

CERT CONNECT



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Pet Preparedness

Pets are members of many of our families. So, it is important that we included them in our emergency preparedness planning.

- ✓ **GET A PLAN:** Know a safe place where you can take your pets before disasters happen.
- ✓ **GET A BUDDY SYSTEM:** Have a friend or neighbor who can care or evacuate your pets if your unavailable.
- ✓ **GET PREPARED:** [FEMA Prepare Your Pets](#)



STAY CONNECTED AND PET READY?

This innovative and user-friendly app provides advice to dog and cat parents on how to care for a pet until veterinary assistance is available.

Download Now!

[Red Cross Mobile Apps](#)



TRAINING

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

**BE RESPONSIBLE!
BE READY!**



HOLIDAY PET SAFETY TIPS



EMERGENCY *preparedness* checklist for PETS

Pets count on us for safety during disasters. You can prepare by gathering these items so you are ready in case of emergency.

- #1 FOOD & WATER for 3-7 days*
- #2 MEDICATIONS & medical records
- #3 FIRST AID BOOK for pets
- #4 FIRST AID KIT for pets
- #5 LEASH
- #6 HARNESS
- #7 CARRIER
- #8 FLASHLIGHT & batteries
- #9 BAGS to collect waste
- #10 PHOTOS & DESCRIPTIONS OF PETS
- #11 VET'S CONTACT INFORMATION
- #12 GROOMING ITEMS
- #13 PAPER TOWELS & DISINFECTANT
- #14 BLANKETS OR TOWELS
- #15 PILLOW CASE to trap snakes
- if you have cats...*
- #16 LITTER
- #17 LITTER BOX
- #18 LITTER SCOOP

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 (Atherton & EPA)
- Red Cross Ready Instructors

Sign-Up on the New Website

www.menlofirecert.com



Winter Safety

Hypothermia (abnormally low body temperature) and frostbite are both dangerous conditions that can happen when a person is exposed to cold temperatures. Stay safe this winter by learning more about hypothermia and frostbite, including who is most at risk, signs and symptoms, and what to do if someone develops hypothermia or frostbite.

[CDC: Prevent Hypothermia & Frostbite](https://www.cdc.gov/prevention/hypothermia-frostbite/)





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 through this [online form](#). You must answer all questions correctly to be eligible for the raffle.

Temperature Related Emergencies

1. There are several key signs and symptoms of frostbite. Which of the following is not a symptom of frostbite?	<ul style="list-style-type: none"> A. Partial or complete numbness B. Heavy sweating C. Burning or tingling sensation D. Skin discoloration
2. There are several types of heat-related injuries, these include all of the following, except?	<ul style="list-style-type: none"> A. Heat exhaustion B. Heat cramps C. Heat stroke D. Heat paralysis
3. When treating a patient suffering from frostbite, you should thaw the frozen extremity as rapidly as possible.	<ul style="list-style-type: none"> A. True B. False
4. Lack of perspiration is a symptom of Heat Stroke.	<ul style="list-style-type: none"> A. True B. False
5. Which of these is not a way to treat patients rescued from cold air or water environments?	<ul style="list-style-type: none"> A. Remove wet clothing. B. Give the patient a shot of brandy to help warm their body core. C. Placing something between the injured person and the ground. D. Wrapping the injured person with dry layers such as a coat or blanket.
6. Which of the following heat related injuries is the most life threatening?	<ul style="list-style-type: none"> A. Heat cramps B. Heat stroke C. Heat exhaustion



Congratulations to our most recent winners: David Fichou & Karen Keefer



Pet First Aid Kit

