



To become a VA MRC volunteer,
apply at www.vamrc.org.

Protecting Virginia's health: the Virginia Medical Reserve Corps.

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

757-514-4768



Western Tidewater
VIRGINIA



The Virginia Medical Reserve Corps is a force of dedicated volunteers who stand ready to support the community in the event of a public health emergency. As a member of the VA MRC Western Tidewater unit, you'll be part of a team that includes students, retirees, professionals and health care providers who care about the health of their community. Whether you're assisting in community clinics, teaching your neighbors about healthy living or improving emergency preparedness, you'll find your participation to be a very rewarding investment of your time.

Volunteers needed – and appreciated.

You never know when your community might need you. It could be because of a natural disaster, a terrorist attack or the outbreak of a communicable disease. In emergencies, VA MRC volunteers provide the additional staffing needed to save lives by helping public health teams distribute medication and by offering medical and mental health care. The VA MRC also assists public health teams by helping reduce chronic diseases, assuring accessibility to health care and improving health literacy. As a volunteer, you'll receive training in public health, emergency and terrorism response, disaster mental health, CPR and first aid. Some courses provide educational credits.

Anyone can volunteer!

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

Administrative & IT Support	Mental Health Counselor	RN or LPN
Greeter or Runner	EMT or Paramedic	Pharmacist
Radio Communicator	Physician	Dentist
Volunteer or Site Coordinator	Physician Assistant	Veterinarian or Vet Tech
Interpreter	Nurse Practitioner	
Social Worker	Respiratory Tech	

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