



MORRIS COUNTY

MEDICAL RESERVE CORPS



"NEW YEAR" NEWSLETTER 2024



OUR MISSION

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.

WANT TO VOLUNTEER WITH US?



SCAN BELOW TO FILL OUT
AN APPLICATION!



(MEDICALLY TRAINED)

-OR-



(NON- MEDICALLY TRAINED)



IN THIS NEWSLETTER:



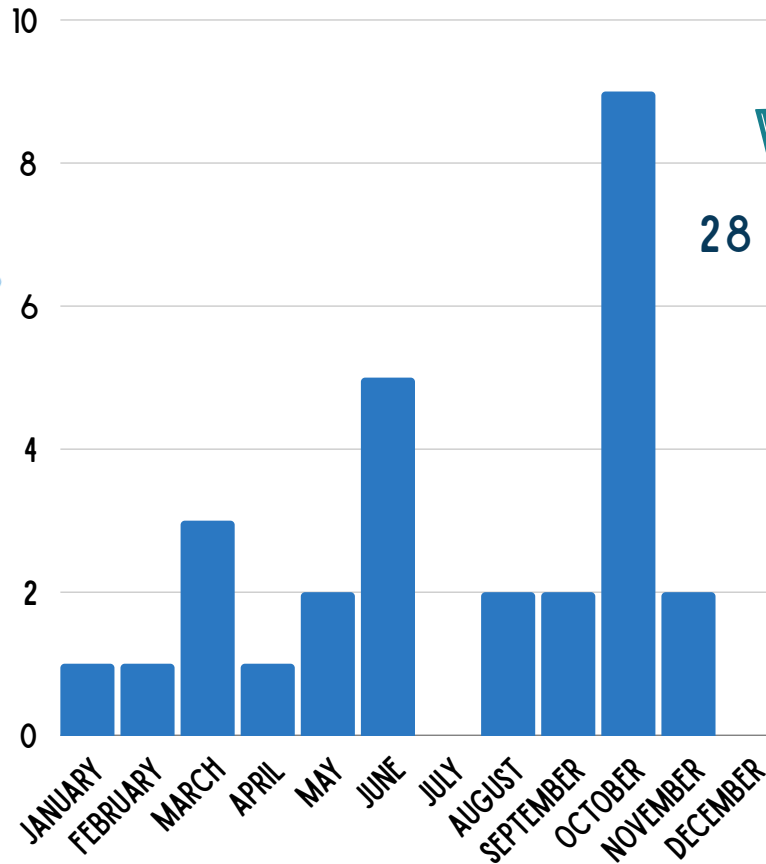
- 2023 RECAP
- WINTER SAFETY
- HOME MAINTENANCE
- NEW YEAR READY
- TRAININGS & MORE



“Volunteers don't get paid, not because they are worthless,
but because they are priceless.”
-Sherry Anderson

YEAR RECAP

NEW VOLUNTEERS JANUARY 2023-DECEMBER 2023



WELCOME
28 NEW VOLUNTEERS!

5 SUCCESSFUL TRAININGS COMPLETED!

JULY: UNTIL HELP ARRIVES
AUGUST: STOP THE BLEED
SEPTEMBER: NARCAN
NOVEMBER: PET CPR/FIRST AID
DECEMBER: QUESTION, PERSUADE, REFER

**THANK YOU TO OUR
TRAINERS - UNIVERISTY
HOSPITAL, MORRIS COUNTY
CARES, PAWS N CLAWS 911
AND NJ MENTAL HEALTH &
ADDICTION SERVICES!**

WINTER STORM PREPAREDNESS

BIG STORM ON THE WAY? A WINTER STORM CAN COME AT ANY TIME. MAKE SURE YOU ARE READY AND TAKE NOTE OF SOME STEPS YOU CAN TAKE BEFORE A STORM HITS YOUR AREA:

- 1. LISTEN TO THE WEATHER FORECAST REGULARLY**
- 2. CHECK YOUR EMERGENCY SUPPLIES / STOCK UP IF YOU NEED TO**
- 3. MAKE SURE YOUR PETS ARE INDOORS AND SAFE**
- 4. MAKE SURE YOUR VEHICLE IS PREPPED AND READY, THIS INCLUDES:**
 - A. HAVE YOUR RADIATOR CHECKED**
 - B. REPLACE WINDSHIELD WASHER FLUID WITH WINTER MIXTURE**
 - C. HAVE YOUR TIRES CHECKED, MAKE SURE THEY HAVE ADEQUATE AIR**
 - D. KEEP YOUR GAS TANK FULL**
 - E. CHECK THAT YOUR LIGHTS, BRAKES, IGNITION, OIL AND BATTERY ARE IN GOOD CONDITION**



