

MORRIS COUNTY MEDICAL RESERVE CORPS

FALL 2022 NEWSLETTER



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.

Want to join Morris County MRC?

Fill out an application!

Medically Trained:

<https://morriscountynj.seamlessdocs.com/f/mrcmedical>

Non-Medically Trained:

<https://morriscountynj.seamlessdocs.com/f/mrcnonmedical>

**Already a volunteer? Refer a friend to volunteer with us
and receive MRC giveaways!**

**"No act of kindness, no
matter how small, is ever
wasted."
-Aesop**

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COVID-19 Vaccination

The CDC recommends COVID-19 vaccination for everyone of 6 months and older, and COVID-19 boosters for everyone ages 5 years and older, if eligible.

For children 6 months to 4 years old, please contact their pediatrician about obtaining a COVID-19 vaccine.

Bivalent boosters are now available for those 12 years or older. Find a local COVID-19 vaccination clinic near you by visiting: <https://covid19.nj.gov/pages/finder>.

Atlantic Health Systems continues to offer COVID-19 vaccinations in and around Morris County.

[Schedule an appointment with Atlantic Health.](#)



Monkeypox Outbreak

Starting May 2022, several cases and clusters of Monkeypox (hMPXV) have been reported in New Jersey. The virus causes flu-like symptoms, swollen lymph nodes and a rash that often begins on the face, then spreads throughout the body. Monkeypox does not spread easily without close contact; prolonged face-to-face conversation, kissing, hugging, skin-to-skin contact, intimate contact, etc.

The risk of Monkeypox in New Jersey remains low. To follow the most up-to-date information and statistics, visit the [New Jersey Department of Health's Monkeypox page](#).



Flu Season is Upon Us!

The Flu vaccine has been updated for the 2022-2023 season - plan to get your vaccine this fall!

Flu Prevention

- Everyone 6 months to 59 months who attend daycare or pre-school are required to receive a flu vaccine by the end of December.
- Everyone 5 years or older are encourage to receive an annual flu vaccine.
- Avoid close contact with people when you are sick to prevent the spread of flu. If you are sick, limit contact with others or wear a mask.
- Cover your coughs and sneezes.
- Wash your hands often with soap and water.

Symptoms

- Fever, or feeling fever-ish
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Fatigue
- Vomiting and/or diarrhea

Get Tested

If you feel like you may have the flu, contact your primary care doctor or healthcare provider to get tested.

Get Vaccinated!

Visit your primary care provider or local pharmacy to get your flu vaccine this fall.

Make sure your kids are up to date on their immunizations for the school year!



Seasonal Allergies



Watery eyes and itchy nose and throat? As the leaves start to fall and temperatures change, allergies are active this season.

Climate change can enhance the start of pollen season. You may experience an allergic reaction to pollen; symptoms include: sneezing, runny nose, headache and congestion. People with asthma are more sensitive to pollen.

For more information on seasonal allergies and pollen, visit:
<https://www.cdc.gov/climateandhealth/effects/allergen.htm>

Breast Cancer Awareness Month



During the month of October, we raise awareness on the impact breast cancer has around the world.

Keep current with your mammograms! The United States Preventive Services Task Force recommends that women who are 50-74 years old and are at average risk for breast cancer get a mammogram every 2 years. For more information on breast cancer screening, visit, https://www.cdc.gov/cancer/breast/basic_info/screening.htm

Keep an eye out for breast cancer awareness walks/events in Morris County!

Pink Witches Night Out:
Thursday Oct. 13 from 5:30-9:00pm in
Downtown Denville

Making Strides Against Breast Cancer of
Parsippany:
Sunday Oct. 23 @ 8am in Parsippany Troy-Hills,
NJ

NEW Suicide & Crisis Hotline

On July 16, 2022 the National Suicide Prevention Hotline added a new, shorter number to dial "988". The previous number (1-800-273-8255) is still available. This lifeline service is available to call, text or chat for those who are experiencing a mental health related or suicidal crisis or looking help for a loved one.

National Suicide Prevention Week



MRC TRAININGS!

Upon signing up to volunteer with us, there are a few mandatory online trainings that will better prepare and educate you on public health emergency preparedness and response.

[Incident Command System \(ICS 100\)](#)

[Basic Incident Command System for Emergency Response \(ICS 200\)](#)

[National Incident Management System \(NIMS 700\)](#)

[National Response Framework \(IS 800\)](#)

Upon completion, e-mail your certificate to morriscountymrc@co.morris.nj.us



To Our Volunteers,

We hope you had a healthy and safe summer!

With our annual clinics approaching, keep an eye out for opportunities to volunteer with us.

In the meantime, reach out to us if you have any ideas for trainings for us to offer. Your opinions will be greatly appreciated!

Thank
you!



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