

# 2023 UTMRC

## Quarterly Newsletter SPRING EDITION



To our valued UTMRC volunteers, welcome to the Spring 2023 Newsletter! This season marks our one year anniversary of sharing events, highlighting volunteers and keeping connections going with our extraordinary community. As our journey continues, we are changing the timing of the newsletter to become a monthly edition. We feel that staying updated on all current events and trainings will work well in the future to ensure that our outreach will stay intact and information will be communicated in a more timely fashion. This edition will be the last quarterly update. Going forward, be on the lookout for monthly updates, current events and highlighted volunteers creating positive change for the University of Texas and beyond.

*With sincere gratitude, the UTMRC Newsletter Committee*

### SAFETY WHILE HIKING THIS SPRING:

1. Plan your hike and check the weather.
2. Don't rely on cell phones- consider a personal locator beacon if needed.
3. Bring enough food, water, bug spray, sunscreen, and good hiking shoes.
4. Beware of wildlife -watch from a responsible distance.
5. Let the slowest hiker set the pace, and yield to uphill hikers when descending.
6. Take breaks often and know your limits.
7. Enjoy the trail and being outside!



POISON OAK

### POISONOUS PLANTS-SYMPTOMS & FIRST AID:

**Symptoms include:** red rash, bumps, red streaks, weeping blisters (fluid in blisters is not contagious), swelling and itching.

**First Aid:** Rinse skin immediately, scrub under nails with a brush, take an antihistamine (like Benedryl) to calm itching. Get medical help in severe cases (rash on face or genitals), difficulty breathing, severe swelling.

### VENOMOUS SNAKES BITES-SYMPTOMS & FIRST AID:

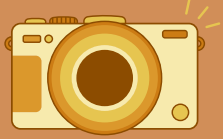
**Symptoms include:** Puncture marks at wound, redness, swelling, bleeding, severe pain & tenderness, labored breathing, rapid heartbeat.

**First Aid:** Remain calm, try to remember what the snake looked like, remove accessories prior to swelling, clean bite marks, seek medical attention as soon as possible- call 911 immediately.



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# PHOTOS FROM PREVIOUS 2023 EVENTS:



## NEXT UPCOMING EVENT:



### ACTIVE SHOOTER TRAINING EVENT

SATURDAY, MAY 20TH FROM 1:00PM-5:00PM

LOCATED AT ROCK ATX

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