



# Preparedness and You

## Simple ideas you can use to be prepared to protect your family, your property, and your business when an emergency strikes

A Project of the Wood/Wirt County Combined Emergency Planning Committee

**emer•gen•cy** *noun, often attributive*

*plural* emer•gen•cies

### Definition of EMERGENCY

- 1: an unforeseen combination of circumstances or the resulting state that calls for immediate action
- 2: an urgent need for assistance or relief  
<the governor declared a state of emergency after the flood>

### Did You Know?

- Only 57% of people report that they have readiness items set aside in their homes for use in disaster.
- Just 34% of people have readiness supplies in their car.
- Less than half of households have an Emergency Plan and yet ...
- *42% of individuals report that they would need help during a disaster.*

**Preparedness is *everyone's* responsibility.**

**Federal, state, and local Emergency Management officials urge all americans to annually update their disaster plans and prepare their families, homes, and businesses.**

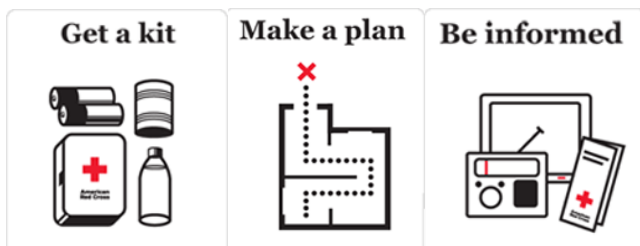
When disaster strikes, it is important to have supplies and necessities to last the first 72 hours before help arrives.

**In the event of a catastrophic emergency, it may be *three days or longer* before emergency responders arrive to help you!**

# Basic Preparedness is as easy as 1-2-3

1. Get a kit.
2. Make a plan.
3. Be informed.

It's important to prepare for possible disasters and other emergencies. Natural and human-caused disasters can strike suddenly, at any time and anywhere. These three actions that everyone can take that can help make a difference ...



## Get a Kit

Your Emergency Preparedness Kit should be kept in a convenient place where you can readily access it, not stuffed in the basement behind your camping equipment. In the event of an emergency you may literally have only a few seconds to get your Kit and get out of your home.

Your Kit should contain everything that your entire family will need to survive totally on your own for 72 hours, or even longer. Be sure to inventory your Kit at least once every three months, and rotate anything out that may be becoming stale. Of course, the more you plan, the more likely you are to think of things that should be added to your Kit. Why not keep a note pad on top of your refrigerator to jot things down as they come to mind so you can pick them up on your next market trip.

As an absolute minimum, your Kit should contain the following items:

- **Food:** non-perishable, easy-to-prepare items; a 3-day supply for evacuation and a 2-week supply for home. An excellent variety of freeze-dried foods with a shelf life of 25 years is available on the internet from FoodInsurance.com<sup>1</sup>, and most camping supply stores will be able to provide your needs, as will many RV supply stores.
- **Water:** one gallon of pure water per person per day. *Do not skimp on this!* The human body can literally go for weeks without food, but few can survive more than two or three days without water.
- **Household Bleach:** (unscented) for purifying additional water and for sanitizing containers and eating utensils.
- **Medications, supplements, and other medical items:** In the event of an emergency you may not have time to get your Kit and go to your medicine cabinet. If you have high blood pressure, get an inexpensive blood pressure monitor to keep in your Kit; diabetics, don't forget testing supplies and insulin (if you have the kind that doesn't require refrigeration). If you have serious allergies, don't forget an extra epi pen.
- **Sanitation and personal hygiene items:** You *don't* want to be caught in an emergency without toilet paper, feminine products, deodorant, soap, shampoo, toothbrush, toothpaste, mouthwashes, etc.
- **Copies of important personal documents:** your medication lists and pertinent medical information, proof of address; deed/lease to your home; passports and birth certificates; health, life, and casualty insurance policies and health ID cards. Remember this is

<sup>1</sup>References to specific vendors and brand names are provided for your convenience only, and do not indicate an endorsement by the LEPC.

a disaster plan and your residence may not be standing when you return home.

