



# THE GREEN HELMET

Neighbors Helping Neighbors

July 2023

## SIZZLING HEAT & SUMMER STORMS



Sponsored by  
Fairfax County  
Fire & Rescue



### Staying Safe in Intense Weather

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# What to Do in Heat

Before | During | After

Cory G.

## WHAT TO DO: BEFORE



### Learn How to Stay Hydrated

You need to drink enough water to prevent heat illness. An average person needs to drink about 3/4 of a gallon of water daily. Everyone's needs may vary.

- ▶ You can check that you are getting enough water by noting your urine color. Dark yellow may indicate you are not drinking enough.
- ▶ Avoid sugary, caffeinated, and alcoholic drinks.
- ▶ If you are sweating a lot, combine water with snacks or a sports drink to replace the salt and minerals you lose in sweat.
- ▶ Talk to your doctor about how to prepare if you have a medical condition or are taking medicines.



### Gather Emergency Supplies

Gather food, water, and medicine. Stores might be closed. Organize supplies into a Go-Kit and a Stay-at-Home Kit. In the event of a power outage, you may lose access to clean drinking water. Set aside at least one gallon of drinking water per person per day. Consider adding drinks with electrolytes. Include sunscreen and wide-brimmed hats.

- ▶ Go-Kit: at least three days of supplies that you can carry with you. Include backup batteries and chargers for your devices (cell phone, CPAP, wheelchair, etc.)
- ▶ Stay-at-Home Kit: at least two weeks of supplies.
- ▶ Have a 1-month supply of medication in a child proof container and medical supplies or equipment.
- ▶ Keep personal, financial, and medical records safe and easy to access (hard copies or securely backed up)
- ▶ Consider keeping a list of your medications and dosages on a small card to carry with you.



### Make a Plan to Stay Cool

Do not rely only on electric fans during extreme heat. When temperatures are in the high 90s, fans may not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off.

- ▶ Spending a few hours each day in air conditioning can help prevent heat illness.
  - If you have air conditioning, be sure that it is in working order.
  - If you do not have air conditioning or if there is a power outage, find locations where you can stay cool. For example, a public library, shopping mall, or a public cooling center. Plan how you will get there.
  - Additional resources may be available from local government or community groups.
- ▶ Make sure you have plenty of lightweight, loose clothing to wear.
- ▶ Create a support team of people you may assist and who can assist you. Check in with them often to make sure that everyone is safe.



### Learn Emergency Skills

- ▶ Learn how to recognize and respond to heat illness.
- ▶ Learn First Aid and CPR.
- ▶ Be ready to live without power. Utilities may be offline. Be ready to live without power, gas, and water. Plan for your electrical needs, including cell phones and medical equipment. Talk to your doctor. Plan for backup power



### Plan to Stay Connected

- ▶ Sign up for free emergency alerts from your local government.
- ▶ Plan to monitor local weather and news.
- ▶ Have a backup battery or a way to charge your cell phone.
- ▶ Have a battery-powered radio during a power outage.
- ▶ Understand the types of alerts you may receive and plan to respond when you receive them.
- ▶ A WATCH means Be Prepared! A WARNING means Take Action!

## WHAT TO DO: DURING



### Stay Hydrated

- ▶ Drink plenty of fluids. Encourage others to drink plenty of fluids, too.
- ▶ Replace salt and minerals with snacks or a sports drink.



### Stay Cool

- ▶ Stay in an air-conditioned place as much as possible.
- ▶ If your home does not have air conditioning, go to your predesignated cool location.
- ▶ Wear lightweight, loose clothing and take cool showers or baths.
- ▶ Limit your outdoor activity. If you must work outdoors, schedule tasks earlier or later in the day.



