



## Saratoga Medical Reserve Corps

Dear New MRC Volunteer:

Thank you so much for joining our team! To help you get oriented, here are a few things you need to know to start:

1. There are only 5 Required MRC training courses (4 of them can be taken online at <http://www.FEMA.gov>)
  - IS 100 (Incident Command Structure 100)
  - IS 200
  - NIMS 700 (National Incident Management Structure)
  - CBRNE (Chemical , Biological, Radiological, Nuclear & Explosives) Series
  - Critical Incident Stress Management ( we offer this at the MCHD)
2. It is crucial that we have up-to-date email and phone numbers for you if we need to activate the MRC for service. If you move, change work or any of your contact info, please call your MRC contact ASAP to let us know so we can update our records. Most of the communications to our team will be by e-mail because it is faster and more efficient.
3. If activated for volunteer service, please bring your current ID cards (2) and Go Bag (stocked) with you wherever you are asked to report for duty. It is important that you renew these cards yearly so they do not expire.
4. You can go to <http://www.medicalreservecorps.gov> which is the National MRC website and check out MRC 101 which is an orientation presentation for new members.
5. Our local County website is <http://www.visitmonmouth.com/health>. There are many informative articles there on Public Health and Preparedness that may be helpful to you.
6. Our state website address is <http://www.disasterhealthcarevolunteers.ca.gov> . They have interesting articles and newsletters from around the country you can access.
7. You will receive e-mail notices from the Saratoga MRC on a regular basis to let you know of any upcoming training, events, or volunteer service opportunities.
8. Always feel free to call if you have additional questions.

On behalf of the Saratoga Medical Reserve Corps, we take this opportunity to thank you for joining.