



The Green Helmet

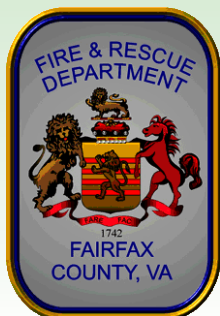
“Neighbors Helping Neighbors”

SEPTEMBER 2017 • Fairfax County, VA

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Fire And Rescue



National Preparedness Month 2017

The focus of National Preparedness Month (NPM) this year is on different ways of planning for an emergency. The overarching theme is “Disasters Don’t Plan Ahead. You Can.” [Ready.gov](http://www.ready.gov)’s goal is to increase the number of individuals, families and communities engaging in preparedness actions whether at home, work, business, school, or house of worship.

The Ready.gov website has many resources available for people who want to promote National Preparedness on social media, graphics, videos, and



power point presentations. The Ready.gov website clearly states that you can edit these materials to your needs and the needs of your audience, as long as you include that Ready.gov as the source of the information.

There are weekly themes throughout September and each one has tailored social media messages and other resources. The four weekly themes for 2017 are:

Week 1: September 1-9

Make a Plan for Yourself, Family and Friends

- The emphasis this week is to communicate, plan, and practice an emergency plan.
- Sign up for emergency alerts at Fairfax Alerts: <http://www.fairfax-county.gov/alerts/>.
- Know whether to shelter in place or where to go if evacuation is ordered.
- Know the types of disasters that are frequent in your area.
- Check out plans for families, for pet owners, and for commuters. There is also an emergency financial preparation kit.
- For sample plans, click on [Make an Emergency Plan](#). Be sure to check out the video.



Photo by Jana Baldwin

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Photo by Jana Baldwin

Week 2: September 10-16

Plan to Help Your Neighbor and Community

- In week 2, the emphasis is on making sure people can provide vital assistance in a disaster before emergency personnel arrive.
- Encourage neighbors and friends to sign up for the Community Emergency Response Team (CERT)! Go to www.fairfaxcountycert.org.
- Would you consider giving a presentation to your community group or house of worship? There is a web-based training and instructor's guide. Click here to take the “[You Are the Help Until Help Arrives](#)” web-based training. If you go through the slides, you'll see that there are links to videos that highlight what is being discussed. There is a tremendous amount of information here.

Week 3: September 17-23

Practice and Build Out Your Plans

- The focus this week is to complete an [Emergency Financial First Aid Kit](#) (EFFAK), maintain emergency savings for use in case of an emergency; participate in an emergency drill; and know how to access community resources (e.g., shelters, food banks).
- Plan ahead for paying bills during an emergency, make digital copies of important documents, have at least one week's medications for every family member.
- Plan now for floods, as they are the disaster we see most in this area. Flood insurance policies don't go into effect for 30 days after an emergency. See www.floodsmart.gov so that you are prepared.



Photo by Jana Baldwin



Photo by Jana Baldwin

Week 4: September 24-30

Get Involved! Be a Part of Something Larger

- Get your [campus](#), [business](#), [faith-based organization](#) and [community organization](#) prepared for an emergency. 40% of businesses do not recover from a disaster. Developing a plan lessens the impact of a disaster on a business. By planning in advance, resiliency after the disaster is improved.
- Make sure your campus is prepared: www.ready.gov/campus. See that your school has emergency plans in place. Know how to contact your family and friends if phone lines are down. Text instead of call and use social media to let friends and family know that you are safe.
- Join [Weather Ready Nation](#)
- Sign up for [Ready Business Workshop](#)

Ask A Pro or Someone in the Know

This column will be your opportunity to ask your questions. We'll do our best to get an answer for you.

Q: How do I find out about classes and activities?

A: There are three easy ways to find out what is going on:

1. Log on to VMS and search for activities
2. Attend the monthly meeting where activities and upcoming events are discussed.
3. Read this newsletter

Q: What should I do if I have a question about something in CERT that I would like to have answered in this column?

A: Send your question to us at newsletter@fairfaxcountycert.org and we will forward it to the appropriate source. We will print the question and answer in the newsletter, leaving your name out.

Q: How do I take a FEMA class online?

A: Follow these easy steps:

1. You will need to get a FEMA SID (student ID) if this is your first course or you haven't taken one since 2014. Go to <https://cdp.dhs.gov/femasid> to register for an ID or look yours up if you've forgotten it.

