

“NEW YEAR” NEWSLETTER



WINTER | 2025

OUR MISSION

Our mission is to have a trained team of medical and non-medical volunteers to provide rapid response in the event of acts of terrorism, public health issues and other disasters that may affect our communities throughout Morris County.



“The heart of a volunteer is not measured in size, but by the depth of the commitment to make a difference in lives of others.”
-DeAnn Hollis

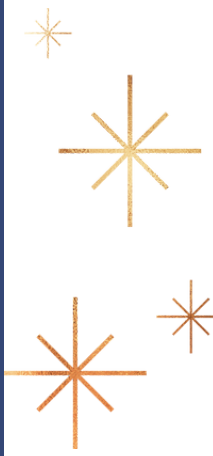
New Year,

SAME PLAN!

As we ring in the New Year, it’s the perfect time to refresh your emergency preparedness plan. Stock up on essentials like water, non-perishable food, and first-aid supplies.

Preparing now can bring peace of mind for whatever the year ahead holds.

(See more on page 2).



STAY CONNECTED WITH ALERTMORRIS!



SIGN UP FOR EMERGENCY ALERTS THROUGH MORRIS COUNTY EMERGENCY MANAGEMENT’S WEBPAGE.



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- New Year, Same Plan
- Winter Safety: Slips, Trips and Falls
- Generator Safety
- Upcoming Trainings

WANT TO VOLUNTEER WITH US?

FILL OUT AN APPLICATION!



Public Health
Prevent. Promote. Protect.



(MEDICALLY TRAINED)

-OR-



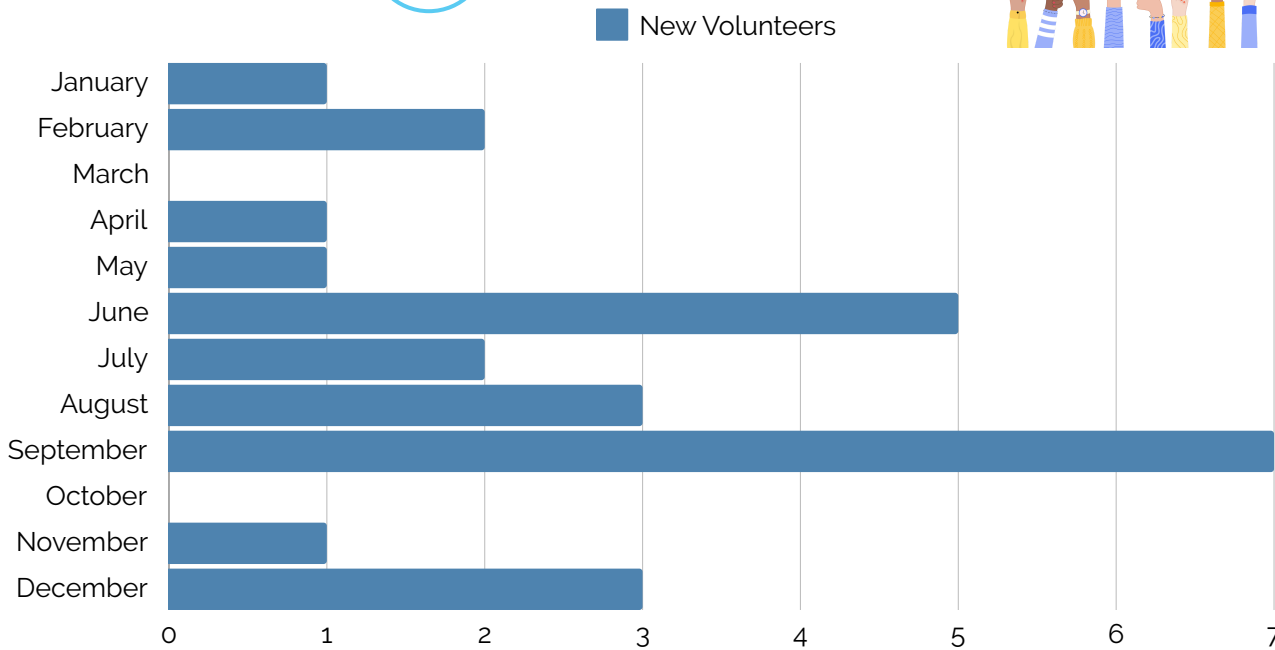
(NON-MEDICALLY TRAINED)

*MUST LIVE OR WORK IN MORRIS COUNTY, AND BE 18 YEARS OR OLDER.
VISIT OUR WEBPAGE FOR MORE INFORMATION OR UPDATES!



