

SERV-OR Bulletin

Issue 10: A New Year Ahead

December 29, 2020

Feeling Down or Know Someone

Who Is? **NEW**

By Daniel L Hughson, MD

2020 has been a year of immeasurable mental and emotional challenge and loss for many of us. The holiday season can add even more to the sense of being overwhelmed.

A mental health issue can sneak up unexpectedly. Difficulty finishing projects, little enjoyment with fun activities or having trouble making simple decisions might be early warning signs. Other indicators include feeling stressed, tired all the time, being irritable, impatient or easily angered, sleeping poorly, or a general feeling of sadness. At times, one might think of harming themselves or participating in risky behaviors (heavier alcohol or drug use, reckless driving, etc.).

Please know that such feelings are not born of weak character and that seeking help is not a sign of weakness. If you or someone you know are having trouble in this way, know there is hope. Please visit the support resources below:

- Safe and Strong Oregon** – **NEW** A robust hub for various behavioral health resources in Oregon (OHA)
- Psychalive** – Psychology for Everyday Life website
- Lifeline** – National Suicide Prevention Lifeline Organization
- SAMSHA** – Substance Abuse and Mental Health Services Administration
- Holiday Stress During Uncertain Times** – Tools and reminders for coping with stress during the holidays

Current Volunteer Opportunities **Updated**

Looking for volunteer opportunities in your area? Complete the interest forms for additional information:

- Testing Event interest form**
- OHA Testing Unit Logistics Support interest form**

Once you have taken a survey, SERV-OR will verify your healthcare credentials and send you a screening survey that will put you on the list to hear about opportunities in your area.

Curious about vaccine distribution opportunities? You're not alone! While it may be assumed SERV-OR volunteers will be asked to deploy to dispense the COVID-19 vaccine, there are no current requests for state volunteers. Jurisdictions are preparing distribution plans, which may lean on support from MRC volunteers. Stay connected to SERV-OR and vaccination topics through the SERV-OR Trusted Messenger Campaign! Additional training and guidance are shared as they become available.

There are no plans to universally vaccinate all registry volunteers and this is not anticipated to change.

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COVID-19 Testing Update **NEW**

In the past 4 months (since 8/14), we have had over 100 testing events (107 events to be exact and testing almost 17,000 individuals). Serv-OR has been at nearly every event having deployed 89 volunteers to community testing events since September. On 11/16, we began HHS Surge Testing and have had 53 events to date using over 10,000 HHS tests. We have had 48 events in December including HHS surge testing, but also including smaller venues such as low-income housing complexes, homeless shelters, and farms. **All** these events are made possible through the dedication of Serv-OR volunteers and we are beyond grateful for their service. To find a local testing site, anyone can visit doineedacovid19test.com and complete the screening.

Lincoln County MRC **NEW**

Written by Renee Menkens

Although the onset of the COVID-19 pandemic aligned with the initial recruitment period in March, the Lincoln County Medical Reserve Corps (LC-MRC) was able to hold three recruitment events and had over 50 members of the community express enthusiasm for joining.

Last year, the LC-MRC was awarded a grant to create a deployable MRC Team trailer. The team focused on buying supplies for deployments. Michelle Pelkey, Clinical Lead Volunteer, recommended additional medical supplies to supplement team member kits. All these supplies were assembled into easily deployable boxes and were utilized for the Echo Mountain Complex Fire.

During the Echo Mountain Complex Fire, the MRC worked with Red Cross volunteers and Public Health Nurses to stand up a medically fragile shelter for those who required low level medical care.



Lincoln County deployable MRC Team supply trailer

Experienced members of the State Managed Volunteer Pool were deployed to assist while a Samaritan volunteer provided coordination of evacuees to more permanent locations.

Despite this unprecedented year, the LC-MRC was able to finalize their first round of volunteers. Lincoln County is excited to work with MRC volunteers to continue to grow the program and continue to provide emergency medical assistance to our community!

Online Training Modules, Technical Assistance, and Toolkits **Updated**

HHS/ASPR COVID-19 Outpatient Therapeutics Mini-Series (2021)

1/6, 1/13, 1/20, 0900-1000 PST

CME/CEU offered for live participation; registration for all sessions [here](#)

All sessions (including 12/9 and 12/16) recorded and posted [here](#)

Find training opportunities at this link [here](#) which will be updated regularly. Please continue to check it throughout the month!

You can also visit the [SERV-OR Trainings page](#) for links to the foundational training series for Disaster Medicine and Public Health Core Competencies, FEMA Incident Command courses, and more!