### Prevent Heat Illness

Check on your friends, family, and neighbors. Help them prevent heat illness. Act fast if you notice someone with symptoms. Anyone can develop heat illness. But, people at greater risk are:

- ▶ Older adults
- ▶ Infants, children, and pregnant women
- ▶ People with medical conditions
- ▶ Outdoor workers
- ▶ People with limited personal resources
- ▶ People living in places that lack green spaces

Heat Illness	What to Look For	What to Do
<b>Heat Cramps are muscle spasms caused by a large loss of salt and water in the body.</b>	Heavy sweating with muscle pain or spasms	<ul style="list-style-type: none"> <li>▶ Move to a cool place.</li> <li>• Drink water or a sports drink</li> <li>• Get medical help right away if: <ul style="list-style-type: none"> <li>• Cramps last longer than one hour</li> <li>• Person affected has heart problems</li> </ul> </li> </ul>
<b>Heat Exhaustion is severe and may require emergency medical treatment.</b>	<ul style="list-style-type: none"> <li>▶ Heavy sweating</li> <li>▶ Cold, pale, and clammy skin</li> <li>▶ Fast, weak pulse</li> <li>▶ Nausea or vomiting</li> <li>▶ Muscle cramps</li> <li>▶ Tiredness or weakness</li> <li>▶ Dizziness-Headache-Passing out</li> </ul>	<ul style="list-style-type: none"> <li>▶ Move to a cool place</li> <li>▶ Loosen tight clothing</li> <li>▶ Cool the body using wet cloths, misting, fanning, or a cool bath <ul style="list-style-type: none"> <li>• Sip water slowly</li> </ul> </li> <li>▶ Get medical help right away if: <ul style="list-style-type: none"> <li>• Vomiting occurs</li> <li>• Symptoms last longer than 1 hour or get worse</li> <li>• Confusion develops</li> </ul> </li> </ul>
<b>Heat Stroke is deadly and requires immediate emergency treatment.</b>	<ul style="list-style-type: none"> <li>▶ High body temperature (104°F or higher)</li> <li>▶ Hot, red, dry, or damp skin</li> <li>▶ Fast, strong pulse</li> <li>▶ Headache, dizziness</li> <li>▶ Nausea, confusion, passing out</li> </ul>	<ul style="list-style-type: none"> <li>▶ Call 911 right away, then:</li> <li>▶ Move to a cool place</li> <li>▶ Cool the body using wet cloths, misting, fanning, or a cool bath</li> <li>▶ Do NOT give the person anything to drink</li> </ul>

## WHAT TO DO: AFTER



### Take Care of Yourself

It's normal to have a lot of bad feelings, stress or anxiety. Eat healthy food and get enough sleep to help you deal with stress.

# Beware Of Child Heatstroke!

Look Before You Lock!

FAIRFAX COUNTY FIRE & RESCUE DEPT

## Everyone Needs to Remember a Potential Danger that can impact Young Children.

Did you know that a car's temperature can rise over 20 degrees in ten minutes? Or that the temperature inside your car can reach 110 degrees even at an outside temperature of 60 degrees?

Needless to say, leaving a child unattended in a vehicle for even a minute is not acceptable. Unfortunately, every year, young children are left alone in a vehicle that quickly heats up with the end result being injury or even death. Some cases involve kids getting into unlocked vehicles, unbeknownst to parents, and quickly succumb to the heat. Make sure your car is locked when you are not in it so kids are not able to gain access.

