

## How to Participate

1. Contact the Mystic Valley MRC at 781-393-2561 or [krose@medford.org](mailto:krose@medford.org). Visit the website for details, and register at [www.MysticValleyMRC.org](http://www.MysticValleyMRC.org)
2. Keep up to date with training sessions, written materials, and periodic announcements. Opportunities to support public health initiatives will be provided.
3. Members can be given opportunities for leadership as well as general service, and can indicate their preferred interests – such as caring for specific populations.



The Mystic Valley MRC will maintain a secure, confidential database of volunteer contact information and qualifications through the American Red Cross. This data will be shared only with participating local health departments, as needed to contact volunteers for activation in case of emergency.

Mystic Valley MRC  
Medford Board of Health  
85 George P. Hassett Drive, Room 311  
Medford, MA 02155  
(781) 393-2561  
[www.MysticValleyMRC.org](http://www.MysticValleyMRC.org)

***Don't wait – join today!***

medical  
reserve  
corps



## Mystic Valley Medical Reserve Corps



***Join Our Ranks!***  
*Volunteer for the medical team  
that responds to a disaster  
at a moment's notice.*

## Giving Your Best When Your Community Is In Greatest Need

Your willingness to volunteer your skills and knowledge is what the Medical Reserve Corps is all about. It starts with individuals like you – people who care enough to pool their resources when emergencies hit close to home.

The MRC allows experienced health care providers, mental health professionals, and others with special skills to volunteer their expertise in times of need.



Units consist of locally-based volunteers who can assist their communities during large-scale emergencies – such as an influenza epidemic, natural disaster, public health crisis, or act of terrorism.

Volunteers can also provide education and prevention services, to improve the health and well-being of their community.



## DISASTERS CAN STRIKE AT ANY TIME.

***Being prepared just makes sense!***

### Ready for Response

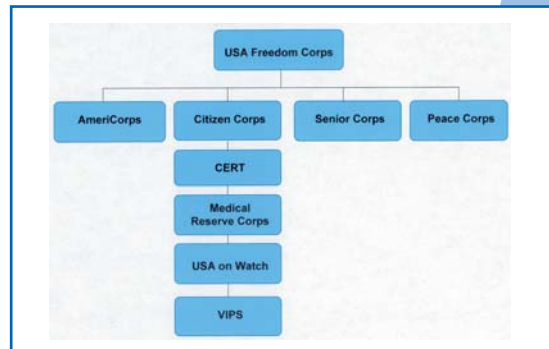
When well-meaning medical providers “just show up” to help at a disaster scene, these unsolicited volunteers can cause serious problems. Unexpected care-givers can interfere with rescue efforts, and even put themselves at risk. Incident command, used in Emergency Response, demands formal lines of activation and availability, plus careful coordination with other agencies. Disasters require special skills and training, to keep personnel safe and to apply their services effectively.



Members of an MRC are trained and equipped in advance, empowering their whole unit to provide the greatest good for the greatest number – while working smoothly with other agencies – in any kind of disaster. Badges and special gear allow members to be identifiable and ready to respond when needed.

## Role of a Medical Reserve Corps

The national system of MRCs brings together people who have skills related to health care, to serve as needed in their own community. MRCs are one of several federal organizations that encourage volunteers to be of service.



Each MRC conducts its role in the way that best suits the unique challenges for its area.

MRCs *supplement* existing agencies — such as the American Red Cross, local police, fire, and ambulance services. The result is a collaborative effort that is prepared for large-scale public health crises.



## The Mystic Valley MRC

Operating under a state grant that was awarded through the Medford Board of Health, the Mystic Valley MRC supports over a quarter million residents in five communities: Medford, Malden, Melrose, Stoneham, and Wakefield.



## Types of Volunteers Needed

The MRC is looking for both practicing and retired health care professionals at all levels, to offer a full range of expertise in responding to a wide spectrum of crises:

- Physicians
- Nurses
- Dentists
- Pharmacists and technicians
- EMT-basics and paramedics
- Mental health professionals
- Care providers for special needs patients
- Phlebotomists
- Medical logistics personnel
- Health care administrators
- Translators
- Medical educators
- EMS and health care specialists

Emergency positions can include vaccination assistant, first responder, medical screener, mental health consultant, shelter services, educator, translator, forms collector, data entry specialist and computer support.

## How the MRC Would be Used

The Mystic Valley MRC offers “surge protection” in case of emergencies that could overwhelm existing services. However, the MRC would not replace any resources that would normally be called to respond in a crisis.

- The MRC is a public health entity, recruiting and training volunteer medical professionals in local emergency protocols. Members are dispatched as requested by incident command in the affected communities.

- Trained volunteers may be needed to assist in dispensing medicines or vaccinating large groups of people on short notice.

- Members may be called to provide immediate care for victims of a mass-casualty incident and medical assistance at a shelter over several days.

- Corps members should be willing to respond to emergencies within the five-community region on short notice. They would be working as part of a specialized team – attending occasional training sessions, meetings and exercises.



## Training

Volunteers without medical licenses or certificates will receive training in First Aid and CPR. All members will be trained in basic disaster skills, incident command, and liability issues. Specific modules will address major disaster categories; including mass-casualty incidents, shelter operations, prophylaxis and bioterrorism.

## Ambassadors for Public Health

In addition to emergency preparedness, the Mystic Valley has a need for education, outreach and health services. Volunteers will have the opportunity to assist in activities such as:

- Flu clinics
- Children’s health initiatives
- Immunization campaigns
- Health fairs, festivals, and sporting events
- Patient education
- Community presentations to encourage healthy lifestyles

## What You Can Expect from the MRC

Membership in the MRC entitles you to:

- Free training and continuing education credits, as you learn emergency management and disaster medical operations.
- Skills development, to ensure that you will be ready to pitch in when a medical crisis occurs.
- Delivery of medical care within your level of expertise – commensurate with your background, skills, and expertise – as required by the incident.
- Esprit de corps and camaraderie, and networking with other health care providers, as part of a critically important and specialized team.
- Options to participate in initiatives that enhance public health, such as vaccination and education programs.
- The ability to serve the emergency public health needs of family, friends, neighbors, and loved ones in your own community.