



Henrico Medical Reserve Corps "MRC" Voice

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Henrico MRC training @ Sandston Library

Special thanks goes to our volunteer for their dedication to the Henrico MRC program for over 5 years.

Henrico MRC is on the web at

<http://www.vdh.virginia.gov/LHD/Henrico/mrc.htm>

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Henrico MRC serving our residents.

Henrico MRC Partnerships & Relationships

The Henrico County Medical Reserve Corps was established in 2006 to augment its public health infrastructure in the event of a mass disaster that overwhelms its response capabilities. Since then, its membership has grown to over 400 trained volunteers. Our volunteers come with both medical and non-medical skills that represent a cross section of Henrico's population of nurses, doctors, clinical social workers, clergy, engineers, lawyers, managers, students, retired residents, and private citizens. A recent analysis of the Henrico MRC data shows Henrico healthcare volunteers constitutes 45% of the total number of volunteers. While this seems a good number of healthcare volunteer within Henrico MRC, it is also fair to indicate that this could be

much higher if each volunteer takes the time to regularly update their information in the Virginia Volunteer Health System (VVHS). To update your information go to the Virginia Volunteer Health System (VVHS) site at <https://vms.vdh.virginia.gov/vms/>.

In addition to Henrico MRC membership growth, several MRC partnerships and relationships have been established with local organizations in the area. The newly developed partnerships include Henrico MRC & MCI/ECPI partnership, Sandston Library partnership, St. Paul's Baptist Church partnership, and the New Bridge Baptist Church partnership. These partnerships and/or relationships are intended to promote MRC awareness,

disaster preparedness, and general public health.

Henrico MRC partnership with MCI/ECPI did excel recently with the students participation in two major events in the County this year. The first of these events took place in January 2011 with eight registered MRC volunteers also ECPI students as mass clinic volunteers. The second event presented the students an opportunity to participate in a real-time mass prophylaxis event working directly with the Henrico Health Department team. It is very significant that individuals, families, and organizations join our efforts in preparing and training for disasters. To learn more about the Henrico MRC and participate go to;

<http://www.vdh.virginia.gov/LHD/Henrico/mrc.htm>

Henrico MRC Volunteer Recognition

Kindly join me and take pride in recognizing all of Henrico Medical Reserve Corps (MRC) 415 volunteers and say special thanks to Ms. Cynthia Chrisp and Ms. Clara Keel of the East Henrico MRC. The East Henrico MRC is a branch of the Henrico MRC program that meets once a month during the afternoon hours at the Sandston Library in

Sandston, Virginia. Ms. Keel and Ms. Chrisp have been with the East Henrico MRC for over 2 years without missing a meeting. At the last meeting held June 2011, both volunteers expressed interest in working on a local public health education team similar to the Henrico Community Voice, Lay Health Advisor (LHA) program that is currently

active in their community. As trained LHAs with one-on-one community interaction experience, Ms. Keel and Ms. Chrisp have volunteered to be trained as public health STDs educators and work in their neighborhoods to reduce sexually transmitted disease (STD) rate in Fairfield.

Henrico Medical Reserve Corps (MRC) Trainings

West Henrico MRC Upcoming Trainings

July 20—Adult CPR, Henrico Health Dept.

August 17—ICS 100, 6pm Henrico Health Dep

For information call 804-501-4643

East Henrico MRC Upcoming Trainings

July 26—Adult CPR 1:30pm Sandston Library

August 23—ICS 100 1:30pm Sandston Library

Highlights for the next edition

- Spotlight on the MRC Volunteer of the Month
- Henrico Community Action Team
- Synopsis of Henrico Public Health Bytes



Henrico County MRC is a local chapter of the National Medical Reserve Corps. The MRC is a volunteer organization that is organized, trained and ready to respond to disasters and public health emergencies. MRC Volunteers may be called upon to dispense medications and vaccinations, treat evacuees living in emergency shelters, or assist in many other ways. MRC Volunteers may be healthcare professionals (such as physicians, nurses, pharmacists, dentists, veterinarians, x-ray technicians, nurses aids, etc.), and administrative professionals (such as medical office managers, clerical staff, etc.), or even lay persons who can help in many different ways. To become an MRC volunteer, please call (804) 501-4643, (804)380-9321 or visit <http://HenricoHealth/mrc.html>

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Emergency Preparedness & Response (Water Safety Tips)

Emergency preparedness and response is a major focus of the Henrico Health Department. In this effort the local Health Department has resources for the public on its websites. Among the resources are publications such as the Henrico Public Health Bytes. This publication comes out quarterly and it is distributed to local nursing homes, physician practices, hospitals and other partners.

The Henrico Health Department emergency preparedness campaign this summer focuses on drowning



prevention. The information below and more on drowning prevention can be obtained from the Center for Disease Control (CDC) and Prevention website, <http://www.cdc.gov/HomeandRecreationalsafety/Water-Safety/waterinjuries-factsheet.html>.

The Health Department is calling on everyone including health care agencies, safety advocates and parents to help prevent drowning incidents this summer. Below are some hints to consider;

- Designate a responsible adult to watch all children while they are in the bath tub swimming or playing in or around water
- Learn Cardiopulmonary Resuscitation (CPR). Your CPR skills might make the difference between life and death.



- Never leave children alone in the tub for even a moment.
- Avoid drinking alcohol before or during swimming, boating or water skiing. Avoid drinking alcohol while supervising children.
- Avoid swimming after dark.
- Heed colored beach warning flags.
- Diving into shallow waters can cause spinal injury. Never allow diving in above ground pools, shallow water, or unknown areas.

Visit CDC website for more information.