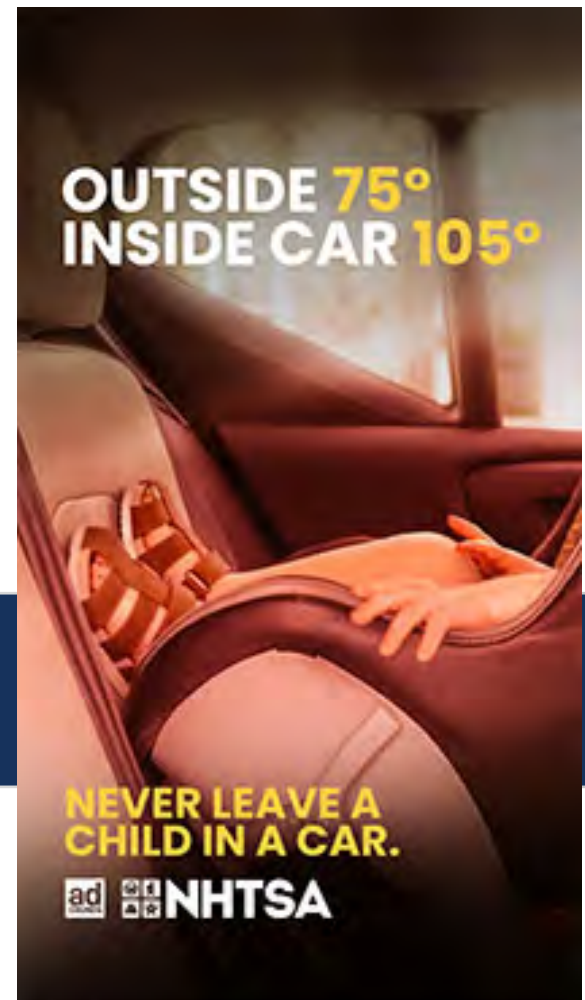
- ▶ "Look Before You Lock" - Get in the habit of always opening the back door to check the back seat before leaving your vehicle. Make sure no child has been left behind.
- ▶ Create a reminder to check the back seat. Put something you'll need like your cell phone, handbag, employee ID, or brief case, etc., in the back seat so that you have to open the back door to retrieve that item every time you park.
- ▶ Keep a large stuffed animal in the child's car seat. When the child is placed in the car seat, place the stuffed animal in the front passenger seat. It's a visual reminder that the child is in the back seat.
- ▶ Make sure you have a strict policy in place with your childcare provider about daycare drop-off. If your child does not show up as scheduled; and they have not received a call from the parent, the childcare provider pledges to contact you immediately to ensure the safety of your child.
- ▶ Keep vehicles locked at all times, even in driveways or garages. Ask home visitors, child care providers and neighbors to do the same.
- ▶ Keep car keys and remote openers out of reach of children.
- ▶ Never leave children alone in or around cars; not even for a minute.
- ▶ If a child goes missing, immediately check the inside passenger compartments and trunks of all vehicles in the area very carefully, even if they are locked. A child may lock the car doors after entering a vehicle on their own, but may not be able to unlock them.
- ▶ Be especially careful during busy times, schedule changes and periods of crisis or holidays. This is when many tragedies occur.

**If you see a child alone in a vehicle, get involved. Call 911 immediately. If the child seems hot or sick, get them out of the vehicle as quickly as possible.**

### More Information:

[ffxfirerescue.wordpress.com/2023/04/20/beware-of-child-heatstroke-look-before-you-lock-2/](https://ffxfirerescue.wordpress.com/2023/04/20/beware-of-child-heatstroke-look-before-you-lock-2/)

[weather.gov/safety/heat-children-pets](https://weather.gov/safety/heat-children-pets)





# Virginia Hurricane Evacuation Guide

Download Complete Guide

Virginia DEM



Download Complete Guide Here:

[vaemergency.gov/media-assets/2023-hurricane-evacuation-guide/](https://vaemergency.gov/media-assets/2023-hurricane-evacuation-guide/)



**HOW TO EVACUATE:** If authorities advise or order you to evacuate, leave immediately!

## Before You Leave

- ▶ Secure your personal property and business; remove household chemicals from the garage floor and underneath your kitchen sink. Floodwater mixed with chemicals is hazardous to you and your pet's health.
- ▶ Pack your emergency kit, critical documentation and valuables, and review your emergency communications plan.
- ▶ Keep your fuel tank filled and withdraw cash from an ATM to have on hand for necessities including: food, bottled water, medication, fuel, and lodging expenses.
- ▶ Know when to go: Identify your evacuation zone and stay alert by using your NOAA weather radio, FM/AM radio, smart phone apps, and by listening to local media and local, state, or federal officials.
- ▶ Do not rely on a single source of weather alert information. Set up several ways to receive warnings and alerts from the National Weather Service and local officials.
- ▶ Become familiar with your evacuation zone and route, and shelter locations. Check with local authorities for the latest information about shelters.
- ▶ Gather needed supplies, including non-perishable foods, water, medication, pet supplies, etc. After a hurricane, you may not have access to these supplies for days or even weeks.
- ▶ Check on your neighbors and friends, and see if they need help to prepare.

