



Help us prepare for an outbreak.

The Epi Strike Team Needs You

The Southwest Virginia MRC 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.

If you are interested in helping with the Epi Strike Team, or you just want to learn more about it, fill out this brief survey: [Southwest MRC Strike Team Roles](#)

Amateur Radio Meeting Oct. 8

On October 8th there will be an interest meeting held by the Virginia MRC about Ham radio. We will talk about Ham radio, how to get licensed and exercises we will take part in to prepare for emergencies.

If you are interested, make sure you sign up through the alert that went out on Sept. 22.



Southwest Virginia MRC volunteers checking out a radio at the Washington County Health Dept.



Chris Brooks explaining our radio cases.

Upcoming

October - School flu clinics. The health districts are assessing whether or not they will need us to help at school flu clinics in October.

October 22 - Helping in **WIC** in Washington County. Each month we spend a couple hours stuffing envelopes and putting together welcome packets for the WIC office.

October 24 - Drug Take Back, locations throughout Southwest Virginia. We assist law enforcement in collecting unwanted prescription medications for disposal. While we're there, we give out information on how to dispose of medications throughout the year.

- If you are interested in helping with these events and you did not sign up in the alert, please contact Pat at 276-274-0555 or pat.meinen@vdh.virginia.gov.

Required Training

All volunteers are required to complete the VDH workplace safety trainings by **December 31st**. Please take time to complete the training plan listed below. You can take the courses all at once or come back and finish where you left off.

Completing the OSHA training ensures that our VA MRC volunteers are better prepared and able to serve safely and effectively.

Click here to get started: [VDH: EWOSH: Employee Wellness Occupational Safety and Health Training Plan-2026 TRAIN Training Plan ID7883](#)



Deployable Volunteers in our unit!

369

**YOU
ROCK!**

Become A Storm Spotter

The National Weather Service is offering virtual SKYWARN Storm Spotter training opportunities this month.

SKYWARN training helps participants identify severe weather hazards, understand how to report weather conditions to the National Weather Service, and learn how weather spotters contribute to protecting lives and property through timely reporting.

This is a virtual offering, and participants will need to register separately for each class they plan to attend. This is not an MRC activity, but something you might be interested in.

Southwest Region

SKYWARN Basic

Date: October 7, 2026

Time: 1:00 PM–2:30 PM

[REGISTER](#)

SKYWARN Advanced Spotter

Date: October 14, 2026

Time: 1:00 PM–2:30 PM

[REGISTER](#)

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

Pat Meinen

Unit Coordinator

276-274-0555

pat.meinen@vdh.virginia.gov