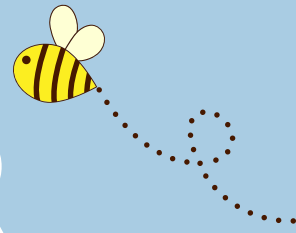




MORRIS COUNTY MRC



NEWSLETTER

SPRING 2024

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 the Morris County MRC?

SCAN BELOW TO FILL OUT AN APPLICATION!



(MEDICALLY TRAINED)

-OR-



(NON-MEDICALLY TRAINED)

IN THIS ISSUE:

- Unit Updates
- Steps to Preparedness
- Family Go-Bags
- Spring Cleaning Tips
- Future Trainings/Volunteer Appreciation



ALREADY A
VOLUNTEER? REFER
A FRIEND TO JOIN
OUR UNIT!

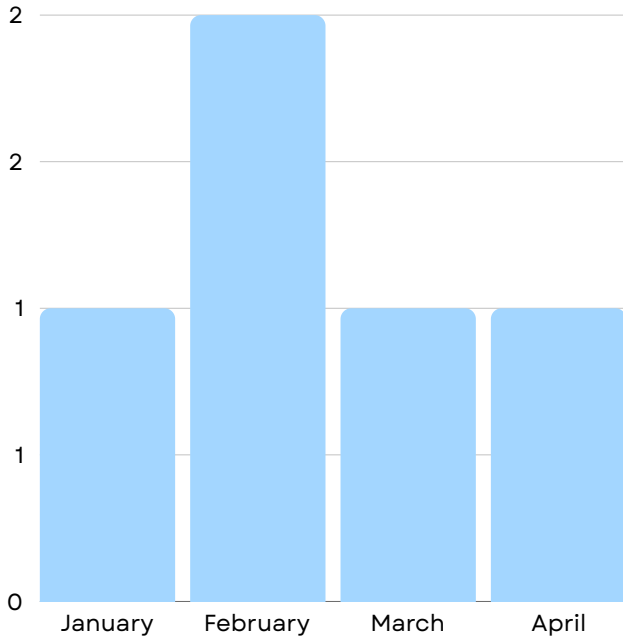
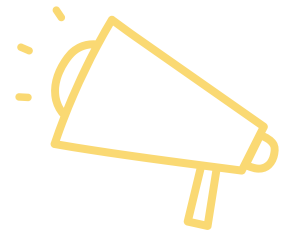


“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.

-Margaret Mead



NEW VOLUNTEERS JANUARY 2024-APRIL 2024

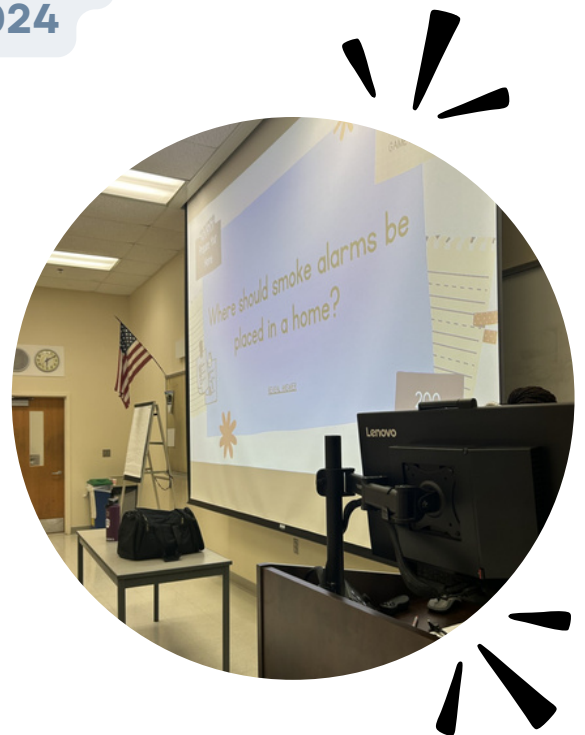


Welcome

5 new volunteers!