## When Evacuating

- ▶ Do not walk through moving water or drive into flooded areas. Do not camp or park your vehicle along streams, rivers or creeks, particularly during threatening conditions. Six inches of water will reach the bottom of most cars causing loss of control and possible stalling; a foot of water will float many vehicles.
- ▶ Monitor airline and train travel for delays and cancellations, especially if these modes of transportation are part of your evacuation plan.
- ▶ Keep your out-of-town emergency contact, family members and friends informed of your location and progress throughout the evacuation process.
- ▶ Make lodging arrangements prior to or at the start of your evacuation by asking to stay with friends or family or by making hotel arrangements in a region that is not under threat from the storm.
- ▶ Use apps on your smart phone that identify the latest traffic patterns, gas stations with available fuel and hotels with vacancies. Consistently monitor local media coverage and listen to local and state officials.
- ▶ If you're staying at a shelter or public facility and become sick or need medical attention, alert shelter staff immediately so they can call a local hospital or clinic.

# Safety Tips: Tornado Preparedness

Virginia Averages 24 Tornadoes Per Year

Ginny K.



Tornadoes can destroy buildings and utilities as well as take lives and disrupt emergency services. They can happen at any time of the year.

In 2022 there were two tornadoes that touched down in Fairfax County. Since 1972 there have been 20 tornadoes in the County. Virginia has averaged 24 tornadoes per year over the last decade, including locations in: Tysons, Centreville, Reston, Lincolnia, Herndon, and Belle Haven.

Tornadoes cannot be prevented. However, we can prepare for them. Keep Wireless Emergency Alerts enabled on your phone. Sign up for Fairfax Alerts which can send you a text and email or a phone call.

[fairfaxcounty.gov/topics/alerts-and-emails](https://fairfaxcounty.gov/topics/alerts-and-emails). NOAA (National Oceanic and Atmospheric Administration) weather radios can also alert you [weather.gov/grb/nwr\\_same](https://weather.gov/grb/nwr_same) or [weather.gov/wrn/wea](https://weather.gov/wrn/wea)

Plan what you would do if you get an alert. Check out [fairfaxcounty.gov/news/guide-tornado-preparedness-fairfax-county](https://fairfaxcounty.gov/news/guide-tornado-preparedness-fairfax-county) for information. The website has information in multiple languages. The Community Emergency Response Guide (CERG) has templates to use for your planning. [Fairfaxcounty.gov/emergencymanagement/cerg](https://Fairfaxcounty.gov/emergencymanagement/cerg)

If we are under a Tornado Warning (a tornado is imminent or already occurring), seek shelter in a windowless inside room on the lowest level of your home or an interior room on the lowest level of a high rise. If you are in a mobile home, go to a sturdy building nearby. If shelter is not available go to a low-lying area and lie flat. Do not seek shelter under a bridge or overpass. Cover yourself with a coat, blanket, table, or other object to protect from flying debris. Use your arms to protect your head.

**Fairfax County has an Annual Tornado Drill in March every year. Look for it on your alerts.**

**For More Information:** [FEMA.gov](https://FEMA.gov) and [Ready.gov](https://Ready.gov)

# National Night Out

August 1, 2023

Marco J.



## Join Your Neighborhood Event!

Or organize your own and include a "CERT Adapted Activity" or Outreach table.

### Annually, The First Tuesday in August

National Night Out will be held on August 1st this year. The purpose is to build relationships between neighbors and public safety officials, bring a sense of community, and provides an opportunity to bring police and neighbors together under positive circumstances.

### CERT Adapted Activity:

One CERT > Do One Thing > "ACT"

One CERT  
One THING  
One MINUTE  
One HOUR  
One DAY  
*Repeat*

What Do You SEE?  
> "ACT" <

### For More Information Contact:

**Marco J.**

[marco2plan4it@live.com](mailto:marco2plan4it@live.com)

703-405-3861

**Doug G.**

[outreach@fairfaxcountycert.org](mailto:outreach@fairfaxcountycert.org)

571-201-6642

# 2023 Volunteer Fairfax Award

CERT Kudos

Jerry A.



*Celebrating Volunteers Since 1992*

## Recognizing Outstanding CERTS

The Fairfax County CERT Program fared well in the 2023 Volunteer Fairfax Award competition, the 31st year that volunteers have been recognized. Despite the usual last-minute notice about the categories, our stellar awards committee jumped into action deciding and writing the nominations for 27 of our colleagues to be recognized as "Celebrate the Good" volunteers in Fairfax County. Those outstanding CERTs were among the 91 recipients honored with pictures and narratives about their accomplishments on the Volunteer Fairfax Kudos Board website, [Volunteerfairfax.kudoboard.com/boards/C14ormab](https://volunteerfairfax.kudoboard.com/boards/C14ormab), as well as our own social media sites.

