



UC Volunteer News

UC Regional Health Office
1100 England Drive
Cookeville, TN 38501

Upper Cumberland Tennessee Regional
Medical Reserve Corps

Contact Dawn Hickey, MRC Coordinator, at (931) 520-4208 or by email at Dawn.Hickey@tn.gov with any questions or with any changes to your contact information including phone number, email address, or mailing address.

October 2021

COVID-19 Update

COVID Vaccines are available in many locations. To find a location near you visit vaccines.gov.

Free COVID testing is still available at all health departments. To find a testing site near you, visit the Department of Health's website at <https://covid19.tn.gov/testing-sites/>.

Statewide and county case data can be found on the Department of Health's dashboard at <https://experience.arcgis.com/experience/885e479b688b4750837ba1d291b85aed>.

2021 MRC Training Schedule

Training Held Via Zoom Meeting

Wednesday, October 20, 2021

Introduction to Mental Health Preparedness: 8:30 a.m. to 9:00 a.m.

IS-100: 9:00 a.m. to 10:00 a.m.

IS-700: 10:00 a.m. to 11:00 a.m.

Volunteers still needing the classes will be notified by email.

National Preparedness Month

September was designated as National Preparedness Month. This year's theme was **"Prepare to Protect. Preparing for disasters is protecting everyone you love."**

Each week in September, the campaign focused on a different aspect of preparedness for individuals, families, and communities.

Week One: Make A Plan

- Step 1: Answer the questions below with your family, friends, or household to start your emergency plan.
 - How will I receive emergency alerts and warnings?
 - What is my shelter plan?
 - What is my evacuation route?
 - What is my family/household communication plan?
 - Do I need to update my emergency preparedness kit?
 - Check with the Centers for Disease Control (CDC) and update my emergency plans due to Coronavirus.
- Step 2: Consider specific needs in your household.
- Step 3: Fill out a Family Emergency Plan.
- Step 4: Practice your plan with your family/household.

Week Two: Build A Kit

Gather supplies that will last for several days after a disaster for everyone living in your home. Items to include are water, food, battery-powered or hand crank radio, NOAA Weather Radio, flashlight, first aid kit, extra batteries, whistle to signal for help, dust mask, plastic sheeting, duct tape, moist towelettes, garbage bags, plastic ties, wrench or pliers, manual can opener, local maps, cell phone with chargers, prescription medications, non-prescription medicines, eyeglasses, contact lens solution, infant formula, bottles, diapers, wipes, diaper rash cream, pet food and extra water for your pet, cash or traveler's checks, important family documents, sleeping bag, change of clothing, fire extinguisher, matches, feminine supplies, paper cups, paper plates, paper towels and plastic utensils, paper, pencil, books, games and other activities for children. Other items to include to stop the spread of disease are masks, soap, hand sanitizer, and disinfecting wipes.

Week 3: Low-Cost, No-Cost Preparedness

Be sure to take low cost and no cost preparedness actions to lessen the impact of disasters and emergencies for you and your family. Be sure to be prepared financially by:

- Gathering financial and critical personal, household, and medical information.
- Save money in an emergency savings account that could be used in any crisis. Also keep a small amount of cash at home in a safe place.
- Obtain or review your property (homeowners or renters), health and life insurance policies.

Week 4: Teach Youth About Preparedness

Be sure to talk to your kids about preparing for emergencies and what to do in case you are separated. There are resources to help teach your kids at Ready Kids.

This information and more can be found at www.ready.gov.

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