Job Opportunities Updated

- Catholic Charities Oregon - **Disaster Relief Director**
This was posted 8 weeks ago with no closing date listed.
- **River Ave. Alternate Care Center** (RAACS), (Occupy Medical Eugene): Nurses and MA's, caring for Covid-19 diagnosed/ exposed residents, placed through Lane County Public Health.
This was posted 12/10/20 with no closing date listed.
- **RDPO Weekly Update** contains information on current job openings.
- **Oregon Health Authority State and County jobs** with dates varying depending on openings.
- Clackamas County Public Health is seeking a Senior Program Planner to oversee and develop a coordinated COVID-19 vaccine distribution program. This fulltime position is authorized through March and likely will be extended through June. For additional information, please contact Jeannine Breshears: jeanninebre@clackamas.us, 503-709-7488.

Flu Shot Reminder

A reminder that the CDC and OHA recommend we all receive the seasonal flu vaccine, which is widely available. As usual, vaccinations are recommended and are particularly important for avoiding dual flu-COVID infections. Full information, including the Vaccine Finder tool, is available at [OHA's Flu Prevention Portal](#)

Test Your COVID-19 Vaccine Knowledge Updated Provided by Jeff Rubin

In lieu of our monthly trivia questions we're offering common questions on the newly approved COVID-19 vaccines. For more information, please refer to [OHA](#) and [CDC](#).

Which of the following statements are **true** and which are **false**?

1. Receiving the Pfizer or Moderna vaccines will alter my DNA.
2. The vaccine can give people COVID-19.
3. Those who have recovered from confirmed COVID-19 infection don't need vaccination.
4. People who have received the pair of vaccinations by Pfizer or Moderna (21 days and 28 days apart, respectively) and have waited the full recommended duration after the second shot (typically a few weeks) still need to observe COVID-19 precautions.

SERV-OR Mission

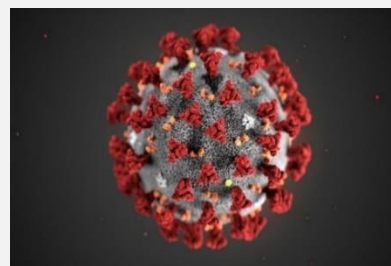
The mission of the State Emergency Registry of Volunteers in Oregon (SERV-OR) and Oregon’s MRC network is to ensure health and wellbeing, educate, and protect all people in Oregon by recruiting, registering, training, exercising, and deploying licensed volunteer health professionals to support local, tribal, and statewide public health initiatives, health and medical needs during public health crises, and to improve access to preparedness education and resources for all individuals and

Test Your COVID-19 Vaccine Knowledge Answers Updated

1. **False:** both vaccines use messenger RNA (mRNA) and do not affect your DNA; they just “instruct” your immune system. mRNA vaccines take advantage of the process that cells use to make proteins in order to trigger an immune response and build immunity to SARS-CoV-2, the virus that causes COVID-19.
2. **False:** none of the approved vaccines contain SARS-CoV-2 (the virus that causes COVID-19) and thus can’t cause disease. All successful vaccinations stimulate the immune system and may cause side effects. Visit the CDC’s Vaccines page for [accurate information on vaccine side-effects](#).
3. **False:** There is not enough information currently available to say if or for how long after infection someone is protected from getting COVID-19 again; this is called natural immunity. Early evidence suggests natural immunity from COVID-19 may not last very long, but more studies are needed to better understand this. Until we have a vaccine available and the Advisory Committee on Immunization Practices makes recommendations to CDC on how to best use COVID-19 vaccines, CDC cannot comment on whether people who had COVID-19 should get a COVID-19 vaccine. OHA Senior Health Advisors do not discourage people who were previously infected from getting the vaccine.
4. **True:** Vaccines will work with your immune system so it will be ready to fight the virus if you are exposed. We do not yet know if vaccinated people can still spread SARS-CoV-2 to others and the vaccine is still only 95% effective in preventing disease. The combination of getting vaccinated and following CDC’s recommendations [to protect yourself and others](#) will offer the best protection from COVID-19.

How did you do?

- 0 correct:** Not to needle you, but please check out the info from OHA and CDC
- 1 correct:** Partial uptake
- 2 correct:** Good shot
- 3 correct:** Spread your knowledge
- 4 correct:** **You’re a Messenger!**



This bulletin is the 10th Edition since the pandemic! Contributors to this bulletin include Paul Kaplan, Dan Hughson, Renee Menkens, Jeff Rubin, Carmen Ionescu, Jordana Leeb, and Sophie Miller-DeSart. Thank you so much to this team for all their efforts!