Heat related deaths and illnesses are preventable. Despite this, around 618 people in the United States are killed by extreme heat every year. This website [https://www.cdc.gov/disasters/extremeheat/heat_guide.html](https://www.cdc.gov/disasters/extremeheat/heat_guide.html) provides helpful tips, information, and resources to help you stay safe in the extreme heat this summer.

**What is Extreme Heat?**

Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average. Because some places are hotter than others, this depends on what’s considered average for a particular location at that time of year. Humid and muggy conditions can make it seem hotter than it really is.

**What Causes Heat-Related Illness?**

Heat-related illnesses, like heat exhaustion or heat stroke, happen when the body is not able to properly cool itself. While the body normally cools itself by sweating, during extreme heat, this might not be enough. In these cases, a person’s body temperature rises faster than it can cool itself down. This can cause damage to the brain and other vital organs.

Some factors that might increase your risk of developing a
ACTIVITIES

Two MRC Orientation Training sessions were held this quarter. A total of forty-six MRC Volunteers attended. Our unit now has a total of 443 MRC Volunteers, 83% of whom have attended an Orientation Training. We welcome our newest volunteers and look forward to working with them in the future.

We held a Volunteer Reception Center Drill with the Madison County Emergency Management Agency (EMA) on April 27, 2019. Eleven MRC volunteers helped guide and register CERT Volunteers. The Hotwash provided valuable feedback for future planning for our respective departments.

ABOUT EXTREME HEAT (cont)

heat-related illness include: high levels of humidity, obesity, fever, dehydration, prescription drug use, heart disease, mental illness, poor circulation, sunburn, and alcohol use.

Who is Most at Risk?

Older adults, the very young, and people with mental illness and chronic diseases are at highest risk. However, even young and healthy people can be affected if they participate in strenuous physical activities during hot weather.

Summertime activity, whether on the playing field or the construction site, must be balanced with actions that help the body cool itself to prevent heat-related illness. Use this website to learn more on how to stay safe in the heat this summer, including how to prevent, recognize, and cope with heat-related illness.

“The meaning of life is to find your gift.
The purpose of life is to give it away.”
William Shakespeare

FUTURE NEWSLETTERS

In order to become more environmentally friendly, we will no longer mail the Medical Reserve Corps Volunteer Newsletter each quarter. Starting in September 2019, we will email you a copy of the newsletter in a PDF format three times a year (please make sure you have provided us with your most recent email address) and then mail an Annual Report in December. If you have difficulty opening the PDF file, please, let us know and we will mail you a copy of the newsletter.

KARAH ANTHONY, MRC VOLUNTEER

Karah Anthony is an MRC Volunteer who has been working with the health department in multiple ways—health promotion, community collaboration, mental health, and emergency preparedness—since early October. She will be transitioning from an MRC Volunteer to an Intern in early June. Following her internship, Karah will be conferred with her Bachelor of Science in Public Health degree from Southern Illinois University-Edwardsville in August.

As a volunteer, Karah has assisted with many projects at MCHD including: review of Illinois Youth Survey data from the past 10 years and presented findings to multiple community coalitions, review of the QI Clinic Utilization Data and provided recommendations to nursing, reviewed and provided data charts of various clinic services and disease trends, worked with Madison County Youth Board, and assisted with multiple other projects, documents, and events.

Karah has also formed a relationship with the Madison County Youth Board. As an intern, she will be leading the Board, as well as different professional partners, in the creation and implementation of a county-wide Anti-Vaping Campaign. She will have 4 other primary projects during her internship which

(Cont on page 4)
KARAH ANTHONY (cont)

include: assisting with the formation of and planning for Performance Measures, assisting with the implementation of the Data Dashboard, assisting with IPLAN, and leading the design and implementation of new MRC recruitment efforts.

We want to thank Karah for all of her efforts and are looking forward to seeing where her career in Public Health will go!

CodeRED is an ultra-high-speed telephone communication service for emergency notifications such as evacuation notices, bio-terrorism alerts, boil water notices, chemical spills, and missing child reports. The service also allows consumers to opt-in for weather warnings.

Sign up for CodeRED at the Madison County Emergency Management Agency’s website: www.mymadisoncountyema.org. Those without Internet access may call the Madison County EMA office (618-692-0537) Monday through Friday (8:30 A.M.—4:30 P.M.) to register over the phone. Please share this information with family, friends, and neighbors in Madison county.

GATEWAY VOLUNTEER NETWORK

Help us get the word out to the entire IL and MO bi-state region about the Gateway Volunteer Network!!!