



It's the season for resource events and health fairs.

Join us at Hungry Mother

This year our MRC unit will be at several events - the Hungry Mother Festival, Rhythm & Roots and the Hard Rock Casino Employee Health Fair. If you are available, please sign up to help us spread the word about the services offered by VDH and the MRC. We will staff the first aid tent at the Hungry Mother Festival - July 17 - 19.

MRC Epi Strike Team

We are starting an Epi Strike Team in Southwest Virginia. In order to be prepared for any outbreaks, we are identifying roles that MRC volunteers can play in the response to an outbreak and we are beginning to train.

Potential roles include:

- Contact tracing
- Fit testing
- Outreach to the community
- Providing vaccines
- Performing testing
- Disease investigations



If you are interested in being part of the team, please fill out this quick survey. [MRC Epi Strike Team Survey](#).

Your Immunity

You may not know your immunity status to measles. Some of us can't find our shot records and don't remember what vaccines we received.

If you received vaccines in Virginia, you can try to look up your records in <https://vase.vdh.virginia.gov/vdhapps/f?p=545:HOME:18381701528917:::>

If you can't find your immunity status, you can have a titer (blood test) done for measles. Please contact your doctor to determine if you should have this test done.

Before you volunteer in a measles-related response, we would like to make sure you are immune. Please fill out this survey: [MRC Immunization Status](#)

Amateur Radio Exercise July 13

Our radio team will hold its first exercise on Monday, July 13th. We are going to have radio operators at the health departments in Wythe, Grayson, Carroll and Galax. This will allow us to determine which frequencies we can use to reach each office in an emergency.

If you are not a Ham operator, but are interested, please contact me at pat.meinen@vdh.virginia.gov to join us.

We will be at the health departments from 10-11am while we try different frequencies.



MRC volunteers programming radios.



Upcoming

July 13 - Ham Radio exercise, 10am at Wythe, Galax, Independence and Hillsville health department offices

July 17 - 19 - Hungry Mother Festival, first aid tent and MRC recruiting

September 11 - 13 - Bristol Rhythm & Roots Parking Patrol

September 16 - Hard Rock Health Fair

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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Unit Coordinator

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