UNIT UPDATES

2024 RECAP:



26 new volunteers in 2024!



Did you see our billboard?

This project was supported by the funds of the New Jersey Department of Health during the month of October 2024 on Speedwell Ave., in Morris Plains.

HELD 7 SUCCESSFUL TRAININGS!

- FEB 2024: MRC Orientation**
- APRIL 2024: Autism Awareness**
- MAY 2024: Pathways to Preparedness**
- JUNE 2024: Brain Injury Workshop**
- SEPTEMBER 2024: Kick-Off Meeting**
- OCTOBER 2024: Fentanyl Awareness**
- DECEMBER 2024: Food Safety Forum**

Thank you to our trainers/presenters at Celebrate the Children, NJ DHS, Brain Injury Alliance, NJ DEA, and Morris County Division of Public Health!

NEW YEAR, SAME PLAN



ARE YOU READY?

Emergencies don't wait and your preparation shouldn't either. Kicking off the new year, now is the perfect time to refresh your emergency preparedness kit.

Update Personal Needs

- Toiletries
- Personal Hygienic Items

Check Expiration Dates

- Replace expired items

Review Important Documents

- Passports
- Government Issued IDs

Review Family Plan

- Review and practice evacuation routes and meeting points
- Discuss roles and responsibilities

Test Your Tools

- Test flashlights, radios, and smoke detectors
- Replace batteries as needed



For more information on maintaining your kit, visit: <https://www.ready.gov/kit>

SLIPS, TRIPS AND FALLS



Wintry conditions call for slippery walk ways and roads. The Center of Disease Control and Prevention reports about 1 million adults are injured by slips and falls every year. It is important to be mindful before going outside to either shovel, walk to your car or even get your mail. Consider the following tips to ensure safety this winter season:

- **Wear appropriate shoes:** Lightweight boots with good support, and good gripping for slippery conditions.
- **Do not rush:** Take your time and walk carefully when snow and ice are present.
- **Use available assistance:** If you need a cane, walker or handrails, make sure to use them for support.

If you do not feel safe or strong enough to tackle the outdoors in these conditions, stay inside. If you need to go somewhere, ask a friend, family member or neighbor for help.

For more information on winter safety, visit: mayoclinichealthsystem.org

GENERATOR SAFETY



Generators can be used as a secondary source of power when there is a loss of electrical power. While generators are extremely helpful and convenient, there comes serious health hazards if not used correctly:

- Carbon monoxide poisoning: Do not use a generator in small enclosed space. Carbon monoxide is odorless and colorless, so you will not know if it is building up in the room.
- Fire: Keep your generator and fuel (gasoline, propane, diesel, etc.) outside of the house. Before refueling your generator, make sure it is completely cooled down.
- Electrocution: Always use heavy duty extension cords. Consult with a qualified electrician to install an appropriate power switch for your generator.

Always refer to the generator's user manual on how to properly use the equipment, as not all generators are the same.

For more information on how to safely use generators, visit: [fema.gov](https://www.fema.gov)



TRAININGS & MORE!

Our next training will be Shelter Field Guide on Thursday, February 20, 2025 at the Morris County Public Safety Academy!

Shelter Field Guide is a training to teach you all you need to know on setting up, operating and closing a shelter. This training will be beneficial to those who will be assisting us for future responses and emergencies.

Keep an eye out for more training offerings in 2025. If you have a preference on a training you would like, let us know!

CONTACT US!



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Supported by the Morris County Board of County Commissioners