Charlie Hoffman  
Chuck Luck  
Denise Dorn  
Don Mikkelsen  
Don Tillson  
Doug Goodman  
Elvia Foil  
Ginny Katona  
Gregg Hanson

James Sobecke  
Jerry Andersen  
Jim McPheeters  
Julie Thomas  
Kelly Oehlschlager  
Lani Young  
Marco Johnson  
Marshal Levin  
Pat Collins

Peggy Plunkett  
Rex Wright  
Ross Branstetter  
Russell Pittman  
Sandy Hecker  
Susy Ledgerwood  
Tina Schmidt  
Watkins Gray  
Wayne Vick

## Congrats to Wayne Vick and To Everyone in the Fairfax County CERT Program

In addition to these talented individuals, the committee nominated Wayne Vick for his outstanding work organizing the training division, his work with CERT Support Team, the CERT Canteen, and the CERT Green Machine.

Finally, the CERT Program garnered the Program of the Year Award for its extraordinary efforts since the COVID pandemic. This year's award marks the third time in the 20-year history of the CERT Program to be recognized as the top program in the County. Truly a remarkable achievement and a testament to the dedication and dependability of all of our fabulous volunteers. Thanks to all of you for your time, expertise, and community involvement.

The committee's work is still unfolding...we're waiting to hear the results of our submissions to the Governor's Awards for volunteer service.



# BURKE CERT NEIGHBORHOOD TEAM

## Learns To Cook without Electricity

Kim S.

### Prepared an Extended Power Outage

The Burke CERT neighborhood team gathered in July to learn how to prepare food when there is no electricity. Howard K., CERT Class # 8, shared not only his yard and multiple pieces of equipment but also his knowledge and skills to ensure we could all cook without power if the loss of electricity were to ever occur for an extended period.

One of the first steps is to learn how to build a fire, which Howard demonstrated in one firepit while encouraging team members to try in another firepit. Can you guess who made which fire?

While our logs burned to make coals for cooking, Howard also demonstrated several water purification processes such as boiling water in a metal can over a fire, UV filtration, Chlor-Floc, as well as an enhanced filter that blocks bacteria and viruses.

We then learned about different options for cooking which included directly on the coals in the firepit, moving coals to a grill or foiled covered cardboard box oven, using a propane stove, or even smaller burners to boil water using white gas (aka Coleman camp fuel).

We worked as a team to prep the food, cook the food, and most importantly, eat and enjoy the food! Our meal and methods of cooking included:

- ▶ Chicken breast - grill
- ▶ Foil dinner (ground beef, onion, peppers) - firepit
- ▶ Roasted corn - grill
- ▶ Sauteed zucchini - propane stove
- ▶ Potato - firepit
- ▶ Bran muffins - Dutch oven on the firepit
- ▶ Chocolate chip cookies - box oven



# Building Safety

## What You Need to Know

Alex V.



### “It Starts with You”

Building Safety Month is celebrated annually during May. It is a worldwide campaign presented by the International Code Council to promote building safety. The motto of this year’s campaign was “It Starts with You”. It aimed to raise awareness about the role all citizens can play in ensuring safety in the spaces in which they live, work, and learn.

The topic that was most pertinent to CERT members was covered in week #3 re. disasters. It pointed out how to protect not just your home, but your community at large from the destructive forces unleashed in both natural and man-made disasters. The topic is too broad to cover in this short article. If you want to delve deeper you can find resources at this website: [iccsafe.org/advocacy/building-safety-month/2023-bsm-week-3/](https://iccsafe.org/advocacy/building-safety-month/2023-bsm-week-3/)

According to the Federal Emergency Management Agency (FEMA), one of the most cost-effective ways to safeguard our citizens and our communities against disasters is to adopt and follow hazard-resistant building codes. When adopted and enforced, building codes can save lives, save billions of dollars and protect property for generations to come. FEMA has many resources and material online that assist communities and citizens in preparing for disasters.