- **Cell phones with chargers:** be sure to have a charger that will work off your car's power in case public electricity is not available. You might want to consider getting an inexpensive power inverter to convert your car's 12 volt D.C. supply to the 110 volt A.C. that your appliances need.
- **Radios:** You should have three kinds of radios, plus extra batteries for each: a standard AM/FM radio, a weather radio with alerts, and two-way radios (walkie-talkies) in either the CB or Family Radio Service. CB or FRS radios can be purchased very inexpensively and can be used for family members to stay in contact. Remember, they may be no cell phone service.
- **Family and emergency contact information:** Names, addresses, phone numbers, email addresses of your family, friends, health care providers. This information should also be stored in every family member's cell phone.

### I.C.E.

This is probably a good time to mention **I.C.E.** — In Case of Emergency.

Most emergency personnel are now being trained to check your cell phone for emergency contacts when you are unconscious or otherwise unable to communicate with them.

Add the letters "**ICE**" to the name listing in your cell phone for anyone to be contacted In Case of Emergency.

Emergency personnel will then be able to simply search your phone for the letters **ICE** and will know who to contact for you.

- **Extra cash:** In a disaster, banks may be closed and ATMs may not be working.
- **Emergency blankets:** Emergency blankets

made of "space age" materials (also called space blankets), and quite warm, very thin and light, and take only a small amount of storage space. Have at least one for every family member.

- **Maps of the area:** In a disaster, the roads you usually travel may be either closed or destroyed. You should have both local maps, maps of your evacuation destination, and maps of your planned evacuation route.

Consider the needs of all your family members, including your pets, and add their supplies to your Kit. Some suggested items to help meet additional needs include:

- Medical supplies (hearing aids with extra batteries, extra glasses, contact lenses, syringes, cane)
- Baby supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Pet supplies (collar, leash, ID, vaccination certificates, food, carrier, dishes for food and water). If you haven't had an electronic ID chip implanted in your pet, you might want to consider doing so.
- Extra sets of car and house keys
- Manual can opener (remember, there may be no electricity)

Here are some additional supplies to keep at home and/or in your Kit based on the types of disaster common to your community:

- Whistle (for signaling)
- N95 (respirator) or surgical masks
- Matches (in waterproof container)
- Rain gear
- Towels
- Work gloves
- Tools/supplies for securing your home
- Extra clothing, hat, and sturdy shoes

- Plastic sheeting
- Duct tape
- Scissors
- Household liquid bleach
- Entertainment items
- Blankets or sleeping bags

## Basic First Aid Kit

A well-stocked first aid kit is a handy thing to have. To be prepared for emergencies, keep a first aid kit in your home and in your car. Carry a first aid kit with you or know where you can find one. Find out the location of first aid kits where you work. First aid kits come in many shapes and sizes. You can purchase one online from the Red Cross Store or from your local American Red Cross chapter. Your local drug store or sporting goods store may also sell them.



You may also chose make your own. Some kits are designed for specific activities, such as hiking, camping or boating.

Whether you buy a first aid kit or put one together, make sure it has all the items you may need. Include any personal items such as medications and emergency phone numbers or other items your health-care provider may suggest. Check the kit regularly. Make sure the flashlight batteries work. Check expiration dates and replace any used or out-of-date contents.

The Red Cross recommends that all first aid kits for a family of four include the following:

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approximately 1 gram)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 blanket (space blanket)

- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of nonlatex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- Scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/non-glass)
- 2 triangular bandages
- Tweezers
- First aid instruction booklet

## Make a Plan

Get your entire family involved in making your Family Disaster Plan, and review it at least once a year.



- Meet with your family or household members.
- Discuss how to prepare and respond to emergencies that are most likely to happen where you live, learn, work and play.
- Identify responsibilities for each member of your household and plan to work together as a team.
- If a family member is in the military, plan how you would respond if they were deployed.

