



To become a VA MRC volunteer, apply at [www.vamrc.org](http://www.vamrc.org).

Your lifetime of experience  
can help save lives.

*Help protect your community's health.*

### Western Tidewater Unit

*The Western Tidewater Virginia Medical Reserve Corps serves the counties of Isle of Wight and Southampton, as well as the cities of Franklin and Suffolk.*

[westerntidewatermrc@vdh.virginia.gov](mailto:westerntidewatermrc@vdh.virginia.gov)

757-514-4768



**Western Tidewater**

**VIRGINIA**



The Virginia Medical Reserve Corps is a force of dedicated volunteers who stand ready to lend their support in the event of a public health emergency, as well as helping to improve the health of the community. If you're retired, the VA MRC Western Tidewater unit would greatly benefit from your wealth of wisdom and experience, whether you've worked in the health care field or just want to be a positive force in the community. By assisting in clinics, teaching your neighbors about healthy living or improving community emergency preparedness, your time will be well spent and much appreciated.

## Help protect your community.

A healthy and prepared community starts with its volunteers. You never know when your community might need you to provide support during a public health emergency. But there doesn't need to be an emergency for you to be of service. As a volunteer, you'll receive training in public health, emergency and terrorism response, disaster mental health, CPR and first aid. Your support behind the scenes is crucial for your community to become prepared and remain healthy.

## Anyone can volunteer!

*Many positions are available. Ask if there are others matching your skills and experience.*

Administrative & IT Support

Greeter or Runner

Radio Communicator

Volunteer or Site Coordinator

Interpreter

Social Worker

Mental Health Counselor

EMT or Paramedic

Physician

Physician Assistant

Nurse Practitioner

Respiratory Tech

RN or LPN

Pharmacist

Dentist

Veterinarian or Vet Tech

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