

RAPPAHANNOCK- RAPIDAN MEDICAL RESERVE CORPS

Needs *you!*

**The time commitment
is minimal.
The need is great.**

A total of **1,000** volunteers are needed from the counties of Culpeper, Fauquier, Madison, Orange and Rappahannock to respond and assist with local public health emergencies.

Help us protect
Virginia's Public Health.

Join now!

- Learn what the RRMRC does
- Receive Training on a variety of topics
- Participate in Drills

Rappahannock-Rapidan Medical Reserve Corps

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**Rappahannock-
Rapidan**

medical
reserve
corps



**Culpeper-Fauquier-Madison
Orange-Rappahannock**

*Volunteers Protecting
Virginia's Public Health*



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VDH VIRGINIA
DEPARTMENT
OF HEALTH
Protecting You and Your Environment

WHAT IS THE RRMRC?

The [Rappahannock-Rapidan Medical Reserve Corps \(RRMRC\)](#) is a team of volunteers who are trained to respond and assist with public health emergencies in the counties of Culpeper, Fauquier, Madison, Orange, and Rappahannock.

The [RRMRC](#) is a specialized component of Citizen Corps, and works in conjunction with the Virginia Department of Health. The [RRMRC](#) is funded solely through grants, donations, and local community support.

WHO CAN VOLUNTEER?

Everyone is encouraged to volunteer. The [RRMRC](#) is recruiting medical professionals as well as community members without health care experience. We need people with a variety of skills including:

- Practicing or retired medical professionals such as doctors, dentists, pharmacists, nurses, mental health counselors, and veterinarians.
- People who speak another language (including sign language)
- Counselors and Clergy members
- Filling out paper work for clients
- Assisting with children or the elderly
- Directing people, supplies and parking

Cover Picture: During a smallpox vaccination training class, volunteer Jody Zogran is given a mock vaccination by Eithna Sullivan. Observing are Millie Lane (L) and Suzanne Merna (R).

HOW DO YOU JOIN?

- Complete and return the [Rappahannock-Rapidan Medical Reserve Corps](#) application along with a photo-copy of your driver's license, professional license and CPR and First Aid cards, if appropriate. Application forms are on the [rrmrc.vdh.virginia.gov](#) website or can be requested by calling 540.892.7350 ext 132.
- Attend an orientation. Orientations are offered monthly except July and December.
- Participate in one drill per calendar year.

"Participating in the Medical Reserve Corps provides wonderful opportunities to help others in emergency situations and to be at the forefront of what's happened, or might happen, with public health emergencies in Virginia."

Kim Smith, RRMRC Volunteer



Instructor Jennifer White is showing volunteers Barbara Klagges (L) and Valarie Diamond (R) how to make the sign for fever during an optional training class on Sign Language for Dispensing Sites.

REQUIRED TRAININGS

Volunteers with the [Rappahannock-Rapidan Medical Reserve Corps \(RRMRC\)](#) are required to attend one training each calendar year. You may attend more if you desire. A training is offered each month except July and December. Trainings are also offered on-line.

Current training topics include:

- Pandemic Influenza
- Family and Personal Preparedness
- Introduction to Hazardous Materials
- National Incident Management System
- Nuclear/Radiation
- Explosives
- Epidemiology for the non-Epidemiologists
- Category A Bioterrorism Agents

OPTIONAL TRAININGS

CPR, Basic First Aid, Sign Language, Directing Traffic Safely in a Parking Lot, and Disaster Mental Health are examples of optional classes offered during the year for those volunteers wanting to learn more or update their skills.

DRILLS

We ask all [RRMRC](#) volunteers to participate in one drill per calendar year.

In your role as a patient or a staff person you will attend a table-top drill or a full scale drill in the RRMRC district or a neighboring district.