



ST. CLAIR COUNTY MRC

Volunteers Building Strong, Healthy,
Prepared Communities



Public Health
Prevent. Promote. Protect.
St Clair County
Health Department
together for your health.

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PSYCHOLOGICAL FIRST AID TRAINING

Whether you are a leader or a team member, you know how important the people you work with are to your organization's success. This course offers you the opportunity to consider and pursue strategies for supporting colleagues and team members during a disaster response as stress levels increase for workers and the demands on your organization become more urgent.



The goal of this course is to help individuals you work with cope with stress at manageable levels making it possible for them to effectively function and build resilience with each successive event they encounter. **This will also be beneficial to your role in the Medical Reserve Corps (MRC)!**

Climate change, the increasing frequency of extreme weather events, and a global pandemic have put workers across the workforce sectors in challenging and often distressing circumstances. Individuals who possess effective coping and stress management skills characterize a resilient workforce. You can help to build a resilient workforce by learning more about and practicing Psychological First Aid (PFA).

Learning Objectives

Upon completion of the course, participants will be able to:

- Recognize the importance of PFA as a tool for enhancing workforce resilience and supporting optimal workforce performance
- Describe what PFA is and why it is important
- Identify the core components of PFA and practical ways to implement it.
- Identify Challenges to providing PFA and opportunities for suggesting the need for additional support

Online Training
Course
HERE

Note: You will have to register for an I-Train account if you haven't done so already.

Please report training hours to: kiarra.jones@co.st-clair.il.us



Save the Date!

MRC HYBRID MEETING

AT ST CLAIR COUNTY HEALTH
DEPARTMENT & ZOOM



**A 1 HOUR
MEETING**

**Open to
In-Person &
Remote**

Thursday
October 6th

2:00 pm - 3:00pm
19 Public Square
Belleville, IL 62220
(3rd Floor Lunch Room)
Join Virtually on Zoom [HERE](#)

Speaker:

Liz McQuaid

Chestnut Health Systems
"Stigma Training"

If you plan to attend, please [Sign up HERE](#)

WHAT YOU NEED TO KNOW ABOUT MONKEYPOX



Monkeypox is rare and does not spread easily between people typically without **close contact**.

What is Monkeypox?

Monkeypox is a viral infection transmitted through close, personal contact, including kissing, sex, and other skin-to-skin or face-to-face contact. Fatality during the current outbreak is estimated to be very low

WHAT ARE THE SYMPTOMS?

KEY SYMPTOM



Rash, bumps, or blisters

These may appear anywhere on the body, including the genitals. This may look similar to syphilis, herpes, or other common skin rashes.

OTHER SYMPTOMS



Fever & Headaches



Muscle Aches



Swollen Lymph Nodes

Symptom onset ranges from 5-21 days

WHAT CAN YOU DO?



STAY INFORMED

Remain calm. This is a rapidly changing situation. Visit the CDC Website for up-to-date guidance.



CONTACT

If you have symptoms, call (do not visit) your health care provider, and ask about testing.



ISOLATE

If you have symptoms, stay at home, wear a mask, and cover lesions to protect others.

ANYONE CAN GET MONKEYPOX

The data currently shows that transmission is higher among people in close sexual networks. However, anyone in close contact like skin-to-skin or face-to-face to cases may get the infection. **Reduce your risk, stay safe, and be healthy.**

REDUCE YOUR RISK

POLIO VACCINATION: WHAT EVERYONE SHOULD KNOW

Most adults in the United States were vaccinated as children and are therefore likely to be protected from getting polio. In general, unless there are specific reasons to believe they were not vaccinated, most adults who were born and raised in the United States can assume they were vaccinated for polio as children. Polio vaccination has been part of the routine childhood immunization schedule in the United States for decades and is still part of the routine childhood immunization schedule. Adults who received any childhood vaccines in the United States almost certainly were vaccinated for polio.

Unvaccinated or incompletely vaccinated adults who are at increased risk of exposure to poliovirus (see below) should receive and complete their polio vaccination series with IPV. Other adults who are unvaccinated or incompletely vaccinated should talk with their doctor to understand their risk for polio and need for polio vaccination. Adults who completed their polio vaccination but who are at increased risk of exposure to poliovirus may receive one lifetime IPV booster.

