

Livingston County

Medical Reserve Corps Newsletter

*Neighbors Helping Neighbors*

May 2023



## Meet One of Our Volunteers! *Featuring Deb Spratt*

Deb is a retired nurse who has been involved with the MRC for many years. Deb is able to help our community at a variety of events by volunteering through the Medical Reserve Corp. This includes conducting monthly blood pressure screening clinic for seniors in Avon. Deb enjoys being able to continue to utilize the knowledge she gained through her years of being a nurse.

During the COVID - 19 pandemic Deb said, "I volunteer with the Livingston County Department of Health Medical Reserve Corp because I believe in giving back to my community. With my background, the most appropriate thing for me to do is find a health care related opportunity. Many years ago I conducted some of the MRC training but found that my work, family and professional association responsibilities did not give me the time to participate fully in MRC. Now that I am semi-retired, and especially with the country in the midst of the COVID - 19 health care crisis, stepping up was the right thing for me to do."

Although Deb does have a medical background, the Medical Reserve Corp is always looking for more volunteers with a variety of skills and knowledge. When an event happens, volunteers can and will be utilized to help in various areas and in many ways.

If you know someone who might be interested in making a difference in our community, please ask them to call 585-243-7299

or visit <https://www.livingstoncounty.us/1489/Volunteering>.

# Ticks and Lyme Disease

Ticks are now widespread throughout New York State. According to the New York State Department of Health, there have been over 98,500 cases of Lyme disease reported since 1986.

There are things you can do to protect yourself such as:

- Wear light-colored clothing which will aid in spotting ticks easily.
- Wear enclosed shoes, long pants and a long-sleeved shirt.
- While outdoors, check clothing and exposed skin frequently for ticks.
- Consider using EPA registered insect repellent.
- Stay on cleared, well-traveled trails when hiking.
- Bathe or shower as soon as possible after going indoors.
- Conduct a full body tick check on yourself, your children and your pets at the end of the day, and remove ticks promptly.

What Are the Symptoms of Lyme Disease?

A “bullseye” rash is the first symptom in 60-80% of cases. Other easily ignored symptoms include joint pain, chills, fever and fatigue. As Lyme disease progresses, severe fatigue, a stiff neck, tingling or numbness in the arms and legs, or facial paralysis can occur.

Please see <https://www.livingstoncounty.us/947/Ticks> for more information.

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## Look for our *Neighbors Helping Neighbors Campaign!*

In May and June, a comprehensive media campaign will be implemented to include print, radio, and social media ads. Billboards and videos highlighting current MRC volunteers will also be coming soon. Many thanks to all the MRC volunteers who helped with this recruitment campaign.