MRC ORIENTATION: FEBRUARY 2024

Thank you to those who participated in our February MRC Orientation! It was great to come together and meet new volunteers and see some existing members as well. For those who missed this opportunity, we will definitely offer this again! **Also, congrats to Team 2 in our Emergency Preparedness Jeopardy!**



Spring INTO ACTION

DONT LEAVE EMERGENCY PREPAREDNESS TO CHANCE



IMPORTANT!

Steps to Being Prepared:

1. Know your risk in the areas where you live and work
2. Make plan to lessen the impact of certain risks
3. Build a kit to be ready for disasters and emergencies



Building a Family Go Bag



To build your family to go bag, store the following items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers or duffel bag:



- Water
- Food
- Batteries
- Flashlight
- First Aid Kit
- Whistle
- Dust Mask
- Sleeping Bags
- Cell Phone Chargers
- Hand Crank Radio

- Plastic Sheeting
- Duct Tape
- Moist Towelettes
- Hand Sanitizer
- Garbage Bags
- Plastic Ties
- Wrench/Pliers
- Manual Can Opener
- Plastic Utensils/Plates/Napkins
- Local Map



ADDITIONAL EMERGENCY SUPPLIES:

Soap, Prescription/Non-Prescription medication, Cash, Important Family Documents, Change of Clothes, Personal Hygiene Items, Pet Food, Infant Supplies.

For more information on how to build an emergency kit, visit: <https://www.ready.gov/kit>



IT'S TIME FOR SPRING CLEANING!



The Spring Season calls for some spring cleaning! While you are emptying out your closets or switching out your warmer clothes, you may want to consider cleaning and disinfecting all areas of your home. Go into this season with a fresh start! Remember to be safe when using cleaning products as some may be harmful to your health if misused.



SAFETY TIPS FOR DISINFECTANT USE:



1. Check to see if your product is EPA approved. To find the list of EPA approved products, visit: [epa.gov/listn](https://www.epa.gov/listn)
2. Read the instructions thoroughly and carefully to ensure you are using the product correctly. Check out what surface type the product is used for.
3. Pre-clean the surface with soap and water before applying disinfectant.
4. In the directions, you will find the contact time for the product. The surface should remain wet the entire time.
5. Wear gloves while using disinfectant and wash your hands immediately after.

All cleaning and disinfecting products should be kept away from children.

For more information on cleaning safety, visit: [epa.gov](https://www.epa.gov)



OUTDOOR/YARD CLEANING SAFETY

While we are all eager to make our lawns ready for the warmer weather, it is important to remain vigilant while doing yard work or outdoor cleaning.



- Wear gardening gloves when handling branches, or unknown plants or weeds to prevent injury or negative reaction. Make sure to wash your hands as soon as you get inside!
- Avoid eating or drinking while near your yard work, as contaminated soil can get on your food or drink and you could accidentally ingest it.
- Refrain from lifting heavy furniture if you are at risk for injury. Ask a family member, friend or neighbor to help!
- Remove and wash your clothes following working outside.
- Wear insect repellent.



For more outdoor safety tips, visit: [CDC & NIOSH Landscaping Health page](https://www.cdc.gov/landscaping/health).



TRAININGS AND MORE!

APRIL IS VOLUNTEER APPRECIATION MONTH!

For those who have been a volunteer with us since the beginning, over the last few (crazy) years or even just joined - **thank you!**



We want to hear from you!

What is your favorite memory volunteering with us?

What future trainings are you interested in?

Scan the QR code to take our quick survey!



TRAINING OPPORTUNITY: AUTISM TRAINING FOR FIRST RESPONDERS

When: Wednesday, April 24, 2024, 6:00pm-8:00pm

Where: Morris County Public Safety Academy, 500 W. Hanover Ave., Morristown, NJ



If you are interested in this training, please e-mail morriscountymrc@co.morris.nj.us!



CONTACT US!



morriscountymrc@co.morris.nj.us



973-634-5484

Supported by the Morris County Board of County Commissioners

