

medical
reserve
corps



ST. CLAIR COUNTY MRC

Volunteers Building Strong, Healthy,
Prepared Communities



Public Health
Prevent. Promote. Protect.
St Clair County
Health Department
together for your health.

In this newsletter:

Index Page
Page 01

Pediatric COVID-19 Vaccinations
Page 02

Welcome Our New
Outreach Coordinator
Page 03

Summer Safety Tips
Page 04

Summer Safety Tips Contd.
Page 05

Volunteer Interest Survey
Page 06

Volunteer ID Badge
Page 07

Photos - Please Share Yours!
Page 08



Children Age 6 Months and Older Are Now Eligible for COVID-19 Vaccines

The CDC recommends that all children 6 months and older get a COVID-19 vaccine.

Vaccination is the best way to protect our children, friends, and families from COVID-19.



Recommendations from the Centers for Disease Control and Prevention as of June 18, 2022.

Children and COVID-19 Vaccination

Age Group	Series How many shots, and when?	Dosage Compared to adult dose	Booster Dose Are boosters recommended?
Pfizer			
6 Months - 4 years	3-shot series; 2 doses, 3 weeks apart, followed by a 3rd at least 2 months later	One-tenth	Not at this time
5 - 11 years	2-shot series; 2 doses, 3 weeks apart	One-third	Yes, at least 5 months after second shot
12 - 17 years	2-shot series; 2 doses, 3 weeks apart	Equal	Yes, at least 5 months after second shot
Moderna			
6 Months - 5 years	2-shot series; 2 doses, 4 weeks apart	One-quarter	Not at this time
6 - 11 years	2-shot series; 2 doses, 4 weeks apart	One-half	Not at this time
12 - 17 years	2-shot series; 2 doses, 4 weeks apart	Equal	Not at this time

Recommendations are from the Centers for Disease Control and Prevention as of June 18, 2022

WELCOME CHERYL BRUNSMANN!



The St. Clair County MRC is pleased to announce a new member to our family. Cheryl Brunsmann has joined our team as our new Outreach Coordinator! Cheryl has been an employee at the St. Clair County Health Dept. for over a year and a half. She began her service to the Health Department as a Senior Communications liaison devoting her time to assisting seniors with scheduling and care in the heart of the COVID-19 pandemic.

Cheryl Biver Brunsmann was born in Belleville and has spent most of her adult life in this area and she is proud to state that she is the youngest of 13 children.

Cheryl's undergraduate degree is in Human Services from Fontbonne University and her Master's is in Public Administration, from SIUE. Cheryl is retired but spent her professional career working with senior citizens. Her most recent role was as Executive Director with Programs & Services for Older Persons (PSOP) through SWIC. Cheryl's career initially took her to Mt. Carmel, IL and then onto Washington, DC. Upon returning to the Belleville area, she worked for PSOP for four years and moved to SIUE, where she spent 18 years before returning to PSOP to finish out her career.

Cheryl is pleased to be working with the St. Clair County Health Department as several of her family members have or had careers in various health care fields. Cheryl is a member of the Belle Clair Rotary where she most recently served as the club's President. Cheryl is a firm believer in giving back to the community and is excited to be the newest member of the St. Clair County MRC team!

Heads up!

Cheryl has started making introductory outreach calls to all MRC members! She is looking forward to touching base and learning your interests and ideas for the MRC!

Welcome to our TEAM!

Kiearra Jones, BA
Medical Reserve Corps
Volunteer Coordinator
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Summer Safety Tips



Keep these tips in mind as you and your family enjoy summer vacations, camping, family reunions, and the Fourth of July.



Fire safety

Campfires



Build campfires at least 25 feet away from tents, shrubs and anything that can burn.

Grilling

Use propane, charcoal and wood pellet BBQ grills outdoors only. Indoor use can cause a fire or carbon monoxide poisoning. Place your grill well away from siding and deck railings and out from under leaves and overhanging branches. Do not store or use a grill on a porch or balcony.



Outdoor Fireplaces

Use chimineas, outdoor fireplaces and pits outdoors only and at least 10 feet away from your home or anything that can burn.



Fireworks

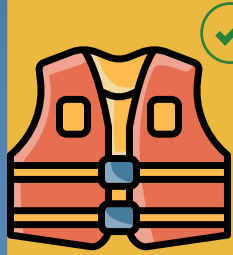
If you want to see fireworks, go to a public show put on by experts. Sparklers can reach 1,200 F and can cause third-degree burns.



Activity safety



Never swim near a boat, marina or boat launching ramp.

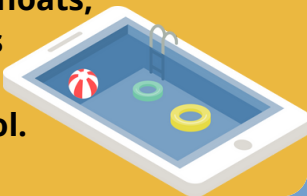


Always use U.S. Coast Guard-approved life safety jackets.



Adults need to stay with children when they are around water.

Keep the pool and deck clear of floats, balls and toys after you get out of the pool.



Always swim with a buddy.



Always wear a bike helmet and bright clothes when cycling so people can see you. Put reflectors on your bike.



Ride with both hands on the handlebars. Ride in single file with traffic. Stop at all stop signs and obey traffic lights.



For more information and free resources, visit www.usfa.fema.gov.

HELP US GET TO KNOW YOU!



CAN YOU SPARE A MINUTE OR TWO?
PLEASE COMPLETE OUR SHORT
INTEREST SURVEY USING THE LINK
BELOW

[Volunteer Interest Survey](#)

We will use this information to get a better understanding of your skills and interests, and will try to provide opportunities to align with you to create more meaningful volunteer work.



ACTIVE VOLUNTEER ID BADGE

If you have not yet done so, please email a photo to be included on your MRC ID Card. You do not need to have a special photo taken, even a quick picture taken on your cell phone will work. This card will be used to identify you as an emergency worker and should help you if or when you are responding during an incident or serving in the community in a non-emergency public health event. Once complete, your ID will be mailed directly to you. If your address has changed, please email your correct address when sending your picture.



VOLUNTEERING FEELS GOOD!
YOU NOT ONLY HAVE THE INTENTION BUT YOU ACT ON IT. THANK YOU FOR YOUR WILLINGNESS AND DEDICATION TO SERVE IN OUR COMMUNITY! PLEASE REACH OUT TO ME IF YOU HAVE ANY NEEDS OR SUGGESTIONS ON HOW WE CAN BETTER SERVE IN OUR COMMUNITY!

Please "Like" and share our Facebook page



CHECK IT OUT!

MRC HOME
MRC TRAIN
IL HELPS



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“ The best way to find yourself is to lose yourself in the service of others. -Mahatma Gandhi ”

