



Help us prepare for an outbreak.

Epi Strike Team Meeting Aug. 20

If you are interested in helping with the Epi Strike Team, or you just want to learn more about it, join us on Thursday, Aug. 20th at 6:30pm. The Strike Team is being formed to prepare us to better respond to outbreaks. Volunteers will learn how to help with tasks like case investigations, providing vaccines, fit testing, and more. Here is the link for the meeting:

<https://teams.microsoft.com/meet/253602613095670?p=oLOs7saGbsaf8CwCxe>

Dial in by phone 1 434-230-0065, 17625807#

Amateur Radio – Sept. 19

On Saturday, Sept. 19, our radio team will meet at the Washington County Health Department to build dipole antennas at 9am.

We will also talk about the team's equipment and future plans.

Watch for an email (alert from the Virginia Volunteer Health System) to sign up.



MRC volunteers programming radios.



Upcoming

August 20 - Epi Strike Team meeting

August 31 - Helping in WIC in Washington County

September 11 - 13 - Bristol Rhythm & Roots Parking Patrol

September 16 - Hard Rock Health Fair

September 19 - Radio Team Training and Building Antennas

October 24 - Drug Take Back



Deployable Volunteers in our unit!

372

YOU
ROCK!

Your Time Adds Up!

Log your hours

Each time you volunteer, please use the link below to log your hours.

[2026 Volunteer Hours](#)

Update Your Contact Info in VVHS

Log into www.vvhs.vamrc.org and update your picture and contact information.

Let us know if you have any questions.

Reminders

- In order to save on costs, we will now send alerts by email only. If the situation is urgent, we will also send a text.
- When you receive an email alert, please click on "Available" or "Not Available". This lets us know that you received the alert.

Contact Info

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