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## Keep Your Family Safe Over The Holidays!

Enjoy a Safe COVID Holiday Season. This is the time of year when families gather. Help protect yourself and your family by spreading some holiday safety tips when you click the link below.

Read More: <https://bit.ly/3njttV8>



## Make It Safetly Through Flu Peak Flu Season

We are entering the peak of flu season( December), and according to the Centers for Disease Control and Prevention (CDC), the best way to prevent catching the seasonal flu is to get vaccinated every year.

Read More: <https://bit.ly/3qPGV5n>





# TRAINING

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

**BE RESPONSIBLE!  
BE READY!**

## New for 2021!



### New Webinar Series Presents 10 Steps to Preparedness

FEMA Region II is hosting a new webinar series entitled, "Resolve to be Ready: 10 Steps to Preparedness!" Subject matter experts from each of FEMA's 10 Regions will co-host 10 webinars in 10 weeks, featuring 10 steps to prepare in the new year. The topics range from how to make an emergency kit to preparing for and lowering the impact of COVID-19 on college campuses.

**Beginning on Wednesday, January 6,** the series will run every Wednesday through March 17, with the exception of January 20. Most of the webinars will start at 9:00 AM and will be recorded. Links to the recorded sessions will be available to the public via FEMA's

[Dates and for these webinars](#)

**Menlo Fire CERT  
Website Completely Updated.**  
[www.menlofirecert.com](http://www.menlofirecert.com)



Please take a moment to REGISTER if your CERT graduate. We are still in the process of building it out and incorporating new and updated content. If you have a passion for social media marketing and website management we have 2 volunteer CERT openings in our department. Please contact us for more information.

**REGISTRATION EXTENDED!**



### FIRST AID TRAINING

Since we still cannot provide our traditional in person training, we are experimenting with online training. For our first effort we have contracted with Health and Safety Institute (HSI) that offers online Basic First Aid training. Because we cannot provide a way to conduct the hands-on skills evaluation, you will not get an "official" First Aid card.

This is a good opportunity if you want a refresher on the first aid training you got during your CERT Basic training.

<https://forms.gle/MBpSFp6PXFelxbFh7>





## VOLUNTEER OPPORTUNITIES

### Listos California Social Bridging Project

The Listos California Emergency Preparedness campaign launched a Social Bridging Project earlier this year. Originally, this project was designed to use CERT volunteers and AmeriCorps members to call vulnerable Californians and conduct a wellness check during the COVID19 Stay at Home orders. Recently the project has expanded to provide disaster preparedness calls. You can find more information here:



<https://www.listoscalifornia.org/community-projects/social-bridging-project/>

CERT Volunteers can sign up for the Social Bridging project here:

[https://docs.google.com/forms/d/e/1FAIpQLScueWOWRy68wBOqUBZDnUF2-IBIKPfmtj4qaTEPj6\\_fdNtrQQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLScueWOWRy68wBOqUBZDnUF2-IBIKPfmtj4qaTEPj6_fdNtrQQ/viewform)

California Volunteers- <https://bit.ly/2QoyPQ9>

County of San Mateo: <https://bit.ly/2EqplRQ>

American Red Cross: <https://rdcrss.org/34yo9qj>



## Local Community Based Emergency Preparedness Organizations

Did you know that our communities are also served by three volunteer community based emergency preparedness organizations? Take a minute to review their website and consider joining in their efforts help our community get prepared.

Atherton – A.D.A.P.T. <https://www.getreadyatherton.org/>

East Palo Alto – REPact <https://repact.org/>

Menlo Park – MPCReady <https://www.mpcready.org/>

