

# *Southwest Health and Human Services*

## *MN Responds/MRC Unit # 1957*

### *Quarterly Newsletter*

#### ***March is American Red Cross Month!***

From natural disasters to small house fires, the American Red Cross is there to help in times of need. The American Red Cross helps with all types of emergency situations all over the world. The Southwest Health and Human Services Medical Reserve Corps encourages you to become a volunteer for the Red Cross.

Whether it is signing up to give blood or to become involved internationally, there are many opportunities for volunteering. Consider volunteering to help bring hope to people worldwide!

For more information, visit:

**<http://www.redcross.org/volunteer/volunteer-opportunities>**

#### ***Time is springing ahead! This is your reminder to check your carbon monoxide (CO) and smoke detectors in your home.***

Daylight Savings Time begins on Sunday March 12th at 2 a.m. Make sure to set your clocks ahead by one hour. Even though we will lose an hour of sleep, it means that Spring/Summer weather will be coming soon! This is also a good time to check all of the smoke and CO detectors in your house to make sure they are working correctly. If you do not have either of these detectors, visit your local home goods store and buy them today!



# *CHANGE*

When placing smoke alarms in your home, make sure to have one on every floor in your home and outside of each sleeping area. It is best to keep smoke alarms away from windows, doors, or air ducts because it could interfere with their operation.

If you do not have CO detectors in your home, your local home goods store will have those as well for you to purchase. CO cannot be identified without the help of a detector because it is a **colorless, tasteless and odorless** compound. It is recommended that a CO detector be placed on every level in your home, especially in the basement. They should be installed directly above or beside fuel-burning appliances, within 10 feet of each bedroom door, and one near any attached garage.



CO detectors should be replaced every **5-6 years**.

If you have any concerns with your detectors, **call your local fire department or 9-1-1**.

### ***What is MN Responds/Medical Reserve Corps?***

MN Responds is a partnership that integrates local, regional and statewide volunteer programs to assist the public health and health care systems during a disaster, no matter how large or how small. Whether you are licensed/certified in a health field, active or retired, or a person with an interest in assisting in a health response, you can register today at [www.mnresponds.org](http://www.mnresponds.org). If you are already registered and you know someone who would be a great volunteer, please have them register at the site above.

Once online registration is complete, follow up contact will be made to verify the volunteer's region of preference. When volunteer opportunities arise, it is completely up to the individual regarding availability and comfort level for responding.

**Thank you for becoming a volunteer!**

*The Southwest Health and Human Services Medical Reserve Corps is an organization made up of medical and non-medical volunteers.*

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