Plan what to do in case you are separated during an emergency

- Choose two places to meet:
  - ◻ Right outside your home in case of a sudden emergency, such as a fire
  - ◻ Outside your neighborhood, in case you cannot return home or are asked to evacuate
- Choose an out-of-area emergency contact person. It may be easier to text or call long distance if local phone lines

are overloaded or out of service. Everyone should have emergency contact information in writing or programmed into their cell phones.

Plan what to do if you have to evacuate

- Decide where you would go and what route you would take to get there. You may choose to go to a hotel/motel, stay with friends or relatives in a safe location or go to an evacuation shelter if necessary.
- Practice evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes on your map in case roads are impassable.
- Plan ahead for your pets. Keep a phone list of pet-friendly hotels/motels and animal shelters that are along your evacuation routes.

If you have school-aged children:

- Make written, age-appropriate versions of your family plan, complete with your contact phone numbers, meeting locations, personal identification, and medical information, and have your children carry them in a pencil bag in their school binders so it will always (well, almost always) be with them!

## Be Informed

**Learn what disasters or emergencies may occur in your area.** These events can range from those affecting only you and your family, like a home fire or medical emergency, to those affecting your entire community, like an earthquake or flood.



- Identify how local authorities will notify you during a disaster and how you

will get information, whether through local radio, TV or NOAA Weather Radio stations or channels.

- Know the difference between different weather alerts such as watches and warnings and what actions to take in each.
- Know what actions to take to protect yourself during disasters that may occur in areas where you travel or have moved recently. For example, if you travel to a place where earthquakes are common and you are not familiar with them, make sure you know what to do to protect yourself should one occur.
- When a major disaster occurs, your community can change in an instant. Loved ones may be hurt and emergency response is likely to be delayed. Make sure that at least one member of your household is trained in first aid and CPR and knows how to use an automated external defibrillator (AED). This training is useful in many emergency situations.
- Share what you have learned with your family, household and neighbors and encourage them to be informed.



**Emergency Contact Cards for All Household Members.** Get your additional cards online at [RedCross.org/Prepare/ECCard.pdf](http://RedCross.org/Prepare/ECCard.pdf).

- Print one card for each family member.
- Write the contact information for each household member, such as work, school and cell phone numbers.
- Fold the card so it fits in your pocket, wallet or purse.
- Carry the card with you so it is available in the event of a disaster or other emergency.

# OK, So Where Can I Get Emergency Preparedness Information?

Local Emergency Planning Committees, or LEPCs, are mandated by the Emergency Planning and Community Right-to-Know Act (EPCRA) of 1986.

The EPCRA was originally created to help communities plan for emergencies involving hazardous substances. The Act establishes requirements for federal, state and local governments, Indian tribes, and in-

(like severe weather and earthquakes), man-made causes (transportation accidents, chemical or radiation accidents, criminal or terrorist activity), or infectious diseases (like flu epidemics or biological agent attacks).

The Combined Wood and Wirt County LEPC was formed in its current form in December of 1997, and consists of representatives from both counties, including:

- all levels of county and city government
- traditional emergency responders (law enforcement, fire, Emergency Medical Services)
- disaster response agencies
- volunteer emergency response and support organizations
- area businesses and industry
- the faith community
- the community at large.

## Our Mission

The goal of the Wood/Wirt County LEPC is to anticipate, plan and train for, prevent where possible, and minimize the effects of “all hazards” emergency events whether they come from natural causes (like severe weather and earthquakes), man-made causes (transportation accidents, chemical or radiation accidents, criminal or terrorist activity), or infectious diseases (like flu epidemics). Public information is a large

dustry regarding emergency planning and “Community Right-to-Know” reporting on hazardous and toxic chemicals.

The Community Right-to-Know provisions help increase the public’s knowledge and access to information on chemicals at individual facilities, their uses, and releases into the environment. States and communities, working with facilities, can use the information to improve chemical safety and protect public health and the environment.

