



MORRIS COUNTY MEDICAL RESERVE CORPS

NEWSLETTER



SUMMER 2024

OUR MISSION

OUR MISSION IS TO HAVE A TRAINED TEAM OF MEDICAL AND NON-MEDICAL VOLUNTEERS PROVIDE RAPID RESPONSE IN THE EVENT OF ACTS OF TERRORISM, PUBLIC HEALTH ISSUES AND OTHER DISASTERS THAT MAY AFFECT OUR COMMUNITIES THROUGHOUT MORRIS COUNTY.

INTERESTED IN JOINING THE MORRIS COUNTY MRC?

SCAN BELOW TO FILL OUT AN APPLICATION!



(MEDICALLY TRAINED)

-OR-



(NON- MEDICALLY TRAINED)



IN THIS ISSUE:

- UNIT UPDATES
- SWIMMING SAFETY
- EXTREME HEAT
- SPORT INJURY PREVENTION
- NEW TRAINING PLATFORM/FUTURE UPDATES



Public Health
Prevent. Promote. Protect.



medical
reserve
corps





WHAT WE'VE BEEN UP TO!



TRAININGS:

APRIL: AUTISM AWARENESS FOR FIRST RESPONDERS

MAY: PATHWAYS TO PREPAREDNESS

JUNE: INTRODUCTION TO BRAIN INJURY

THANK YOU TO OUR TRAINERS: CELEBRATE THE CHILDREN, NJ DEPT OF HUMAN SERVICES AND THE BRAIN INJURY ALLIANCE OF NJ!

TABLE EVENTS:

WE HELD TWO (2) SUCCESSFUL TABLE EVENTS APART OF MORRIS COUNTY DIVISION OF PUBLIC HEALTH & ATLANTIC HEALTH SYSTEM'S "MINI HEALTH FAIRS" ON JUNE 4 AND JUNE 11, 2024.



WELCOME TO
OUR TWO (2)
NEW
VOLUNTEERS!



(RECRUITMENT AND PET PREPAREDNESS INFORMATION TABLE)

SPLASH INTO SUMMER SAFELY!

DROWNING IS ONE OF THE LEADING CAUSES OF DEATH DURING THE SUMMER. HERE ARE SOME SAFETY TIPS TO ENJOY THE SUMMER SAFELY!



1 NEVER SWIM BY YOURSELF

2 WEAR A LIFE JACKET

3 LEARN CPR & FIRST AID

4 SWIM IN DESIGNATED AREAS

5 AVOID ALCOHOL & DRUGS

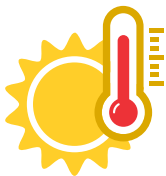
6 WEAR SUNSCREEN

7 SUPERVISE YOUR CHILDREN

8 KNOW THE WEATHER

WATER RELATED DEATHS ARE PREVENTABLE!

TO STAY UP TO DATE ON WATER SAFETY TIPS, VISIT:
[UNITED STATES LIFESAVING ASSOCIATION](http://www.uslifesaving.org)



EXTREME HEAT: WHAT TO KNOW & HOW TO STAY SAFE



EXTREME HEAT OR HEAT WAVES OCCUR WHEN THE TEMPERATURE REACHES EXTREMELY HIGH LEVELS OR WHEN THE COMBINATION OF HEAT AND HUMIDITY CAUSES THE AIR TO BECOME OPPRESSIVE.

BEAT THE HEAT BY DOING THE FOLLOWING:

STAY HYDRATED

DRINK PLENTY OF WATER AND KEEP A REUSABLE WATER BOTTLE HANDY

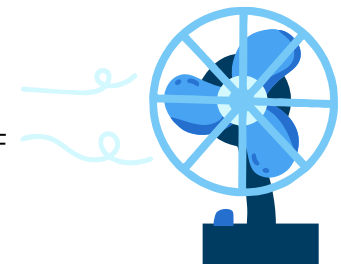


DRESS FOR SUMMER

WEAR LIGHT, LOOSE-FITTING, LIGHT-COLORED CLOTHING TO REFLECT HEAT

STAY COOL

SPEND TIME IN AIR-CONDITIONED OR SHADED LOCATIONS IF POSSIBLE



FOR MORE INFORMATION OR TO STAY UP TO DATE ON CURRENT HEAT CONDITIONS, VISIT: HEAT.GOV

SPORTS INJURY PREVENTION



SCHOOLS OUT! THIS CALLS FOR MORE OUTDOOR SPORTS AND ACTIVITIES FOR ALL AGES. IT IS IMPORTANT TO BE AWARE OF THE POTENTIAL DANGERS THAT COME WITH SUMMER SPORTS.

HELMET SAFETY: HELMETS SHOULD BE WORN WHENEVER A CHILD IS ON A BIKE, SKATEBOARD, SKATES OR ROLLERBLADES. DEPENDING ON THE SPORT, THE HELMET SHOULD BE FITTED PROPERLY PRIOR TO USE.

WATER SAFETY: CHILDREN SHOULD BE SUPERVISED AT ALL TIMES & AVOID DISTRACTIONS WHILE CHILDREN ARE IN THE WATER. TO PREVENT INJURY, DO NOT DIVE IN SHALLOW POOLS. ALL POOL DRAINS SHOULD BE COVERED.

SUN SAFETY: WEAR SUNSCREEN (SPF 15+) AND SUN-BLOCKING CLOTHING DURING HOT SUMMER DAYS. REAPPLY EVERY 2 HOURS. STAY IN THE SHADE WHEN POSSIBLE AND TAKE BREAKS FROM THE HEAT.

HYDRATION SAFETY: WATER SHOULD BE AVAILABLE AT ALL TIMES. ON HOT DAYS, PRACTICES AND GAMES SHOULD REQUIRE MORE FREQUENT WATER BREAKS.

FOR MORE INFORMATION , VISIT STANFORDCHILDRENS.ORG!

! IMPORTANT UPDATE TO ALL VOLUNTEERS !

BY SEPTEMBER 31, 2024, **ALL** VOLUNTEERS MUST BE REGISTERED ON THE NEW JERSEY LEARNING MANAGEMENT NETWORK (NJLMN). THIS PLATFORM WILL BE USED TO MONITOR TRAININGS AND STATUS OF EACH OF THE VOLUNTEERS.

LINK TO REGISTER: NJLMN.NJLINCS.NET
SELECT "REGISTER AS A NEW OR EXISTING VOLUNTEER".

YOUR COOPERATION IS GREATLY APPRECIATED!

CONTACT US!

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