

# Wallingford **MRC** Newsletter

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## Greetings MRC Members!

**The Wallingford Health Department is pleased to introduce Kaelyn Audette as the new MRC coordinator.**



Kaelyn has been a MRC member since May 2016. She just recently graduated from Southern Connecticut State University with a bachelors degree in Public Health with a minor in Psychology. Kaelyn looks forward to continue working with all of the MRC members.

Please feel free to email/call Kaelyn at any time if you have any training ideas, questions, or concerns. She would be happy to meet with any current or potential members.

During this flu season, the health department held three flu clinics in regards to the outbreak. We vaccinated over **100** members of our community.

### Flu Prevention Tips

- ⇒ Get vaccinated
- ⇒ Avoid close contact with people who are sick
- ⇒ Stay home when you are sick
- ⇒ Wash your hands



Pictured above are Kaelyn Audette, MRC Coordinator and Anne Bernick, Public Health Nurse at the Flu Clinic held at the Wallingford Public Library.





## POINTS OF DISPENSING

Wallingford is a CDC “Mass Dispensing” site, with responsibility to distribute medication to all residents in response to an emerging infectious disease or biological event.

### Save-the-date:

**FSX POD: Tuesday July 10th, 3:00 pm start**

**Sheltering exercise: July 7 - July 14**

We need at least 10 medical professionals (MD, RN, APRN, PharmD, etc.) and 30 non-medical persons to volunteer for this exercise; we need your assistance for this event to be successful. We encourage you to be a part of our POD!

- ⇒ Please note that if you are participating in the POD exercise, you must be First Aid and CPR/AED certified. We have an upcoming First Aid Training on March 13, 2018!

### What is a POD?

A POD is a community based dispensing point for vaccinations or medications.



A POD is also referred to as a dispensing site, dispensing clinic, medication clinic, or Community Emergency Medication Clinic.

## Upcoming Trainings

Please call the Health Department or email [MRCcoordinator06492@gmail.com](mailto:MRCcoordinator06492@gmail.com) to register



#### **First Aid Training:**

March 13, 2018, 6pm-8pm

MRC Building: 143 Hope Hill Rd., Wallingford

#### **Stop the Bleed Training:**

March 31, 2018, 2pm-4pm

MRC Building: 143 Hope Hill Rd., Wallingford

#### **Until Help Arrives Training:**

April 3, 2018, 6pm-8pm

MRC Building: 143 Hope Hill Rd., Wallingford

#### **CPR/AED Training:**

April 10, 2018, 6pm-8pm

MRC Building: 143 Hope Hill Rd., Wallingford

#### **Blood borne Pathogen Training:**

May 1, 2018. 6pm-8pm

MRC Building: 143 Hope Hill Rd., Wallingford

#### **Pet First Aid Training:**

May 8, 2018, 6pm-8pm

MRC Building: 143 Hope Hill Rd., Wallingford

If you have not yet registered for our upcoming trainings “First Aid” Tuesday March 13, from 6pm-8pm and “Stop the Bleed” Saturday March 31, from 2pm-4pm at the MRC Building, please call the office at (203) 294-2065 to register.



Public Health  
Wallingford, Connecticut