2. Courses are found at <https://training.fema.gov/is/> or follow individual links below. There is no fee to take the courses.

IS-317 <https://training.fema.gov/is/courseoverview.aspx?code=IS-317>

IS-100b <https://training.fema.gov/is/courseoverview.aspx?code=IS-100.b>

IS-700 <https://training.fema.gov/is/courseoverview.aspx?code=IS-700.a>

IS-200 <https://training.fema.gov/is/courseoverview.aspx?code=IS-200.b>

IS-55 not currently available; you may be able to find course materials on web.

IS-800 is being revised, but you can take current version: <https://training.fema.gov/is/courseoverview.aspx?code=IS-800.b>

3. Take the course online and complete the final exam. You will usually get an email with your results the next day.

Get Credit For Your Hours

Any volunteer time should be logged. If there is a Fairfax County sign-in sheet, it will be submitted and logged in. When taking a CERT related class that is not taught by Fairfax County CERT, please send Rosters@fairfaxcountycert.org the information so that we can determine if you get credit towards your CERT hours for it. If you participate in an activity that does not have a sign in sheet, please submit that time as well.



Missy Tuttle-Ferrio shows the contents of her CERT/SAR pack.

What's in Your Pack?

Do you want to use something other than your issued green starter pack but aren't sure if that is allowed? Do you want to hear suggestions about what to carry from those who have been there, done that? On August 21, a group of CERTs from a wide range of classes met for "What's in Your Pack" class. To answer the first question, you are not required to use the issued pack – you can use any pack you want. This class is recommended as a great source of information for CERTs of all levels. Look for upcoming classes!

Girl Scouts' Emergency Preparedness Workshop

On Sunday, August 13, a group of 15 local Girl Scouts gathered at the Fire and Rescue Academy for a CERT-conducted Emergency Preparedness Workshop. The day started with the girls listing their goals for the day as well as their reasons for attending. Responses included that it would be good to learn what to do, how to become more resourceful, how to help others, and how to better react in emergencies.

The girls were split into three teams and asked to list possible disasters. They were then instructed to pick a team name from the list. Morning round robin sessions covered saving lives with duct tape, what is in your emergency kit, and a tour of the Academy. After lunch the girls saw a presentation of fire prevention and then were able to practice what they had learned.

The final activity before the closing was a rodeo where they were able to use what they had learned. One of the stations required them to use their name-sake disaster (Gas leak, Hurricane, Fire and Terrorism) to finish a story that began, "It was a dark and stormy night at the Academy." Each member of the team was to add three lines to the story.

When the stories were performed at the closing, the entire staff was surprised at the creativity and enthusiasm of teams, their enterprising use of materials, and the incredible amount of energy that these young ladies displayed at the end of this busy day.

"Designing the workshop for this age group to encourage the preparedness mind-set falls in line with the strategic objectives of our program," said Anita Van der Merwe, Fairfax County CERT Deputy Lead.

At the conclusion of the exercise, the Scout who said that she wanted to be able to better react to an emergency agreed that not only was she better able to react, but also able to prepare. The Scout who organized this project said she did so when she realized that she wasn't as prepared as she would like to be and wanted to learn more and help other Girl Scouts do the same. Overall, she was happy with what they had learned and she is anxious to be old enough to attend a CERT class.

A great day for all; and there are now 15 new duct tape enthusiasts!





Current CERT Classes

| CLASS | START DATE |
|----------------|---------------------|
| CERT Class 126 | Starting October 3 |
| CERT Class 131 | Starting October 4 |
| CERT Class 132 | Starting November 6 |

If you would like to be a victim-actor for any of the classes, please contact Anita at Deputylead@fairfaxcountycert.org.

Major Goings-On

Sign up on VMS unless otherwise noted. <http://volunteer.fairfaxcounty.gov>

| EVENT | DATE | LOCATION |
|--|----------------------------|--|
| Ready, Set, Know | September 9 and 10 | (Burke Festival) |
| CERTCon | September 23 and 24 | Charles H. Flowers High School Springdale, MD |
| Dominion High Voltage Safety Demo | September 26 | |
| Fall for Fairfax Kidfest | September 30 and October 1 | Fairfax County Government Center |
| Fire Prevention Open House | October 14 | Fire Stations throughout the County |
| Master Exercise | November 4 | VA Task Force 1 Training Site |
| Search and Rescue in a Community Disaster | November 10 and 11 | Fire and Rescue Academy |
| Wide-Area Search for CERT | November 13-15 | Fire and Rescue Academy |



Upcoming Opportunities

The Fairfax Community Resiliency Group is having an event for the Springfield and Providence Communities. The first meeting is a seminar and the second meeting is a tabletop exercise. The purpose of these events is to give the local communities an opportunity to discuss working together in the event of a major incident.