Since the attacks of 9/11, the responsibilities of the LEPCs have expanded to include preparation for, and mitigation and management of, “All Hazards” threats whether they come from natural causes

part of this preparedness process.

## LEPC Website

In conjunction with National Preparedness Month, September 2011, the Wood/Wirt County Combined LEPC launched a brand-new website, plus Facebook and Twitter accounts specifically for the purpose of providing the community with Emergency Preparedness Information and Emergency Alerts. The website can be accessed in either of two ways:

[www.WoodCoLEPC.org](http://www.WoodCoLEPC.org)

or

[www.MidOhioValleyReady.org](http://www.MidOhioValleyReady.org)

So let’s take a quick tour of the website.

## HOME PAGE

The home page provides an overview of the website and links to the major sections of the site. At the top of the page is a banner that shows the current alert status for the Wood/Wirt County area, with a link to the actual Emergency Alerts page.

The status banner is color coded similar

to this plan used by the Homeland Security Advisory System:

**Green:** Low Risk of Terrorist Attack

**Blue:** Guarded (General Risk)

**Yellow:** Elevated Risk

**Orange:** High Risk

**Red:** Severe Risk

While the Homeland Security Advisory System shows specifically the current risk of terrorist attack, the LEPC threat level shows the current known risk of threat from all hazards.

Whenever we become aware of any situation that would pose a threat to our community, we will change the status color code and post the information as an Alert.

The color code that we use is:

- **Green:** No known threat at this time.
- **Blue (Guarded):** There is no known specific threat, but an *increased level of awareness* is in order. For example, on September 11, there is always an increased risk of terrorist activity, but there was no specific threat to our area.
- **Yellow (Elevated):** A severe weather *watch* (or similar alert) has been posted for our area. A severe weather *watch* is a forecast issued well in advance of a severe weather event to alert the public of the possibility of a particular hazard, such as tornadoes, severe thunderstorms, flash and river floods, winter storms, or heavy snows.
- **Orange (High):** An event has occurred, or is about to occur, that may pose a significant threat to our area, but no immediate action is required. For example, when an earthquake occurs in our area, such as the ones in Reno, Ohio, and Virginia in August 2011, and has not produced immediate damage in our area, there is always the possibility of aftershock, which is often more severe than the original event. Orange

status will also be used when, for example, a hurricane is active on the east coast or in the Gulf and could result in severe weather occurring in our area.

- **Red (Severe):** *Immediate action is required.* A severe weather *warning* (or similar alert) has been issued for our area. A *warning* is forecast issued when severe weather has developed, is already occurring and reported, or is detected on radar. *Warnings* state a particular hazard or imminent danger, such as tornadoes, severe thunderstorms, flash and river floods, winter storms, heavy snows, etc.

## COMMUNITY ALERTS

The Community Alerts page provides details of any known current threats to our community. There are also:

- a banner that shows the current Homeland Security Advisory System status with a link to the Homeland Security Knowledgebase
- current weather conditions and forecasts, with links to weather maps and radar images
- a link to the West Virginia Department of Homeland Security and Emergency Management current status page
- links to radio and TV stations for local news and alert information
- links to web pages that provide Weather Preparedness information

## IMPORTANT NEWS

This page contains links to news items pertaining to the safety, security, or emergency preparedness of our community, such as product recalls or health concerns. The community is encouraged to inform us of appropriate content for this page.

## EMERGENCY PREPAREDNESS

This page provides links to web pages, both on our site and on other sites, that

provide specific preparedness, safety, and alertness articles and checklists.

## **EMERGENCY CONTACTS**

This page contains contact phone numbers for both emergency and non-emergency service agencies in Wood and Wirt Counties, including (but not limited to) law enforcement (city, county, state, and federal), Offices of Emergency Management, Disaster Relief agencies, ambulance, fire and rescue, health, public utilities, emergency shelters, and emergency supply centers. It also has the contact information for the LEPC.

