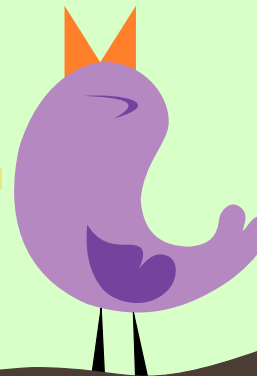
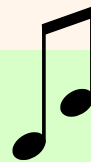


MORRIS COUNTY MEDICAL RESERVE CORPS



SPRING 2023 NEWSLETTER

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.

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!

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"Alone we can do so little; together we can do so much."

-Hellen Keller



ALLERGIES AND POLLEN



As warm weather approaches, be mindful of seasonal allergies and pollen levels. Pollen is an airborne allergy that can affect your health. Symptoms of pollen allergy can include itchy eyes and nose and sneezing. Pollen exposure can also increase the risk of developing hay fever. Hay fever, also known as allergic rhinitis, happens when allergens (like pollen) enters the body and the immune system identifies them as a threat. Similar symptoms as pollen exposure, hay fever includes sneezing, runny nose and congestion. People with respiratory issues, such as asthma, are more sensitive to these allergens.

Ragweed is one of the highest pollen polluters!

How To Prepare Yourself:

- Make sure to check the allergy forecasts.
- Keep windows closed during high allergy days.
- Shower after being outside and exposed to pollen and other allergens.
- Do not touch your eyes while outside, take any allergy medications (either over the counter or prescribed by your doctor).

For more information on seasonal allergies and pollen, visit the [CDC's Allergy and Pollen page](#).



APRIL SHOWERS: FLOOD PREPAREDNESS



Floods can cause major damage, risks and injuries. The most common cause of deaths due to floods are driving and vehicle-related. There are ways to prepare yourself and your home before, during and after floods:

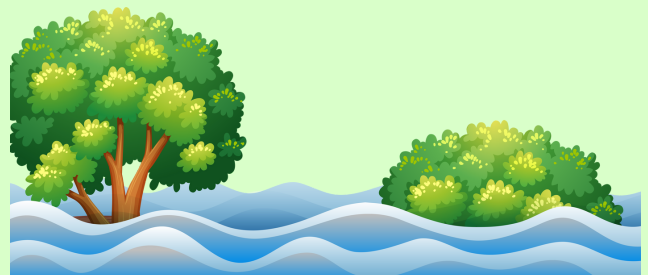
Before/During:

- Have an emergency kit: gather supplies such as non-perishable food and water.
 - Stay tuned to weather updates on the news.
 - Bring in outdoor furniture and items.
- Avoid Driving!**

After:

- Do not drink or use flood water.
- Reach out or listen to local authorities regarding the quality of water post storm.
- Throw away any food or bottled drinks that have been exposed to flood water.

If your home was flooded, it is important to perform proper and safe cleaning throughout the home. This may include throwing out drywall or insulation that was contaminated by flood water. Throw out any items that cannot be washed or cleaned with bleach, such as mattresses, pillows, rugs, etc. Follow [FEMA's Flood page](#) for more information.



BATTERIES: HOW TO SAFETY USE AND DISPOSE

Batteries are used on a daily basis, especially during emergencies where locations lose power and electricity. There are different types of batteries: lithium and alkaline. Both batteries are used for a variety of devices but have different shelf lives. Lithium batteries last about twice the shelf life as alkaline, which makes them the best choice for your emergency supply.

How to Store Batteries:

-Separate batteries by age and type (new vs. used, A vs. AA, etc). If different batteries come in contact with each other, that could cause a short circuit, meaning the battery could become damaged.

-Store in a cool dry place. Humidity can cause condensation, corrosion and leakage. Keeping batteries in a dry location can increase its lifespan.

-Keep away from metal objects. If batteries contact with metal, they could short circuit

Tip: designate containers and label battery type and the date the batteries were bought.

How to Dispose:

Some batteries can cause a health and safety risk if disposed incorrectly. Lithium (single use batteries) should not go in household garbage or recycle bins.

[Find a recycling center near you.](#)



BE AWARE OF TICKS



While being outside and enjoying the nice weather, be mindful that ticks are becoming more active. Lowering your exposure risk to ticks can also protect you from developing Lyme Disease or other tickborne infections.

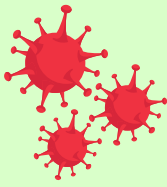
Tick exposure is all year-round, but more so during the months of April through September. Ticks live in grassy or woody areas. To avoid contacts with ticks, avoid woody areas or walk in the center of trails and use [Environmental Protection Agency \(EPA\)](#)-registered repellents.

Check your body or clothing for ticks when you come indoors.

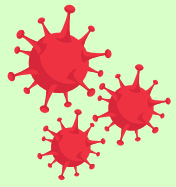
Examine your pets! Talk to your veterinarian about best tick prevention products for your animals and make sure they are up-to-date on vaccinations.



For more information, visit the [CDC's Tick and Lyme Disease Prevention page.](#)



WHAT NOW?: END OF THE COVID-19 PUBLIC HEALTH EMERGENCY



The COVID-19 Public Health Emergency will be declared over on May 11, 2023.

What does this mean?

- Certain Medicare and Medicaid waivers and flexibilities for health care providers are no longer necessary and will end.
- COVID-19 Testing coverage for Americans will change
- Reporting COVID-19 lab results and vaccination data will change

For more information on these changes and the ending of the COVID-19 Public Health Emergency, visit the [Health and Human Services page](#).

Free COVID-19 testing locations, click [here](#).

Free COVID-19 vaccine locations, click [here](#).

The Morris County Division of Public Health continues to partner with Atlantic Health Systems in their COVID-19 vaccination efforts. Free clinics are offered to the public, stay tuned on the latest clinics by visits the [Morris County Division of Health's COVID-19 page](#).

Upcoming Clinics!

Wednesday, April 19 ([flyer](#))

Saturday, May 20 ([flyer](#))



MRC TRAININGS

We continue to work on offering more trainings to our MRC unit. Always keep an eye out for future opportunities. We welcome any input when it comes to trainings you are interested in. Reach out to morriscountymrc@co.morris.nj.us if you have any trainings you would like to see being offered! Thank you all for your continued participation!



Contact Us!

Carlos Perez, Jr., PHD
Health Officer

Cindie Bella, RN, BSN, REHS, MAS
Public Health Nurse Supervisor/MRC Coordinator
cbella@co.morris.nj.us

Kristina Favo, MPH, CHES
Senior Field Rep., Health Education/MRC Coordinator Back-Up
kfavo@co.morris.nj.us

Morris County MRC
morriscountymrc@co.morris.nj.us



Supported by the Morris County Board of County Commissioners