Want to join Morris County MRC?
Medically Trained: https://morriscountynj.seamlessdocs.com/f/mrcmedical
Non-Medically Trained: https://morriscountynj.seamlessdocs.com/f/mrcnonmedical

REFER A FRIEND to volunteer with us and win MRC giveaways!

~ 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 never measured in size, but by the depth of the commitment to make a difference in the lives of others.”
- DeAnn Hollis
COVID-19 Vaccination and Booster Clinics

Starting December 2021 until March 2022, Morris County Division of Public Health in partnership with Atlantic Health System held multiple COVID-19 vaccination and booster clinics throughout the county. In total, 601 doses were administered.

Thank you to those who have volunteered to assist in observation and clinic set-up!

If you or someone you know is still looking to receive a COVID-19 vaccine or booster, please find an Atlantic Health location near you: 
Www.Atlantichealth.org/covidvaccine

Get Busy Living, Morris County!

In addition to the COVID-19 vaccination clinics, Morris County in partnership with Atlantic Health System have been working collaboratively on “Get Busy Living, Morris County!”, the county’s campaign to build vaccine confidence. Throughout the course of the year, representatives from Morris County and Atlantic Health will be traveling around the county to promote vaccine information.

Sign up for the coalition! https://www.surveymonkey.com/r/V8VSPGX

Presentations: https://www.gotostage.com/channel/e2f8b1e9b21c400699344fa7d84505a6

Visit the campaign’s website: https://www.atlantichealth.org/conditions-treatments/coronavirus-covid-19/covid-vaccine/get-busy-living.html

Keep an eye out for us at one of our next events:

April 8 1:00pm-4:00pm: Provident Bank; 41 Broadway, Denville, NJ 07834

April 9 11:00am-2:00pm: The Country Store/Town Carnival; 1098 Mt. Kemble Ave., Morristown NJ 07960

April 15 1:00pm-4:00pm: Regalo Gift Shop; 469 Speedwell Ave., Morris Plains NJ 07950
Staying Safe in the Sun

While temperatures are heating up, it is important to be mindful of staying hydrated and protected from the sun. Most skin cancers are caused by too much exposure to UV (ultraviolet) rays. UV rays are an invisible radiation that comes from the sun, tanning bed and sun lamps. These rays can damage skin cells. You can easily monitor the UV rays along with the weather forecast. Typically, if the UV index is higher than 3 in your area, it would be best to apply a sun protectant (SPF) before leaving the house.

How to protect your skin from the sun:

- Shade (by use of an umbrella, hat, tree or other shelter)
- Sunglasses (to protect your eyes)
- Sunscreen (SPF 15 or higher)

For more information on sun safety, please visit: https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm.

Spring Season = Allergy Season

Allergy season is upon us. Make sure to check the pollen forecasts on local or online news before going outdoors. Individuals who have moderate to severe asthma, could risk an asthma attack due to pollen exposure.

Those allergic to pollen may experience the following:

- Itchy, red and watery eyes
- Itchy and runny nose
- Itchy throat, causing cough or soreness
- Congestion
- Sneezing

Talk to a healthcare provider if you tend to experience any reactions to pollen or other allergens.

Source, CDC: https://www.cdc.gov/climateandhealth/effects/pollen-health.htm
Mental Health Awareness

The COVID-19 pandemic has negatively impacted many lives in different ways. Some lost loved ones, jobs and even homes. The feelings of fear, anger, worry, stress, sadness and frustration was a common trend during the pandemic. Stress during a pandemic can include:

- Fear and worry about your own health or health of your loved ones
- Changes in sleep
- Difficulty concentration
- Worsening chronic health problems
- Increased use of alcohol or substances

Increased stress during the COVID-19 pandemic has lead to increases in alcohol and substance use. If you or someone you are for is struggling with drugs and alcohol, call the National Drug and Alcohol Treatment Referral Routing Services at (1-800-662-HELP) to speak with someone.

NJ Hope Line: 1-855- 652-3737
NJ Mental Health Cares: 1-866-202-4357
Substance Abuse and Mental Health Service Administration (SAMSHA) Disaster Hotline 1-800-985-5990
National Suicide Prevention Hotline: 1-800-273-8255

Online Training Opportunities

FEMA IS 100.C – Introduction to the Incident Command System, ICS 100 (2 hr.)

FEMA IS 200.C – Basic Incident Command System for Initial Response (4 hr.)

FEMA IS 700.B – An Introduction to the National Incident Management System, ICS 100 (3.5 hr.)

FEMA IS 800.D – National Response Framework, An Introduction (3 hr.)

Visit https://training.fema.gov/ to access these courses!

Tips to care for yourself:

- Take breaks to unwind
- Treat yourself to healthy foods
- Get enough sleep
- Exercise
- Confide in family or friends

“Your mental health is a priority. Your happiness is an essential. Your self-care is a necessity.”

- Anaheim Lighthouse
**Tips for a Healthy Summer**

Follow some of these helpful tips to make sure you are remaining safe and healthy through the summer season:

1. Exercise! Take advantage of the brighter evenings and go for a leisurely walk or jog.
2. Wear sunscreen at all times, even on cloudy days.
3. Stay hydrated! Keep a reusable water bottle handy and drink water throughout the day.
4. Enjoy fruits and veggies this summer!
5. Watch your sugar intake with sugary or alcoholic drinks.

For more information and tips, visit the CDC at [https://www.cdc.gov/chronicdisease/resources/infographic/healthy-summer.htm](https://www.cdc.gov/chronicdisease/resources/infographic/healthy-summer.htm)

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**To Our Volunteers:**

Thank you to those who volunteered at our pop up clinics this winter. With your help, 601 doses were administered, keeping Morris County as one of the top counties vaccinated in the state!

We hope to see you at our Shelter Field Guide Training! Feel free to bring a friend; you can win a MRC giveaway! Reach out to us at morriscountymrc@co.morris.nj.us if you are interested! Details are below:

**Shelter Field Guide Training**  
**May 10, 2022; 10am-5pm.**

Have a safe and healthy summer!

Sincerely,

Cindie and Kristina
Contact Us!

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Supported by the Morris County Board of Commissioners