

MORRIS COUNTY MEDICAL RESERVE CORPS



WINTER 2022 NEWSLETTER



**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!**

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 affect our communities throughout Morris County.

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"Volunteers do not necessarily have the time; they just have the heart."
-Elizabeth Andrew

FOOD SAFETY FOR THE HOLIDAYS

The holiday season is known for enjoying a nice, cooked meal with your family. To help prevent food poisoning or illness, follow these steps:

- Store and keep meat, chicken, seafood, and eggs away from all other foods.
- Make sure your food is cooked thoroughly by using a food thermometer.
- Keep food out of the “danger zone” as bacteria can grow rapidly between 40 degrees Fahrenheit and 140 degrees Fahrenheit.
- Use pasteurized eggs for dishes that contain raw eggs (i.e egg nog, desserts, salad dressings, etc.)
- Do not eat raw dough or batter.

For more information on food safety during the holiday season, visit [CDC's Food Safety for the Holiday's page](#).



COLD WEATHER PREPAREDNESS



Be ready for winter weather! As extreme colds and snow precipitation are on its way, make sure to prepare your home against the cold. To prevent cold winds to draft inside of the house, insulate windows, walls and attic doors. Be mindful that your heating bill will increase if you are letting cold air enter the house throughout the day!

More mindful tips to be prepared this winter:

- Make sure your car is ready for winter travel: make an emergency kit to keep in your car, keep your gas tank full, check your antifreeze levels and have your radiator checked.
- Dress warmly while you are outside to prevent hypothermia or frost bite.
- Never leave candles, or fireplaces unattended.

Check out more safety tips by visiting [CDC's Winter Safety's page](#).

Weatherproof your home to protect against the cold.

- Install a smoke detector and carbon monoxide detector in your home.
- Have your chimney or flue inspected every year.
- Make sure the batteries are working!
- Insulate walls and attic.
- Caulk and weather-strip doors and windows.
- Check out more tips on winter weather indoor safety.
- Never leave lit candles or other flames unattended.
- Bring your pets indoors as temperatures drop!

Prepare yourself for exposure to winter weather.

- Dress warmly and limit exposure to the cold to prevent frostbite.
- Avoid getting wet to prevent hypothermia.

If power lines are down, call your local utility and emergency services

- If power lines fall on your car, warn people not to touch the car or power lines.

Make sure your car is ready for winter travel.

- Check antifreeze level and have radiator system serviced.
- Replace worn tires and check tire air pressure.
- Keep gas tank full to avoid ice in tank and fuel lines.
- Make a winter emergency kit to keep in your car.

www.cdc.gov/phpr/infographics.htm

CARBON MONOXIDE SAFETY

As winter weather approaches, indoor heating systems are being turned up. While you should make sure your heaters and furnaces are operating correctly, also be mindful of your carbon monoxide (CO) detectors. Carbon monoxide is a poisonous gas that we can't smell, see or taste; even a smoke alarm cannot detect it. Many household items that include gas and oil-burning furnaces and water heaters can produce carbon monoxide. Install CO detectors near every sleeping area in your home.

Anyone can be affected by CO poisoning, symptoms include:

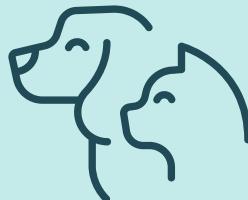
- Dizziness
- Weakness
- Upset stomach
- Vomiting
- Chest pain
- Confusion

According to New Jersey's Public Health Data Resource, about 20% of NJ residents do not have a CO detector in their home. For more information about CO, visit the [NJDOH's Carbon Monoxide Exposure page](#).

PET SAFETY

Make sure your fluffy friends are taken care of this holiday season. Prevent an emergency and avoid your pet getting into the following items:

- Candles/Lanterns/Menorahs
- Christmas Trees
- Tree Water
- Broken Ornaments
- Tinsel and Ribbons
- Holiday Plants (i.e mistletoe, balsam, pine, holly, etc.)



Avoid Rawhide! Rawhide bones and toys are still being sold at certain pet supply stores, however rawhide can cause major damage to your pet's digestive system. Try to resort to healthier and safer chewing alternatives, such as crunchy vegetables (i.e carrots) or vet-approved toys and treats.

Make sure not to leave your pets outdoors for too long as the temperature drops!

