# Health Tribune

**Thinking about your health in Portage County**
**Provided by the Portage County Health Department**

Volume 4, Issue 6

## *June is… Environmental Safety & Accident Prevention Month*

**Practicing Safety at Home and Away**

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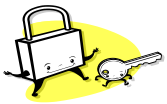
|---|---|
| Have everyone in your vehicle wear a seatbelt. | |
| Warm up before exercising and cool down after. | |
| Use correct safety gear for all physical activities. | |
| Be prepared for weather emergencies. | |
| Lock away poisons, including medicines. |  |
| Be sure your home's smoke alarms are working. | |

Knowing what to do before, during and after an emergency is a critical part of being prepared and may make all the difference when seconds count. But one of the most important things you can do for yourself and your family is prepare an emergency kit for your car, home, and work.

## Basic Safety Kit

Radio, Water, Matches, Flash Light, First AID Kit, Gloves, Tools, Candles, and Maps.

## *Did you know…?*

The Medical Reserve Corps is comprised of local health professionals (licensed and non-licensed) and community volunteers who are able to assist their community during the time of a public health emergency. MRC volunteers may be asked to assist in various capacities, including community education and at mass dispensing clinics and shelters, depending on the need.

**Want to become a MRC volunteer?**

**Contact:** Kim Villers R.N., B.S.N.

**Phone:** 330-296-9919 ext. 118

**Email:** kvillers@portageco.com

**Hours:** Tuesday-Thursday, 8am-4:30pm

**Website:** http://www.co.portage.oh.us/mrc/index.html

Portage County medical reserve corps

## Questions or Comments?


Contact Us!
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