Who Should Get Polio Vaccine?

As part of routine childhood immunization, children in the United States should get inactivated polio vaccine (IPV) to protect against polio, or poliomyelitis. They should get four doses total, with one dose at each of the following ages:

- 2 months old
- 4 months old
- 6 through 18 months old
- 4 through 6 years old

Children who have not started their polio vaccine series or who are delayed in getting all recommended doses should start as soon as possible or finish their series by following the recommended catch-up schedule.

Who Should Not Get Polio Vaccine?

- If the person getting the vaccine has any severe, life-threatening allergies.

If the person receiving the vaccine ever had a life-threatening allergic reaction after a dose of IPV, or has a severe allergy to any part of this vaccine, they may be advised not to get vaccinated. Ask your health care provider if you want information about vaccine components.



- **If the person getting the vaccine is not feeling well.**

If the person getting the vaccine has a mild illness, such as a cold, they can probably get the vaccine today. If they are moderately or severely ill, they should probably wait until they recover. Your doctor can advise you.

What Are the Types of Polio Vaccine?

Two types of vaccines protect against polio, or poliomyelitis.

- **Inactivated poliovirus vaccine (IPV)**
 - IPV is the only polio vaccine that has been used in the United States since 2000.
 - It is given by shot in the leg or arm, depending on the patient's age.
- **Oral poliovirus vaccine (OPV)**
 - This vaccine is no longer licensed or available in the United States.
 - It is still used in many parts of the world.
 - Children receive doses of the vaccine by drops in the mouth.

Since 2000, only IPV has been used in the United States to eliminate the risk of vaccine-derived poliovirus that can occur with OPV.

To read the full article, visit [HERE](#)

TEDDY BEAR CLINIC

On September 21st the **St. Clair County Medical Reserve Corps** collaborated with **Belleville West High School's Student Council** to hold our first in-person Teddy Bear Clinic. A Teddy Bear Clinic is an interactive health fair geared toward pre-K students. This clinic took place at **Shiloh Elementary School**. With the help of BTHS-West's student council, the students were able to have fun by dressing up as doctors and learn about topics such as nutrition, germs/proper hand washing, dental health, and ways to not be fearful of the doctor! All students were provided teddy bears who were their "patients" for the day. We also invited parents of the students to attend an emergency preparedness presentation presented by the **MRC volunteer coordinator, Kiearra Jones**.

One of the main goals is to strengthen public health and enhance emergency preparedness practices in our community. If you know of a pre-K program who may be interested in hosting a clinic, please contact: **MRC1779@co.st-clair.il.us**



UPCOMING EVENTS

OCT

6

Location
19 Public Square, Belleville & Zoom
2:00 PM - 3:00 PM

MRC Hybrid Meeting

St. Clair County Medical Reserve Corps Hybrid Meeting. Guest Speaker, Liz McQuaid, Chestnut Health Systems. Sign up for meeting [HERE](#)

OCT

7&8

Location
The Square in Downtown Belleville
11:00 AM - 10:30 PM

Belleville Chili Cook-Off

Hosted by the Greater Belleville Chamber of Commerce, the Annual Chili Cook-off has featured the culinary creations of individuals, local organizations, and area business for more than 39 years! Come enjoy the chili, entertainment, and other festivities! Volunteers are also needed. If you are interested please contact the Belleville Chamber Office: 618-233-2015

OCT

15

Location
The Square in Downtown Belleville
9:00 AM

St. Clair County Out of the Darkness Walk

The Out of the Darkness Community Walk is a journey of remembrance, hope, and support. It unites our communities and provides an opportunity to acknowledge the ways in which suicide and mental health conditions have affected our lives and the lives of those we love and care about. [LEARN MORE](#)

**BE SURE TO
CHECK YOUR
EMAILS FOR NEW
OPPORTUNITIES!**



“ Act as if what you do makes a difference...It does. -William James ”

