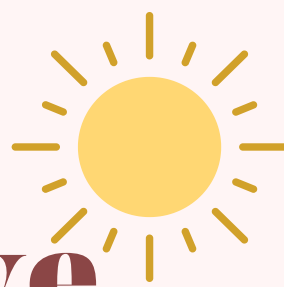


summer 2023

Morris County Medical Reserve Corps



Want to join Morris County MRC?

Fill out an application!

Medically Trained:

<https://morriscountynj.seamlessdocs.com/f/mrcmedical>



OR

Non-Medically Trained:

<https://morriscountynj.seamlessdocs.com/f/mrcnonmedical>



Already a volunteer?

Refer a friend to volunteer with us and receive special MRC giveaways!

in this issue:

Sun Safety/UV Safety
Water Safety
PTSD Awareness
Firework Safety
Routine Vaccinations
Until Help Arrives Training



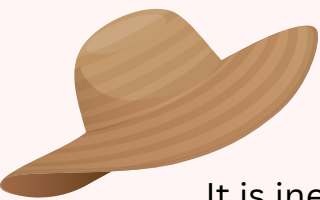
our mission

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 affect our communities throughout Morris County.

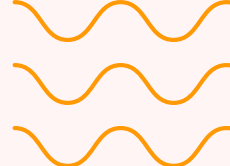


“

There is no better exercise for your heart than reaching down and helping to lift someone up.” —Bernard Meltzer



STAY SAFE (AND FUN) IN THE SUN!

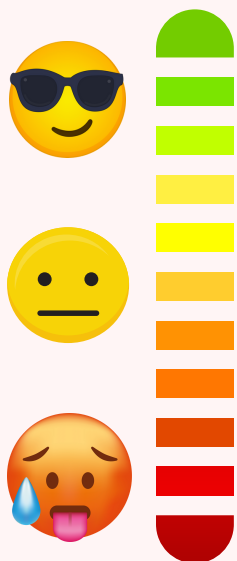


It is inevitable to avoid sun exposure during the summer months. When you are outdoors this summer, make sure you are aware of those harmful ultraviolet (UV) rays. UV exposure can put you at risk for sunburn, long term sun damage, premature aging and skin cancer.

How to Protect Yourself from the Sun:

1. Use sunscreen, at least sun protection factor (SPF) 30 or higher. Make sure you are re-applying throughout the day (at least every 2 hours)!
2. Wear protective clothing. This tends to be difficult in the hot weather, so at least wear protective hat that provides shade to the face, head, ears and neck.
3. Stay in the shade, especially during midday hours (10am-4pm) when sun is the strongest.

The UV Index



0-2 → You can safely enjoy the outdoors!

3-7 → Seek shade, apply SPF, wear a hat!

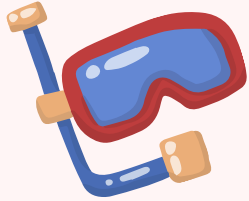
8+ → Avoid being outside during midday hours, the UV rays are too strong!



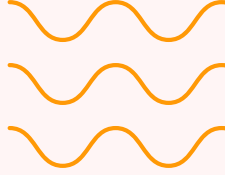
UV levels are always available on the local weather service or on your smart phone!

For more information on sun safety and UV awareness, visit the [CDC's Sun Exposure page](#).

JULY IS UV SAFETY MONTH!



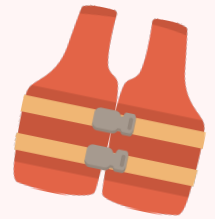
SUMMER IS A "SPLASHING" GOOD TIME



Water safety is so important. While cooling down from the hot heat, be sure to remain safe and **competent** while in the water (ocean, pool, lake, etc.). **Water competency (i.e water smarts)** is knowing how to prevent and respond to drowning emergencies.

Examples of "water smarts":

1. Know your limitations when it comes to swimming (physical and/or medical conditions).
2. Swim while lifeguards are present.
3. Wear a **life jacket** while boating or other related activities.
4. **Do not** swim under the influence.
5. Understand the risks of the environment you are swimming in.
6. **Know how to call for help.**



Prevent a person from drowning with the following steps:

1. Recognize the signs of someone in trouble and shout for help.
2. Rescue/remove the person from the water (without putting yourself in danger).
3. Ask someone to call EMS/911.
4. If yourself or a surrounding person are trained in CPR, begin performing as soon as possible if needed.

For more information on water safety, visit the [American Red Cross's page](#).



CARDIOPULMONARY
RESUSCITATION (CPR) IS A
VITAL SKILL TO HAVE WHEN IT
COMES TO EMERGENCY
RESPONSE!