### Among the things we can do immediately are:

- ▶ Test your smoke and carbon dioxide detectors.
- ▶ Replace dead batteries, or replace expired detectors. One caveat is that the battery life is usually never what is claimed by the manufacturer. If the claimed life is 10 years, you would be lucky to get 7-8 years. You can “calendar” a reminder to test your devices at least twice a year at the daylight savings time changes. Testing the detector ensures that the battery is functioning and the detector is working. The recommendation is to change smoke detector batteries at least once a year for those that don’t have the “10 year” battery. Detectors should be checked monthly.
- ▶ Ensure that at a minimum there are detectors installed outside all sleeping areas in your residence, inside every bedroom, and on every floor. In a conflagration there may be seconds to get out of the danger zone. Many pieces of furniture with foam cushions emit toxic fumes. Having working detectors in strategic parts of your home will give you much needed time to escape. The fire department recommends that you have the door to your bedroom shut when you are sleeping.
- ▶ Review your emergency escape plan. You should review and practice your escape plan from each potential exit. Not just the primary exit.
- ▶ Clear gutters. The debris in the gutters can cause water to back up and leak into your home. In freezing cold wintry conditions, clogged gutters can cause the standing water to form an ice dam with all the concomitant dangers involved in that.
- ▶ Check outlets for loose connections or aging power strips.



# Hands-Only CPR Events

CERT Supporting Fire & Rescue Dept.

Julie T.



GWYNETH'S  
GIFT

## Gwyneth's Gift Foundation & Taste of Springfield

We have participated in 2 Hands-Only CPR events at the request of the FRD. The first was April 11th and 12th at Herndon Middle School. This was an introduction to CPR for their 8th grade students. The event was run by Gwyneth's Gift.

Gwyneth's Gift Foundation is dedicated to raising awareness of Cardiopulmonary Resuscitation (CPR) and the use of Automated External Defibrillators (AEDs). Certified through Guidestar, the Rappahannock United Way Local Government Campaign (LGC), and Commonwealth of Virginia Campaign (CVC), we provide specific practices that build and reinforce life-saving skills by training community members in Hands-Only CPR and placing AEDs in businesses and public facilities.

They want to serve as a catalyst for increasing the survival rate of those suffering from an out-of-hospital cardiac arrest because they received immediate life-saving measures from a member within their community.

The second was Taste of Springfield on June 3rd.

## What is Hands-Only CPR?

Fairfax County Fire and Rescue Hands-Only CPR Video:

[Youtube.com/watch?v=0z7sQBQYBTQ](https://www.youtube.com/watch?v=0z7sQBQYBTQ)

While Hands-Only CPR is not a certification, it is endorsed by organizations such as The American Heart Association.

**Q:** What is Hands-Only CPR?

**A:** Hands-Only CPR is CPR without rescue breaths. If you see a teen or adult collapse, you can perform Hands-Only CPR with just two easy steps: 1) Call 911 and 2) Push hard and fast in the center of the chest to the beat of the Bee Gees' classic disco song "Stayin' Alive." The song is 100 beats per minute – the minimum rate you should push on the chest during Hands-Only CPR.

**Q:** Why would you use Hands-Only CPR?

**A:** With 70 percent of all out-of-hospital cardiac arrests happening at home, if you're called on to perform Hands-Only CPR, you'll likely be trying to save the life of someone you know and love. Hands-Only CPR carried out by a bystander has been shown to be as effective as CPR with breaths in the first few minutes during an out-of-hospital sudden cardiac arrest for an adult victim (please read the Hands-Only CPR vs. CPR with Breaths section below to learn more.)



# Training: Life Threats

## How does CERT Treat Them?

Sandy H.


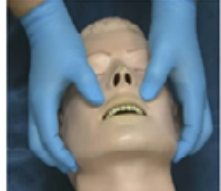
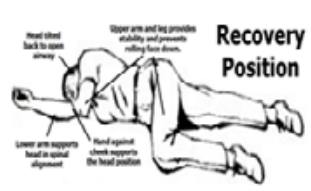
What are the three life-threatening conditions and how does CERT treat them?

**Obstructed Airway:** This can be a complete obstruction or partial obstruction. Partial obstruction is sometimes called noisy or labored breathing. There are two ways to treat this. The one you use depends on whether or not there is head, neck, or upper back injury, or a cervical spine injury. If there is no C-spine injury, use the Head-Tilt-Chin-Lift procedure to try to restore an open airway. If a C-Spine injury is present or suspected, use the Jaw Thrust Maneuver. If the airway opens, carefully move the victim into the Recovery Position.

