was made available, clinics were scheduled. Throughout September, October and November, we saw many residents come through both our drive-thru and walk-in clinics. We received many compliments from participants such as this one, "I am sitting in the parking lot having just received my COVID and flu shots. I wanted to commend the staff working today. Each one from the greeter to the nurse was pleasant and treated me like I was the first person they talked to today instead of the 50th. It was so organized and quick I wanted to let you know what a great job your team is doing." Great job to everyone who was able to work these clinics and thank you for your continued service to our community.



Emerging Issues

An "Emerging Issues" chart has been developed to track emerging issues that currently or in the future could affect Livingston County residents.

As of 11/14/2022

Now Active:

- COVID, RSV and Flu
- The salmonella outbreak that occurred 9/1 - 10/5 is still under investigation. There were 8 cases reported in Livingston County.
- Monkeypox is also being monitored but there are no confirmed cases in Livingston County.

On Alert:

- Chicken Pox - 16 cases have been reported in the State. Currently there are no confirmed cases in Livingston County.

Be Aware:

- Nothing at this time.

No Action:

- Ebola - Approximately 46 contacts in New York State are being monitored and all are considered low risk.

Did You Know?

Per the CDC, at least 430 people die in the U.S. from accidental carbon monoxide (CO) poisoning every year. Approximately 50,000 people in the U.S. visit the emergency department each year due to accidental CO poisoning.

What Is Carbon Monoxide?

Carbon monoxide (CO) is an odorless, colorless gas. It is produced any time a fossil fuel is burned and it can cause sudden illness and death.

Symptoms of CO poisoning

The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. People who are sleeping or who have been drinking alcohol can die from CO poisoning before ever having symptoms.

CO Poisoning Prevention Tips

- Check or change the batteries in your CO detector every six months. If you don't have a battery-powered or battery back-up CO detector, buy one soon.
- Have your heating system, water heater and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.
- Keep vents and flues free of debris. Debris can block ventilation lines.
- Never leave the motor running in a vehicle parked in an enclosed or partially enclosed space, such as a garage.
- Never run a motor vehicle, generator, pressure washer, or any gasoline-powered engine less than 20 feet from an open window, door, or vent where exhaust can vent into an enclosed area.
- Never use a charcoal grill, hibachi, lantern, or portable camping stove inside a home, tent, or camper.
- Never run a generator, pressure washer, or any gasoline-powered engine inside a basement, garage, or other enclosed structure, even if the doors or windows are open.

If you suspect CO poisoning, call 911 or a health care professional right away.

For more information on carbon monoxide, please visit the CDC website at: www.cdc.gov/co.



Volunteering Opportunities

Did you know you can volunteer in the Livingston County Hospice Program?

The Hospice Program has multiple ways for you to assist such as:

- Person focused help in the home, Center for Nursing and Rehabilitation or group homes
- Running errands for Hospice patient/family
- Sitting with the Hospice patient while the family does needed errands
- Office based support

Requirements:

- Background checks, health assessments, specific trainings and specific curriculum are required

If this is something of interest to you and you would like to learn more about volunteering for Hospice, please contact June Webster at 585-243-7299. We will work together with Hospice to schedule a joint home visit with Hospice staff.