POST TRAUMATIC STRESS DISORDER (PTSD) AWARENESS



Post Traumatic Stress Disorder (PTSD) is an anxiety disorder that some people develop after experiencing or witnessing a traumatic event (veterans, deaths, abuse, attacks, etc.). Symptoms of PTSD may include panic attacks, irritability, fear, lack of sleep/insomnia, depression, anxiety and social isolation. Symptoms may appear when an individual is reminded of the traumatic event.

If you have a loved one who is experiencing PTSD symptoms, lend a helping hand by offering emotional support and sharing positive distractions such as a walk, outings or other activities. It is also beneficial to learn more about PTSD so you can better understand what they are experiencing.

For more information on PTSD, visit the US Department of Veteran Affairs and [The National Center for PTSD's page](#).

If you know someone who is struggling, call or text the 988 Suicide and Crisis Lifeline at **988** or chat at **988line.org**



STAY UP-TO-DATE ON ROUTINE VACCINATIONS



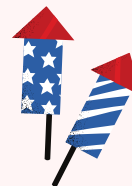
Make sure your child is up-to-date for vaccinations as you prepare for the new school year!



SCAN THIS CODE FOR THE [CDC'S](#)
LATEST LIST OF ROUTINE
VACCINATIONS



WHO SET OFF THE FIREWORKS?



Summer gatherings, especially the Fourth of July, are a popular time to set off some fun fireworks. If you chose to use legal fireworks, remember to remain safe to prevent any injuries. According to the United States Consumer Product Safety Commission (CPSC), 74% of injuries by fireworks occurred on and around the Fourth of July holiday, 32% of which were burn injuries.

How to Celebrate Safely:

1. Never allow young children play with fireworks.
2. Keep a bucket of water handy just in case of potentially fires or other related events.
3. Light fireworks one at a time, quickly moving away after setting them off.
4. Never point fireworks or sparklers at anyone.
5. Never use fireworks by under the influence.

For more information on fireworks and safety, visit the [CPSC's page](#).



TRAINING OPPORTUNITY: UNTIL HELP ARRIVES

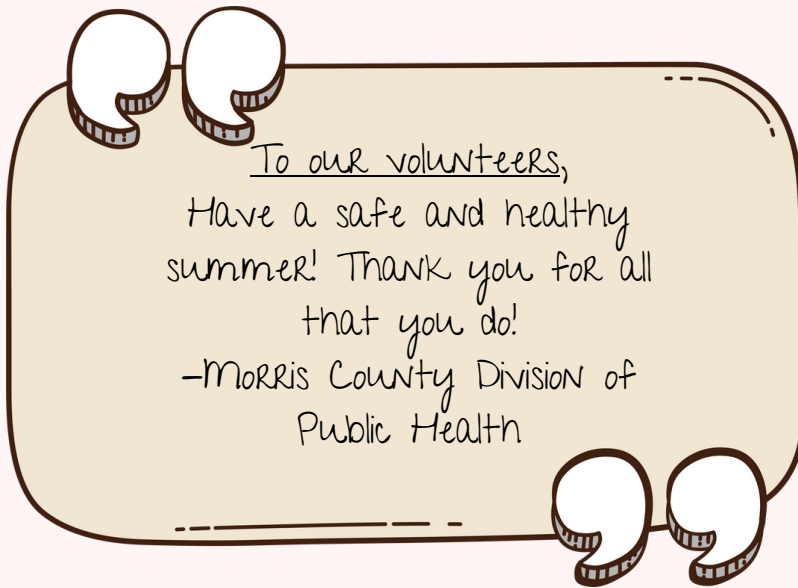


Until Help Arrives is a training that teaches the basic skills to perform life-saving techniques while professional medical services arrive on the scene.

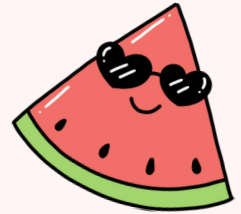
Join us for our **two-part training** on Tuesday, July 18, 2023 and Tuesday, August 15, 2023. Part 1 will consist of learning how to communicate with 911 operators, position the injured and provide emotional support. Part 2 will be the education and demonstration session on bleeding control during a traumatic event.

For more information and how to sign up, e-mail morriscountymrc@co.morris.nj.us





*To our volunteers,
Have a safe and healthy
summer! Thank you for all
that you do!
-Morris County Division of
Public Health*



CONTACT US!

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Division of Public Health
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Public Health
Prevent. Promote. Protect.

SUPPORTED BY THE MORRIS COUNTY BOARD OF COUNTY FREEHOLDERS