

August Newsletter

MAKE A PLAN

Whether you are new to the program, or back for Month Eight, please review the previous newsletter activities (complete the “Family Communications Plan”, purchase a duffle bag /storage bin and stock up on specific items for your “Go Kit” and “Stay Kit”). Make sure each family member/person is well-informed on potential hazards and community plans. Stay Informed.

You may also want to inquire about emergency plans at places where your family spends time: work, daycare and school. If no plans exist, consider volunteering to help create one. Talk to your neighbors about how you can work together in the event of an emergency. You will be better prepared to safely reunite your family and loved ones during an emergency if you think ahead and communicate with others in advance.

CONTINUE TO BUILD YOUR KITS

The “*Item of the Month*” for August is a first aid kit. Put together a first aid kit or purchase a kit with the following items:

Things you should have:

- Two pairs of Latex, or other sterile gloves (if you are allergic to Latex).
- Sterile dressings.
- Cleansing agent/soap and antibiotic towelettes.
- Antibiotic ointment.
- Burn ointment.
- Adhesive bandages in a variety of sizes.
- Eye wash solution.
- Thermometer (non-glass)
- First aid instruction book.

You may also want to include:

- Prescribed medical supplies such as glucose and blood pressure monitoring equipment.

Things it may be good to have:

- Scissors
- Tweezers
- Tube of petroleum jelly or other lubricant
- CPR mask

- Blanket (space blanket)
- Instant cold pack

BE INFORMED

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 number of victims, communication failures, and road blockages may 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.

Consider becoming CERT (Community Emergency Response Team) trained.

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

CERT training is offered frequently throughout the region and is **free** to any resident wishing to participate. Further information on CERT training can be obtained at <http://www.coadwi.org/>.