

FALL 2023

MORRIS COUNTY MEDICAL RESERVE CORPS



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](https://morriscountynj.seamlessdocs.com/f/mrcmedical)

NON-MEDICALLY TRAINED:

[HTTPS://MORRISCOUNTYNJ.SEAMLESSDOCS.COM/F/MRCNONMEDICAL](https://morriscountynj.seamlessdocs.com/f/mrcnonmedical)

IN THIS NEWSLETTER:

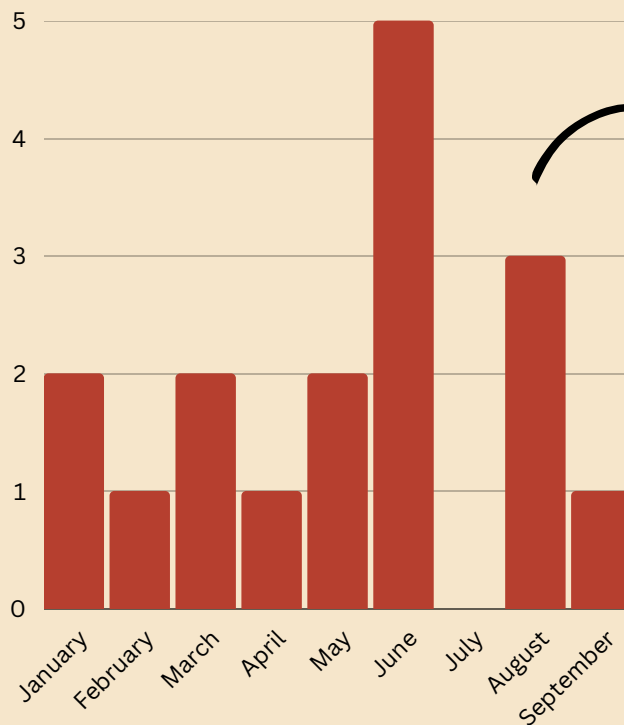
- UNIT UPDATES
- NATIONAL PREPAREDNESS MONTH
- CYBER-SECURITY
- ONLINE SHOPPING
- COOKING/HOLIDAY SAFETY
- COVID-19 UPDATE

“Volunteering is at the very core of being a human. No one has made it through life without someone's help.

-Heather French Henry

UNIT UPDATES

NEW VOLUNTEERS: JANUARY 2023-SEPTEMBER 2023



**17 NEW
VOLUNTEERS!**

Welcome

3 SUCCESSFUL TRAININGS COMPLETED

JULY: UNTIL HELP ARRIVES
AUGUST: STOP THE BLEED
SEPTEMBER: NARCAN TRAINING

A huge thank you to our
instructors from University
Hospital & Morris County
CARES!

& MORE EXCITING TRAININGS IN THE WORKS!

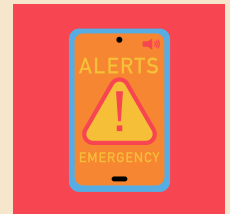
NATIONAL PREPAREDNESS MONTH

September is National Preparedness Month! This year the focus is on preparing older adults for disasters. Older adults are at greater risk when it comes to certain emergencies and may not be able to evacuate safely, if needed.

It is important to be prepared and ready for any type of emergency. If you or a loved one needs more assistance during emergency events, take note of the following tips to plan ahead:

COMMUNICATION

- Make sure to opt into Emergency Alerts in your area.
- Have a communication plan: who will you reach out to if you need help?
- Make a list of important contact numbers.



HOUSEHOLD NEEDS

- Make an emergency kit! This should include:**

A supply of water and food (non-perishables)

Food and water for your pet

Extra batteries

Flashlight

First Aid Kit

Toiletries

Change of clothing



MAKE AN EMERGENCY PLAN & PRACTICE IT!

- Your emergency plan should include how you will reconnect with your family if you were to be separated during an emergency. **Keep important contact information handy including school, work and close family phone numbers and addresses.**

For more information, visit [ready.gov](https://www.ready.gov).