Springfield Seminar – October 12 1800-2030

Springfield Tabletop – October 26 1800–2030

The Springfield Meetings will be at the Antioch Baptist Church – Ministry Center, 6525 Little Ox Road, Fairfax Station, VA 22039

Providence Seminar – November 2 1600-2030

Providence Tabletop – November 14 1600-2030

The Providence meetings will be held at the Unity of Fairfax Church, 2854 Hunter Mill Rd, Oakton, VA 22124

From the Newsletter Team:

While we all wish we had journalism degrees to use in the production of this newsletter, we don't. We are volunteers just like you. We appreciate your feedback and input.

If you have a question you want answered? Have a story idea? Read a good CERT-related book you want to recommend? Want to contribute an item? Send them to us at newsletter@fairfaxcountycert.org. Neighborhood teams – we'd love to hear what you are doing. Let us know!



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SEPTEMBER 2017

| Sun | Mon | Tues | Weds | Thurs | Fri | Sat |
|---|-----|---|------|-------|-----|--|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 Ready, Set, Know-Burke Festival |
| 10 Ready, Set, Know-Burke Festival | 11 | 12 CERT Class 129 Starts | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 CERTCon |
| 24 CERTCon | 25 | 26 Dominion High Voltage Safety Demo | 26 | 28 | 29 | 30 Fall for Fairfax Kidsfest |

OCTOBER 2017

| Sun | Mon | Tues | Weds | Thurs | Fri | Sat |
|-----------------------------------|-----|-------------------------------|-------------------------------|-------------------------------|-----|-------------------------------------|
| 1 Fall for Fairfax Kidsfest | 2 | 3 CERT Class 126 Starts | 4 CERT Class 131 Starts | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 Springfield Seminar | 13 | 14 Fire Prevention Open House |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 Springfield Tabletop | 27 | 28 |
| 29 | 30 | 31 | | | | |



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CERT CON

Charles H. Flowers High School
10001 Ardwick Ardmore Road
Springdale, MD 20774

September 23 - 24, 2017
Saturday ~ 8:30am-5:00pm
Sunday ~ 8:30am-4:00pm

**A National Capital Region Community
Emergency Response Team Conference**

Are you prepared for your next disaster?

When a major disaster strikes, emergency professionals may be unable to reach a scene for several hours or even days.

CERT CON is a free, two-day opportunity to learn preparedness techniques and skills.*

- Active Shooter Training
- Pet and Animal Management
- Emergency First Aid
- Social Media during Disasters
- Common Hazards
- Drone and Robot Demonstrations
- American Red Cross Pillowcase Project
- Hands-Only CPR Training
- Emergency Kits
- Other Learning Activities

Learn more at CERTCON.org.

REGISTER TODAY- <http://tinyurl.com/CERTCON2017>

Open to CERT members and the public interested in emergency preparedness and disaster relief.

*Seminars and activities subject to change.

CERTCon 2017 is coming!

When a major disaster strikes, emergency professionals are often unable to reach a scene for several hours or even days. Are you prepared for your next disaster?

Saturday Seminar topics planned include Active Shooter and Situational Awareness, Pet and Animal Management in Disasters, Stop the Bleed, Tactical Emergency Casualty Care/Emergency Wound Care, Social Media, Disaster Psychology and First Aid, How to Deal with Special Populations (Seniors, Children, Disabled, etc.), Case Studies on local disasters and much more.*

Sunday Activity Day is open to the whole family. We're planning fun and interactive activities and demonstrations with our police and fire vehicles, bomb squad; drones; hands-only CPR; moulage; emergency to-go bag checks; radio communications and more, culminating in a full-scale drill at the end of the weekend.* Get your hands dirty and be a part of the action!

Attend CERTCon to find out the best practices in emergency preparedness, network with your local and neighboring jurisdictions' CERT members, and learn how to make your community more resilient! CERT, Campus CERT, Teen CERT, Emergency Management Professionals and Citizens interested in CERT and emergency preparedness are welcome. Register now!!

<http://certcon.org>