## **PUBLIC MEETINGS**

Notices of public meetings that you may want to consider attending are posted on this page. In the future we plan to post the meeting schedules for not only the LEPC, but also the County Commissions, City Councils, and other public meetings of importance to the community.

## **MEET YOUR LEPC**

Here you can find just about everything you want to know about your Local Emergency Planning Committee, with links to find the minutes of meetings, who's on the committee, when and where the next meeting is, and a whole lot more.

## **VOLUNTEERS**

Volunteers and volunteerism really form the backbone of our society. According to the National Fire Protection Association, a whopping *71 percent* of firefighters in the United States are volunteers.

This section of the website is dedicated to the thousands of volunteers — firefighters and others — throughout West Virginia, and particularly in the Mid-Ohio Valley Region, who are dedicated to Emergency Preparedness and Disaster Response.

Links are provided to information on more than 40 non-firefighter volunteer pre-

paredness and response organizations within 50 miles of Wood County.

## **YOUR FIRST RESPONDERS**

In this section we provide information about the “First Responder” community in the Mid-Ohio Valley: who they are, where they are, how to contact them, and their activities.

Most of us don't stop to think about the courageous men and women who are often called upon to risk their own lives to protect our lives and property every day, especially the volunteers who don't do it for a paycheck, but out of concern for you!

The Volunteer Fire Departments in Wood and Wirt Counties not only volunteer their time and effort, but they also have to raise their own funds to purchase and maintain their facilities and equipment, *and to purchase their own worker's compensation insurance, with premiums of several tens of thousands of dollars a year.* In recent years the cost of these premiums has leapt up by 700%! We encourage the entire community to enthusiastically support their fund-raising activities, and we will notify you of as many of them as we can.

The page also provides physical addresses, on-line pages, and contact information for both our paid and volunteer fire departments.

## **GET INVOLVED**

This page provides links to some of the more than 40 local Citizen Corps Councils, Citizen Corps partner programs, and other emergency response volunteer organizations within 50 miles of Parkersburg. Click on a Council or partner program for information on how to get involved!

## **REPORTING REQUIREMENTS**

There are fourteen Community Right-to-Know reporting requirements within the Emergency Planning and Community Right-to-Know Act. Facilities covered by

Emergency Planning and Community Right-to-Know Act (EPCRA) requirements must submit reports to the Local Emergency Planning Committee (LEPC), the State Emergency Response Commission (SERC), and the local fire department annually. The reporting requirements are complex, and we have provided some links that we think will be helpful in determining your needs.

### **FREQUENTLY-ASKED QUESTIONS (FAQ)**

Who is...? What is...? How do I...? These are the types of questions we usually get asked. This page provides a list of the most commonly-asked questions and provides a quick, reliable answer.

### **SITE MAP**

Websites are often quite complex, and it is easy to get lost in them. Our Site Map provides an outline of our complete website with quick links to every page on the site.

### ***The LEPC Facebook Page***

Whenever a Community Alert is posted on our website, it is also posted on our Facebook page, which is located at:

<http://www.facebook.com/pages/Wood-Wirt-County-Local-Emergency-Planning-Committee-LEPC/244079738969005>

But the easiest way to get there is to either search for “Wood/Wirt County Local Emergency Planning Committee” in the search box at the top of your Facebook page, and then “Like” us, or to click on the “Friend us on Facebook” from the left column of every page on our website.

Through our Facebook page we are also

trying to build an on-line community of Emergency Planners and Emergency Responders throughout the state and the region to share ideas about Emergency Preparedness.

If you want to receive immediate notices of Community Alerts as they are posted, “Like” our Facebook page and link your Facebook account to your smart phone.

### ***LEPC on Twitter***

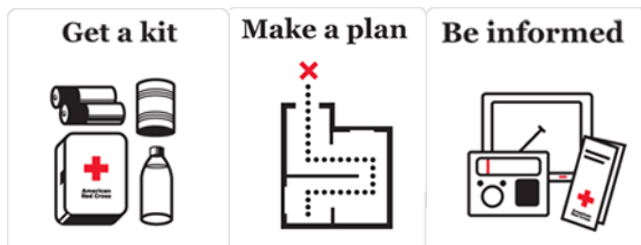
If you are a “Tweeter” rather than a “Facebooker” you can “follow us” on your Twitter account @WoodCountyLEPC. Alerts that we post to our Facebook account are automatically echoed on our Twitter broadcast, but we do not monitor responses to them.