EMERGENCY CAR KITS



WHILE IT IS BEST TO AVOID DRIVING IN WINTRY CONDITIONS. IF TRAVEL IS NECESSARY, KEEP THE FOLLOWING ITEMS ON DECK IN YOUR VEHICLE:

- 1. CELL PHONE CHARGER**
- 2. FLASHLIGHT & EXTRA BATTERIES**
- 3. SHOVEL**
- 4. SNOW SCRAPER/BRUSH**
- 5. FIRST AID KIT**
- 6. BLANKETS**
- 7. JUMPER CABLES**
- 8. ROAD SALT**
- 9. REFLECTIVE LIGHTS**



FUN FACT: CAT LITTER OR SAND CAN HELP GIVE YOUR TIRES TRACTION IN THE SNOW OR ICE!

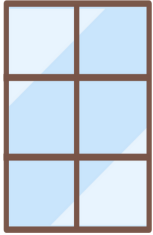
FOR MORE INFORMATION ON WINTER SAFETY, PLEASE VISIT THE CDC'S WINTER PREPAREDNESS PAGE.



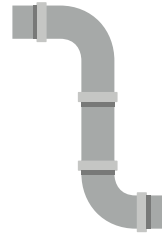
HOME MAINTENANCE SAFETY



KEEP YOUR HOME WARM AND COZY THIS WINTER! FIRST, MAKE SURE YOUR HOME APPLIANCES ARE PREPPED AND READY TO USE THIS SEASON. TAKE TIME TO INSPECT, PREPARE AND CLEAN YOUR HEATING FILTERS, CHIMNEY, AND OTHER APPLIANCES YOU MAY USE. HERE ARE SOME TIPS:



COVER WINDOWS WITH PLASTIC OR
INSTALL THERMO-PANE WINDOWS



INSULATE WALLS, WATER
LINES AND PIPES ALONG
EXTERIOR WALLS



INSTALL SMOKE AND CARBON
MONOXIDE DETECTOR, AND TEST
THEM MONTHLY



FOR NATURAL GAS PIPES,
MAKE SURE THEY ARE
CLEARED FROM SNOW AND
ICE

HAVE YOUR CHIMNEY INSPECTED
EACH YEAR

FOR MORE TIPS ON HOW TO WEATHER PROOF YOUR HOME, VISIT THE CDC'S [PREPARING FOR A WINTER STORM PAGE](#).



BASE YOUR NEW YEARS RESOLUTIONS ON EMERGENCY PREPAREDNESS!



- ☒ MAKE AN EMERGENCY PLAN FOR YOUR HOME.
- ☒ SIGN UP FOR EMERGENCY ALERTS IN YOUR AREA.
- ☒ TAKE A CPR OR FIRST AID CLASS.
- ☒ KEEP AN EMERGENCY SUPPLY KIT UPDATED AND READY.



WANT MORE IDEAS FOR YOUR RESOLUTIONS THIS YEAR? VISIT [READY.GOV/RESOLUTION!](https://www.ready.gov/resolution)

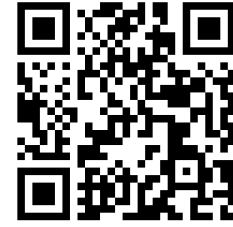


TRAININGS AND MORE!



FEMA TRAININGS REQUIRED FOR MORRIS COUNTY MRC,
SCAN THE QR AND SEARCH THE FOLLOWING COURSES:

- INCIDENT COMMAND SYSTEM (ICS) 100
- BASIC INCIDENT COMMAND SYSTEM FOR INITIAL RESPONSE (ICS) 200
- NATIONAL INCIDENT MANAGEMENT SYSTEM (IS 700)
- NATIONAL RESPONSE FRAMEWORK (IS 800)



YOU WILL NEED A FEMA STUDENT IDENTIFICATION ID (SID), TO SIGN UP AND COMPLETE THESE COURSES. TO CREATE A SID, VISIT [HTTPS://CDP.DHS.GOV/FEMASID](https://CDP.DHS.GOV/FEMASID).

FOR ADDITIONAL ONLINE TRAINING OPPORTUNITIES, WE STRONGLY SUGGEST MAKING ACCOUNTS FOR THE FOLLOWING:

- NEW JERSEY LEARNING MANAGEMENT SYSTEM (NJLMN)
- MRC TRAIN

KEEP AN EYE OUT FOR SOME EXCITING 'IN PERSON' TRAININGS WE HAVE IN THE WORKS THIS YEAR!



CONTACT US!



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SUPPORTED BY THE MORRIS COUNTY BOARD OF COUNTY COMMISSIONERS