MORRIS COUNTY RESOURCES

[How to sign up for Emergency Alerts](#)



[Division of Aging, Disabilities and Community Programming](#)



[Personal Assistance Services Program \(PASP\)](#)



[Food Pantries and Meal Services](#)



DON'T FALL FOR IT! CYBERSECURITY TIPS:



Hacking incidences are constantly happening. Hackers are people that try to get access to personal information via the web or phone. There are many ways to make sure you are vigilant and aware of these tactics:

1. **Use strong passwords.** Make your passwords long and unique, so they are difficult for hackers to get into. Avoid personal information in your passwords, and make sure to include special characters (uppercase, lowercase, symbols and numbers).
2. **Turn on multifactor authentication (MFA).** Some accounts may allow you to set up a second device to log into your account. This will secure the protection of your account.
3. **Recognize fake e-mails and suspicious links or calls.** Avoid answering unsolicited e-mails or calls if you do not know the sender. Also do not open any suspicious links or attachments as they may link to a cyberattack.
4. **Update/install security software.** Having a security software on your phone or computer can make sure you have the proper protection on your devices.

BE CAREFUL WHILE SHOPPING ONLINE!



The holidays are a popular time to shop online. When making a purchase online, be careful when using unprotected websites. Look into using a Virtual Private Network (VPN) to create a more secure connection. Refrain from saving your card information on your accounts as it may be a risk for hackers to gain access to. Be sure to regularly check your bank statements and credit reports!

For more information on cybersecurity, visit <https://www.cisa.gov/cybersecurity-awareness-month>.

MONTHLY HEALTH OBSERVANCES

SEPTEMBER

-National Preparedness Month

OCTOBER

-Cybersecurity Awareness
-National Fire Prevention Week (8-14)
-Great ShakeOut Earthquake Drills

NOVEMBER

-Thanksgiving Cooking Safety
-Holiday Online Shopping Safety






HOLIDAY COOKING & FIRE SAFETY



Keep an eye on the turkey! During the holiday season, home fires are on the rise. When planning to cook a big meal, such as Thanksgiving dinner, make sure you are focused on making sure everything is cooking correctly and safely in the oven.

Ways to prevent a home fire when cooking:

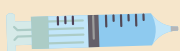
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- Stay in the kitchen when you are cooking. Try not to take on another task and risk forgetting about what's in the oven or on the stove.
 - Wear short sleeved or close fitted clothing.
 - Position grills, toasters, and/or air fryers away from other items that may catch fire.
 - Make sure you have a fire extinguisher available.

What to do if a fire happens in your home:

- Call 9-1-1 or the fire department.
- Drop low to the floor and crawl your way to your nearest exit.
- Before opening any doors to exit, feel the door knob and door. If it is hot, there is most likely flames in that area and you should use another exit.
- If your clothes catch on fire, **stop, drop and roll**. Roll back and forth until the fire is out.




For more information on house fire prevention and tips, visit [ready.gov/home-fires](https://www.ready.gov/home-fires).



COVID-19 VACCINE UPDATE



Everyone 6 months or older is eligible for a COVID-19 vaccine in New Jersey. There is a new monovalent COVID-19 booster updated for the current variant strains. For the latest information on the new booster and booster eligibility for all ages, scan the QR code!



CDC's Bridge Access Program offers COVID-19 vaccines at no cost to adults without health insurance and to adults whose health insurance does not provide zero-cost coverage for COVID-19 vaccines. To find a Bridge Program Provider near you, visit [vaccines.gov](https://www.vaccines.gov)!

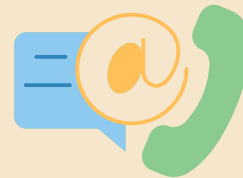
TO OUR VOLUNTEERS,

It was great to see those who participated in our recent trainings: Until Help Arrives, Stop the Bleed and Narcan training! We aim to continue to get presenters on a monthly basis.

Please reach out to us if you have a specific topic and we will try to make those trainings happen for our unit!

THANK YOU!

CONTACT US!



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Public Health
Prevent. Promote. Protect.