

Brown County MRC Newsletter



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July 2025

BBCHD Tips on Extreme Heat

- Extreme heat is dangerous and can lead to serious illness or death—especially for older adults, children, and those with chronic health conditions.
- Prepare your home by using insulation, window coverings, and air conditioning or fans; identify nearby cooling centers.
- Stay safe during extreme heat by wearing light clothing, staying hydrated, avoiding outdoor activities during peak heat, and never leaving people or pets in parked cars.
- Know the signs of heat-related illnesses like heat cramps, heat exhaustion, and heat stroke—and seek medical help if needed.
- Help others by checking in on elderly neighbors, family, and friends who may be vulnerable.
- Get kids involved in emergency planning by practicing family safety drills and teaching them how to call for help.



NACCHO Podcast Series



NACCHO Podcast Series – Stay Informed on Public Health
The National Association of County and City Health Officials (NACCHO) hosts a monthly podcast that highlights important public health issues, policy updates from Washington, and inspiring stories from local health departments. It's a great way for volunteers to stay connected to what's happening across the country in public health and learn how local efforts make a big impact.

REMINDER

COMING SOON!

of training needed

Blue Level

Orientation
IT Security Training
HIPAA Training
Personal Preparedness Training
Attend one meeting per year

Red Level

Complete Blue Level items
ICS - 100
ICS - 700
Psychological First Aid
Attend, at minimum, two meetings per year

White Level

Complete Blue and Red Level
CPR Training
Stop the Bleed
Complete all MRC competency training plan
Attend, at minimum, three meetings per year

Contact us if you need any help with getting this training done.

Upcoming trainings and events

July						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

- July 15th - Stop the Bleed Class 5:30 @ HD
- July 20th - Happy Birthday Timothy Howard
- July 30th - Happy Birthday Becky Schuett

New Members
None

Reminder:
MRC meeting
August 5th at 5:30

