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## Disaster Psychology

CERT volunteers prepare themselves for their role during and following a disaster by learning about the possible emotional and physical impact of disasters on themselves and others. This knowledge helps CERT volunteers understand and manage their reactions to the event, while enabling them to work better with others and help the volunteers to manage the emotional impact of disaster response work. You can learn more about disaster psychology through this [FEMA video](#).



### Psychological First Aid

Psychological First Aid (PFA) is an evidence-informed approach to assist children, adolescents, adults, and families in a disaster's aftermath. PFA provides the initial support for survivors' psychological well-being. "Listen, Protect, Connect" is one of the PFA methods that can assist survivors in taking steps to bounce back more quickly.





## National Preparedness Month

### MAKE A PLAN

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find.

- **Put a plan together**
  1. How will I receive emergency alerts and warnings?
  2. What is my shelter plan?
  3. What is my evacuation route?
  4. What is my family/household communication plan?
  5. Do I need to update my emergency preparedness kit?
- **Consider the specific needs in your household**
- **Practice your plan with your family/household**

### Red Cross Guide to Making a Plan



## TRAINING

CERT members are encouraged to keep learning and seeking out classes that will strengthen their skills.

**BE RESPONSIBLE!**



### JOIN OUR TEAM

We're still looking for volunteers to join our team and help promote emergency preparedness Districtwide!

#### **VOLUNTEER SUPPORT OPENINGS!!**

- CERT Co-Instructors
- CERT Area Team Liaison
- CERT Communications Team

Sign-Up here [www.menlofirecert.com](http://www.menlofirecert.com)

### THE FIVE F's

Our bodies have both physical and psychological responses to stressful events. Humans typically have five primary responses to stress. We refer to those as the 5 Fs. Recognizing examples of each of these can assist you in determining how best to provide support:

1. Freeze: "Stop, look, and listen," or be on guard and watchful.
2. Flight: Flee.
3. Fight: Attempt to combat the threat.
4. Fright: Tonic immobility when in contact with a predator or playing dead.
5. Faint: Fear-induced fainting

# CERT DISASTER READY QUIZ

Each month two individuals will be chosen to win an emergency preparedness prize. In order to be eligible for the raffle, you will need to submit your answers through this online [form](#). You must answer all questions correctly to be entered in the raffle.

Congratulations Renata!



## SUMMER FIRST AID

1. When treating an insect sting, you should remove the stinger, if still present, by...	<ul style="list-style-type: none"> <li>A. Using tweezers to grasp it by the venom sack</li> <li>B. Scraping a straight-edged object across the stinger</li> <li>C. Using a sharp knife to cut the stinger flush with the skin</li> <li>D. Using tweezers to grasp it the shaft, avoiding the venom sack</li> </ul>
2. Lack of perspiration is a symptom of Heat Stroke.	<ul style="list-style-type: none"> <li>A. True</li> <li>B. False</li> </ul>
3. Which is not one of the standard burn classifications?	<ul style="list-style-type: none"> <li>A. Full Thickness</li> <li>B. Superficial</li> <li>C. Medium</li> <li>D. Partial Thickness</li> </ul>
4. Which of these is not a way to treat a patient rescued from cold air or water environments?	<ul style="list-style-type: none"> <li>A. Remove wet clothing</li> <li>B. Give the patient alcohol to help warm their body core</li> <li>C. Place something between the injured person and the ground</li> <li>D. Wrapping the injured person with dry layers such as a coat or blanket</li> </ul>
5. Which of the following heat related injuries is the most life threatening?	<ul style="list-style-type: none"> <li>A. Heat cramps</li> <li>B. Heat stroke</li> <li>C. Heat exhaustion</li> <li>D. Sunburn</li> </ul>



Congratulations to our most recent winners!

Renata and David

This Month's Prize  
Petzl Actik Headlamp



# Wilderness First Aid

August 20-21



## About the Course

This WFA course is designed for 2 comprehensive days of in person instruction. Course topics include:

- CPR for Adults, Children, and Infants
- Patient Assessment System, Circulatory System, Nervous System, and Respiratory System
- Fractures, Stable Injuries, and Splints 1-Extremities
- Hypothermia, Hyperthermia, and Heat Illness
- Near Drowning, Lightning Injuries, Wounds, Burns and Anaphylaxis;
- Patient Lifting, Extrication, and Carries
- Backcountry Medicine

## Engaging and Practical Skills

Hands-on practice through life-like drills is a core component to wilderness medical training, and a part of what makes these courses so unique- and fun!

You can expect to gain:

- California Epinephrine Certification card
- CPR for Adult, Children, and Infants. Upon request, individuals can receive AHA BLS cards.
- Clear understanding of serious vs not serious issues
- What situations can be managed on your own and when to call for help
- Identifying high risk vs low risk injuries

**Location:** 801 Gateway Blvd., South San Francisco from 8am-5:30pm each day  
For questions and to register for the course please contact the MRC Coordinator at [mrc@smcgov.org](mailto:mrc@smcgov.org)

