

# CERT CONNECT



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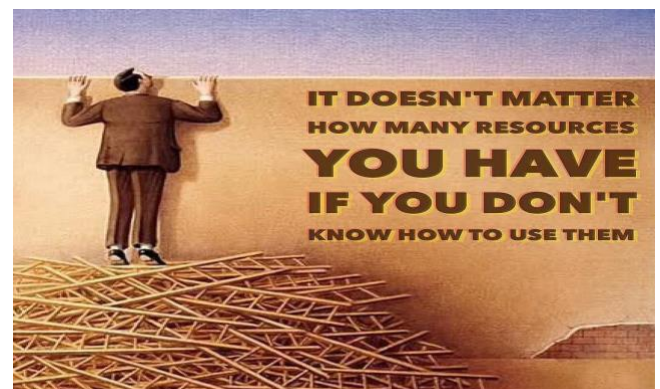
## Are you still Ready?



It was a very unusual season, but it appears as though the worst of the winter storms are over. As we move into spring, it is a good time to replenish your emergency Go Kits (especially food, water, and medical supplies), update your communications and evacuation plans, and keep informed. Use lessons learned from this winter's storms and power outages to be better prepared for a disaster.

Take a class! Menlo Park Fire is offering First Aid/CPR/AED classes the first Saturday of every month. Red Cross Ready classes are held the second Wednesday of each month, and we are planning to offer regular Stop the Bleed classes beginning in May. The next Community Emergency Response Team (CERT) Academy is also coming up soon. Sign up early as all of these classes fill quickly!

Check the CERT website at [www.menlofirecert.com](http://www.menlofirecert.com) for more information and registration.





# TRAINING

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

**BE RESPONSIBLE!  
BE READY!**

<https://training.fema.gov/is/crslst.aspx?lang=en>

## Ready

### Floods

Help keep you and your family safe with these flooding preparedness tips.

<https://www.ready.gov/floods>



## FIRST AID & + CPR TRAINING FREE TO THE COMMUNITY

### Free CPR/AED/First Aid Training

Tell your family and your neighbors about our upcoming classes. In this class you will learn the following skills.

- ✓ CPR/AED for adults and children
- ✓ Bleeding control management
- ✓ Air obstruction (choking)
- ✓ Dealing with shock

### Upcoming classes

- [May 6<sup>th</sup>](#)
- [June 3<sup>rd</sup>](#)
- [subject to change](#)



### JOIN OUR TEAM

We are 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 <http://www.menlofirecert.com>

### FOLLOW US ON SOCIAL MEDIA



- ✓ [Twitter](#) @MPFDcert
- ✓ [Facebook](#) @MPFD.CERT





# CERT DISASTER READY QUIZ

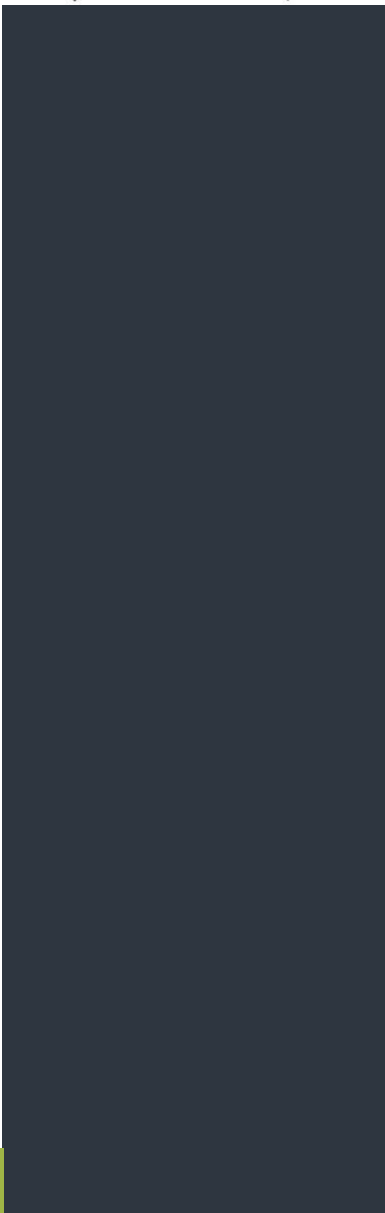
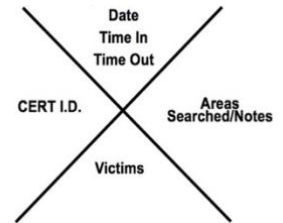
Each month two individuals will be entered into a raffle to win an emergency preparedness prize. In order to be eligible for the raffle, you will need to submit your answers though this [online form](#). You must answer all questions correctly to be eligible for the raffle.

## Light Search and Rescue

1. During Search and Rescue operations you should search the most heavily damaged structures first, as they will most likely contain the most seriously injured.	<ul style="list-style-type: none"> <li>A. True</li> <li>B. False</li> </ul>
2. Which of the following is NOT one of the goals of search and rescue?	<ul style="list-style-type: none"> <li>A. Rescue the greatest number of people in the least amount of time</li> <li>B. Keep rescuers and survivors safe</li> <li>C. Get the walking wounded out first</li> <li>D. Record the location of valuable items so that the police can secure them</li> </ul>
3. When confronted with a heavily damaged building, CERT's mission is to secure the building perimeter and warn others of the danger of entering the building.	<ul style="list-style-type: none"> <li>A. True</li> <li>B. False</li> </ul>
4. CERT can enter a heavily damaged building as long as they have been properly sworn in as a Disaster Service Worker.	<ul style="list-style-type: none"> <li>A. True</li> <li>B. False</li> </ul>
5. Which is NOT one of the primary CERT rescue functions.	<ul style="list-style-type: none"> <li>A. Moving objects</li> <li>B. Removing survivors as safely and quickly as possible</li> <li>C. Taking pictures of damage to assist homeowner's insurance claims</li> <li>D. Assessing survivors for life-threatening conditions</li> </ul>

When entering to search a structure, make a single diagonal slash next to the door just before entering a structure.

Make an opposite slash (creating an "X") when all occupants have been removed and search and rescue efforts have been completed.



Take the quiz online and enter to win!



This month's prize:  
Stop the Bleed Kit





## Personal Cyber Security Tips

### PROTECT YOURSELF FROM SCAMMERS



#### Be careful installing apps or software

**DO NOT** install an app or download software in order to receive a refund, win a prize, take a survey, or to get help from customer service.



#### Never pay over the phone

**DO NOT** provide payment information, including gift cards (or "verification cards," as some scammers call them), for products or services over the phone. Never give a caller your personal information such as Social Security or Drivers License number, etc.



#### Be wary of false urgency

**DO NOT** be pressured to act now. Scammers may try to create a sense of urgency to persuade you to do what they're asking.