## **Your Personal “I’m Ready” Checklist**

- I know what emergencies or disasters are most likely to occur in my community.
- I have a family disaster plan and have practiced it.
- I have an emergency preparedness kit.
- At least one member of my household is trained in first aid and CPR/AED.
- I have taken action to help my community prepare.

## Basic Preparedness is as easy as 1-2-3

1. Get a kit.
2. Make a plan.
3. Be informed.



## But what about Training?

- ✓ You have your kit.
- ✓ You've made your plan.
- ✓ You stay informed.

But what do you do to *train* and *practice* for emergencies?

# Introducing C.E.R.T.

COMMUNITY  
EMERGENCY  
RESPONSE  
TEAM



## What is C.E.R.T.?

The Community Emergency Response Team (CERT) Program:

- Educates people about disaster preparedness for hazards that may impact their area, and
- Trains them in basic disaster response skills, such as
  - fire safety
  - light search and rescue
  - team organization, and
  - disaster medical operations.

Following a major disaster, first responders who provide fire and medical services

*will not* be able to meet the demand for these services.

Factors such as as number of victims, communication failures, and road blockages will prevent people from accessing emergency services they have come to expect at a moment's notice through 911.

People will have to rely on each other for help in order to meet their immediate life saving and life-sustaining needs.

REMEMBER ... when disaster strikes, it is important to have supplies and necessities to last the first 72 hours before help arrives. In the event of a catastrophic emergency, it may be *three days or longer* be-

fore emergency responders arrive to help you!

One expects that under emergency or disaster conditions, family members, fellow employees, and neighbors will spontaneously try to help each other. Such was the case following the Mexico City earthquake where untrained, spontaneous volunteers saved 800 people. *However*, 100 people lost their lives while attempting to save others. This is too a high price to pay, and it is preventable through proper training.

Using the training learned in the classroom and during training exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help.

CERT members also are encouraged to support emergency response agencies by taking a more active role in emergency preparedness projects in their community.

Since we can predict that emergency services will not meet immediate needs following a major disaster, especially if there is no warning as in an earthquake, and people will spontaneously volunteer, ***what can government do to prepare citizens for this eventuality?***

**First**, present citizens the *facts* about what to expect following a major disaster in terms of immediate services.

**Second**, give the message about their responsibility for *mitigation* and *preparedness*.

**Third**, train them in needed *life saving* skills with emphasis on *decision making* skills, *rescuer safety*, and doing the *greatest good* for the greatest number.

**Fourth**, organize teams so that they are an extension of first responder services offering immediate help to victims until professional services arrive.

## C.E.R.T. Background

The ***Community Emergency Response Team*** concept was developed and implemented by the Los Angeles City Fire Department (LAFD) in 1985. The Whittier Narrows earthquake in 1987 underscored the area-wide threat of a major disaster in California, and confirmed the need for training civilians to meet their immediate needs.

As a result, the LAFD created the Disaster Preparedness Division with the purpose of training citizens and private and government employees.

The 1989 Loma Prieta earthquake (the “World Series” quake) registered 6.9 on the Richter Scale. It killed 63 people throughout northern California, injured 3,757, and left some 3,000-12,000 people homeless.

In 1991 the Berkeley/Oakland firestorm burned 1,520 acres of city residential area, killed 25 people, injured 150 others, destroyed 3,354 single-family dwellings and 437 apartment and condominium units, with an economic loss estimated at \$1.5 billion.

In the aftermath of these two major disasters, the city and county governments in the San Francisco Bay Area enthusiastically adopted the CERT program.