While everyone is cooking in the kitchen, it is important to be cautious about the food your pets could get into:



- | | |
|--|-------------------------|
| -White meat chicken or turkey (skinless) | -Turkey skin |
| -Salmon, flounder, whitefish (cooked) | -Ham, skin and bones |
| -Sweet potatoes | -Fat trimmings |
| -Raw/Steamed carrots, peas, green beans, Brussel sprouts | -Butter, oils, spices |
| -Seedless apple slices, pears, blueberries, bananas | Mashed potatoes |
| -Xylitol-free peanut butter | -Corn on the cob |
| -Oatmeal, quinoa, brown or white rice | -Raisins, grapes |
| | -Sage, nutmeg, cinnamon |
| | -Raw yeast dough |
| | -Chocolate |
| | -Coffee, tea, alcohol |
| | -Ice cream |
| | -Onions |



NATIONAL SAFE TOYS AND GIFTS MONTH



Prevent Blindness America, a non-profit, voluntary organization dedicated to fighting blindness, has declared December National Safe Toys and Gifts Month. While December is a big month of gift giving, it is important to keep in mind the safety and age range of toys. Please consider the following guidelines for choosing safe toys and gifts for all ages:

- Inspect the gift before purchasing. Check the age range, skill level and safety inspection labels.
- Choose gifts that may appeal to different senses such as sound, movement and texture.
- Gifts of sports equipment should be accompanied by protective gear (i.e giving a bike as a gift along with a helmet).
- Old toys may contain lead. Educate yourself about lead exposure in children.
[Lead Exposure and Poisoning](#)
- Do not give toys with small parts (i.e magnets, buttons, small batteries, etc.) as this could be a choking hazard for children.
- Only gift markers or crayons if they are labeled “non-toxic”.

For more information, call Prevent Blindness America at 800-331-2020 or visit [Prevent Blindness's website](#).

CERVICAL HEALTH AWARENESS

January is Cervical Cancer Awareness Month. Cervical cancer is a disease which cancer cells arise in the cervix. The most common cause of cervical cancer is Human Papilloma Virus (HPV). It is important to be vaccinated against HPV to prevent cervical cancer.

The Center of Disease Control and Prevention recommends the HPV vaccine for both girls and boys, 11-12 years old. Some adults age 27-45 years who are not already vaccinated, may decide to get HPV vaccine after speaking with their doctor. There are three approved vaccines for HPV: Gardisal, Gardisal 9 and Cervarix. According to the American Association for Cancer Research (AACR), there is a lack of public awareness and adherence to the HPV vaccine and there are missed opportunities to protect today's youth from future HPV related cancers.

Another form of prevention is to receive a Pap Test Screening, which is a minor procedure where cells are collected from the surface of the cervix to be examined. The Pap Test can detect early stages of cancer, as well as precancerous abnormalities.

For more information on Cervical Cancer and HPV, visit the [American Association of Cancer Research](#) and the [CDC HPV page](#).



AMERICAN HEART MONTH

During the month of February, we observe American Heart Month. More than 600,000 Americans die from heart disease every year and is the number one cause of death for most groups. Heart disease affects all ages, genders and ethnicities.

How can we observe American Heart Month?



1. Stay active and eat healthy!
2. Educate yourself on the risk factors for heart disease, and how to prevent them.
3. Get your cholesterol tested if you are worried that you might be at risk for heart disease.

There are many ways to keep your heart healthy and to lessen the risk of developing heart disease. Here are five interesting facts about heart disease:

- Heart attacks can be silent. 1 in 5 heart attacks occur without the person even knowing they had one.
- Women experience different symptoms of a heart attack than men. These symptoms include pain in the back, arm, neck or shoulder, nausea, fatigue, and shortness of breath.
- Young women are at higher risk than men: women under the age of 50 are twice as likely to suffer from a heart attack than men in the same age group.
- Heart attacks are more likely to occur on Monday mornings than other days of the week. Scientists attribute this to a disruption in our circadian rhythm over the weekend, which leads to high blood pressure and other changes to the nervous system.
- Diet soda raises heart attack risk: if you drink more than one diet soda a day, your chances of a heart attack are 43% higher than those who drink regular soda or none at all.

Source: [National Today](#)

For more facts and information on American Heart Month, visit: [CDC's American Heart Month page](#).

MRC UPDATE!



Great news! The Morris County Medical Reserve Corps has been awarded the 2022 MRC Respond, Innovate, Sustain and Equip (RISE) Grant! The funds of this grant is going to be used towards accessible COVID-19 testing, alongside with our partners at the Morris County Overdose Fatality Response Team. While planning is still in the works, keep an eye out for updates regarding this award as we will be looking for volunteers to assist with our efforts.

Contact Us!

Carlos Perez, Jr., PHD
Health Officer

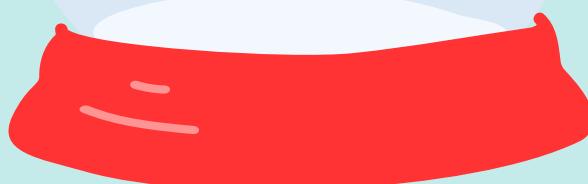
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We wish you and your family and
friends a happy and healthy holiday!
-Morris County Division of Public
Health



Supported by the Morris County Board of County Commissioners