

Central NH CERT / MRC Mission: To improve the health & safety of communities within the Central NH public health region by organizing & utilizing medical, public health & other volunteers

What is the MRC & CERT?

- A national organization that aims to organize & utilize volunteers (affiliates of National &  programs).
- A community-based team of trained medical & non-medical volunteers who promote healthy living & prepare for & respond to emergencies.

What Members Do

- Prepare for Emergencies
 - Educate how to prepare for an emergency
 - Attend trainings & participate in emergency exercises to build skills needed to respond to emergencies
- Respond to Emergencies in our Community, help staff:
 - Mobile Clinics
 - Shelters
 - Points of Dispensing (POD)
- Help the Community & Promote Public Health Initiatives



Why Volunteer

Disasters can occur anywhere at any time. When it does communities need help. By joining you will learn vital skills to provide critical support to communities.



Additionally, volunteers provide non-emergency support during community events & health promotion throughout the Central NH region.

Get Involved

Help your community by promoting healthy living & preparing for, responding to, & recovering from emergencies.

- Strengthen public health
- Improved emergency response capabilities
- Build resiliency
- Respond to natural disasters & other emergencies in your community

Benefits of Volunteering

- Free trainings
- Get prepared for an emergency
- Give back to your community
- Be part of a team
- Share your professional knowledge & skills
- Grow, learn something new
- Help others 😊



To Register

1. go to www.nhresponds.org and click the **REGISTER NOW** button
2. scroll thru the list of NH MRC units and click on **Central NH** MRC

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Proudly serving the following **CENTRAL NH communities**

Ashland
Alexandria
Bridgewater
Bristol
Campton
Ellsworth
Groton
Hebron
Holderness
Woodstock
Lincoln
Livermore Falls
Plymouth
Rumney
Thornton
Wentworth
Warren
Waterville Valley

How to Join

During a public health emergency, volunteers with all backgrounds & abilities committed to supporting Central NH's communities are needed. No medical background or training is required to be a MRC or CERT volunteer.



Doctors, nurses, clergy, interpreters, pharmacists, retirees, IT specialists, veterinarians, first responders, social workers, teachers, childcare workers, students, mental health counselors, public health professionals, administrative personnel, lawyers, dentists, law enforcement, firefighters & others 😊

Join our **Central NH Team**

Phone: (603) 238-3602
Email: aekstrom@midstatehealth.org

Mailing Address:
101 Boulder Point Drive, Suite 1
Plymouth, NH 03264

www.cnhhp.org/program/MRC-CERT

A Central NH Public Health Network Program

Central NH MRC/CERT

Medical Reserve Corps / Community
Emergency Response Team

Volunteers Building
Healthy, Prepared &
Responsive
Communities



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<http://www.cnhhp.org>

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