## C.E.R.T. Training

The training program that Los Angeles Fire Department initiated as an extension of their department makes good sense and furthers the process of citizens understanding their responsibility in preparing for disaster.

It also increases their ability to safely help themselves, their family and their neighbors.

The Federal Emergency Management Agency (FEMA) recognizes the importance

of preparing citizens. The Emergency Management Institute (EMI) and the National Fire Academy have adapted and expanded the original CERT training materials making the training applicable to all hazards.

The CERT course will benefit any citizen who takes it. The CERT-trained individual will be better prepared to respond to and cope with the aftermath of a disaster.

Additionally, when a community wants to supplement its response capability after a disaster, civilians can be recruited and trained as neighborhood, business, and government teams that, in essence, will be auxiliary responders.

These groups can provide immediate assistance to victims in their area, organize spontaneous volunteers who have not had the training, and collect disaster intelligence that will assist professional responders with prioritization and allocation of resources following a disaster.

Since 1993 when this training was made available nationally by FEMA, communities in 28 States and Puerto Rico have conducted CERT training.

## ***Train with Mid-Ohio Valley Regional CERT***

The Mid-Ohio Valley Regional CERT training course is delivered in the community by a team of first responders who have the requisite knowledge and skills to instruct the sessions.

In addition to their experience as first responders, the instructors complete a CERT Train-the-Trainer (TTT) program conducted by their State Training Office for Emergency Management or the Emergency Management Institute

The CERT training offered by Mid-Ohio Valley Regional CERT is a 16-hour program usually delivered in four 4-hour sessions, one evening a week over a 4-week period.

The training consists of the following modules:

- 1. Disaster Preparedness.** Addresses hazards to which people are vulnerable in their communities.
- 2. Disaster Fire Suppression.** Briefly covers fire chemistry, hazardous materials, fire hazards, and fire suppression strategies.
- 3. Disaster Medical Operations Part 1.** Participants practice diagnosing and treating airway obstruction, bleeding, and shock by using simple triage and rapid treatment techniques.
- 4. Disaster Medical Operations, Part 2.** Covers evaluating patients by doing a head to toe assessment, establishing a medical treatment area, performing basic first aid, and practicing in a safe and sanitary manner.
- 5. Light Search and Rescue Operations.** Participants learn about search and rescue planning, size-up, search techniques, rescue techniques, and most important, rescuer safety.
- 6. Disaster Psychology and Team Organization.** Covers signs and symptoms that might be experienced by the disaster victim and worker. It addresses CERT organization and management principles and the need for documentation.
- 7. Course Review and Disaster Simulation.** Participants review the first six modules and practice the skills that they have learned during the previous sessions in disaster activity.

CERT is about readiness, people helping people, rescuer safety, and doing the greatest good for the greatest number.

CERT is a positive and realistic approach to emergency and disaster situations where citizens will be initially on their own and

their actions can make a difference.

Through CERT training, citizens can:

- manage utilities and put out small fires;
- treat the three killers by opening airways, controlling bleeding, and treating for shock;
- provide basic medical aid;
- search for and rescue victims safely; and
- organize themselves and spontaneous volunteers to be effective.

Upon successful completion of all six modules, graduates are given a Certificate of Completion and a basic CERT equipment backpack containing essential search and rescue and first aid supplies (with an ap-

proximate value of about \$65), which they are encouraged to enhance and “personalize” with their own equipment.

One might suspect that this valuable training course and provided equipment might be rather expensive. And they would be ...

### ***Totally Wrong!***

The CERT training is provided as a public service of Mid-Ohio Valley Regional CERT and the Mid-Ohio Valley Health Department’s Threat Preparedness Unit, and is totally ***FREE!***

Mid-Ohio Valley Regional CERT proudly serves Calhoun, Pleasants, Ritchie, Roane, Wirt, and Wood Counties.

## **Preparedness and You**

### **As easy as 1-2-3-4**

- 1. Get a kit.**
- 2. Make a plan.**
- 3. Be informed.**
- 4. *Become involved!***