



O R E G O N

QUARTERLY REPORT

**1st Quarter
March 2011**

Marion County Health Department
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To report a communicable disease
(24 hours a day, 7 days a week)

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Vital Statistics Quarter Ending: March 2011	1st Quarter 2011 2010		Year to Date 2011 2011	
<u>BIRTHS</u>				
TOTAL DELIVERIES	1194	1276	1194	1276
Delivery in Hospital	1179	1262	1179	1262
Teen Deliveries (10-17)	44	57	44	57
<u>DEATHS</u>				
TOTAL	672	642	672	642
Medical Investigation	63	68	63	68
Homicide	5	1	5	1
Suicide	10	13	10	13
Accident – MVA	6	3	6	3
Accident – Other	21	19	21	19
Natural / Undetermined / Pending	21	32	21	32
Non-Medical Investigation (all natural)	609	574	609	574
Infant Deaths	6	3	6	3
Fetal Deaths	2	2	2	2
<u>COMMUNICABLE DISEASES</u>				
E-Coli: 0157	0	0	0	0
Hepatitis A	0	0	0	0
Acute Hepatitis B	0	2	0	2
Chronic Hepatitis B	7	12	7	12
Meningococcus	1	0	1	0
Pertussis	10	3	10	3
Tuberculosis	2	1	2	1
<u>SEXUALLY TRANSMITTED DISEASE</u>				
PID (Pelvic inflammatory Disease)	3	3	3	3
Chlamydia	410	412	410	412
Gonorrhea	18	34	18	34
Syphilis	2	2	2	2
AIDS	0	3	0	3
HIV Positive	3	2	3	2

Cascadia Earthquake: Are You Ready for the Big One?

Karen Landers MD MPH Marion County Health Officer

The destruction and loss of lives due to the magnitude 9.0 earthquake and subsequent tsunami off the northeastern coast of Japan on March 11, 2011, is the most recent in a series of natural disasters demonstrating the devastating consequences of the world's natural forces. Approximately 50-75 miles off the coast of Oregon, the 600-mile-long Cascadia Subduction Zone (CSZ) extending from Northern California to southern British Columbia, could produce a seismic event of similar magnitude at any time within the next 50 years according to Oregon geologists. Studies of off-shore landslides indicate that earthquakes of magnitude 8 or greater have occurred at approximately 250-350 year intervals along the CSZ going back 10,000 years, the most recent of which occurred on January 26, 1700, and generated a documented "orphan" tsunami in Japan (e.g., not associated with an earthquake there) several hours later. (See timeline from Oregon Dept. of Geology and Mineral Industries, DOGAMI, on next page).

Because earthquakes strike suddenly and without warning, the time to prepare is **before** they occur. You can take steps to reduce loss of life, prevent injuries and damage to property, and help your medical office continue to function in the event of a community-wide disaster such as a CSZ earthquake. The following suggestions and resources are provided to help you get ready for the next big one.

Continued 

Prepare Your Family

Have disaster supplies on hand. Create portable kits that you can grab and go or carry in your vehicle. Include:

- *Copies of important documents
- *Copies of medical prescriptions
- *Medical supplies including prescription medications
- *First aid kit
- *Battery or crank-operated radio and flashlight with extra batteries
- *Non-perishable food and water
- *Nonelectric can opener
- *Sturdy shoes
- *Cash
- *Out-of-town contacts list (May be easier than communicating locally during a disaster)

Know the emergency plans at places where family spends time (child care, schools, work) and identify a place where family members should meet if separated.

Prepare Your Home

- *Fasten shelves to walls
- *Place large or heavy objects closer to ground level
- *Brace overhead light fixtures
- *Secure water heater to wall studs or floor.
- *Hang heavy items away from beds and anywhere people sit.
- *Identify safe places indoor and outdoors to be during the earthquake:
 - Under sturdy furniture (heavy desk or table) (**DROP, COVER, HOLD ON**)
 - Against an inside wall (away from windows or heavy objects)
 - Away from buildings, trees, telephone and electrical lines

Prepare Your Office or Clinic

- *Check your building structure for seismic integrity.
- *Install straps, nets, or shelve edge protectors to keep items from falling off shelves.
- *Install latches on cabinets to keep contents from spilling to floor.
- *Secure tall bookcases or cabinets to prevent them from falling.
- *Use special wire-trap hangers, heavy duty hooks or earthquake strength circles to prevent pictures or posters from jumping off wall hooks.
- *Secure large office appliances and machines that could move and block exit paths.
- *Secure electronic equipment with non-slip mats or straps.

Secure Your Data

- *Back up electronic information including billing, health records, and accounting systems, and keep securely offsite.
- *Implement “three lock” rule by storing paper records in a room with a barrier such as a fire wall ideally behind three locked doors within your office/clinic.
- *Storage units should be rated for fire, smoke, and water resistance.

Communication Plan for Staff and Patients

- *Create employee portal on your web site for updates.
- *Establish a telephone hotline or recorded message system with information.
- *Set up a phone tree with designated employees to call down the list.

*Write specific guidance for staff into your disaster plan (e.g., in the event of evacuation, when employees are expected back to work)

*Post alerts on your web site for patients including how to reach their provider or where patients can be seen temporarily if the office must be closed.

*Create patient e-mail list in order to send updates.

(NOTE: These are good ideas for any type of disaster)

Resources

The following resources may assist you with your earthquake preparations:

<http://www.worksafetech.com/>

<http://earthquake.usgs.gov/prepare/>

<http://www.ready.gov/america/beinformed/earthquakes.html>

<http://oregonstate.edu/dept/press/k-l/LivingWithEar.html>

Want to help during an earthquake disaster? For more information, visit:

<http://public.health.oregon.gov/Preparedness/Prepare/SERV-OR/Pages/index.aspx>, and learn about SERV-OR, a statewide registry system to help pre-credentialed health care professionals (physicians, nurses, behavioral health professionals and others) volunteer their services during emergencies with significant health impacts.