**Excessive Bleeding:** If the victim fails the Capillary Refill Test and the pulse is weak or absent, check for bleeding. To stop bleeding, apply Direct Pressure and a Pressure Bandage to the source. If bleeding continues, apply a tourniquet 3 inches from any joint, 1 inch above the wound, or near the top of the limb.

**Shock:** Shock is marked by rapid breathing (in excess of 30 times per minute), and an inability to follow a Simple Command such as "squeeze my fingers." The victim may seem confused, anxious, and restless. Treat for shock by laying the victim down and placing a barrier between the victim and the ground, wrapping the victim in an emergency blanket (or something else) for warmth and if possible raising the victim's feet off the ground.

### Life-Threat Treatment Actions

<b>Obstructed Airway</b> <ul style="list-style-type: none"><li>– None or Noisy Breathing?</li><li>– C-Spine? No – Head Tilt Chin Lift /Recovery Position</li><li>– C-Spine? Yes – Do not Move<ul style="list-style-type: none"><li>– Jaw Thrust Maneuver/Recovery Position</li></ul></li></ul>		
<b>Head Tilt Chin Lift</b>	<b>Jaw Thrust Maneuver</b>	<b>Recovery Position</b>
		
<b>Excessive Bleeding</b> <ul style="list-style-type: none"><li>– Capillary Refill Test – &gt;2 Seconds?<ul style="list-style-type: none"><li>– Check for Bleeding and stop it.</li><li>– Treat for Shock!</li></ul></li><li>– Radial Pulse – Present? (Yes/No) Quality – (Weak, Normal, Bounding)<ul style="list-style-type: none"><li>– Check for Bleeding and stop it.</li><li>– Treat for Shock!</li></ul></li></ul>		

### Life-Threat Treatment Actions 2

If Bleeding Excessively, apply ...		
<b>Direct Pressure</b>	<b>Pressure Bandage</b>	<b>Tourniquet</b>
		
<ul style="list-style-type: none"><li>– Respiration Rate – &gt;30 RPM<ul style="list-style-type: none"><li>– Check for Bleeding and stop it.</li><li>– Treat for Shock!</li><li>– Lay down, Keep Warm, Insulate from ground</li></ul></li></ul>		
<b>Shock</b>	<ul style="list-style-type: none"><li>– Unable to follow Simple Commands<ul style="list-style-type: none"><li>– Check Bleeding and stop it.</li><li>– Treat for Shock!</li></ul></li></ul> 	



# UNDER THE GREEN HELMET

## James S. #32

### Operations Division Lead, CERT Radio Team Manager

Alex V.



**Green Helmet:** What past positions have you filled?

**James:** After I completed CERT Basic (Class 32 in June 2008) I saw an opportunity to teach CERT Basic skills, based on previous experience in the military and community emergency preparedness volunteering. For a few years I was coordinating Outreach events and working to expand and improve the marketing of the CERT program with new displays and demonstrations. That effort transitioned to the role of Community Training Coordinator. Finding community organizations and venues throughout the county to host Basic training classes is both challenging and rewarding after seeing the outcome with every class graduation.

**Green Helmet:** Who or what inspired you to start volunteering?

**James:** My parents were always volunteering for church and community events. I was involved in scouting, sports, and church social activities, not just as a participant but as volunteer worker. In high school and college, I found an opportunity to volunteer with the Chicago City Defense {Fire Department / OEM} as a rescue squad leader and Drill Instructor. That experience lead me to an interest and passion for emergency response and preparedness that continues to this day

**Green Helmet:** What do you find inspiring and rewarding about this work?

**James:** Engaging the public with positive communications is my inspiration for the community support we provide with our CERT "operational" support events. The surprise "thank you" from hosts, runners, and the general public during an event is the reward that means the most to me. The recognition of the CERT preparedness and capabilities that we demonstrate in the community has more far reaching impact than just marketing the program as "free training" and personal development. "Tell them and they may forget, show them and they will be more likely to remember when a situation occurs!"

**Green Helmet:** Can you give us any "war stories" that highlight the work you do with CERT?

**James:** We don't have many "emergency response" stories with our program, but there have been some great opportunities that showed the public (and public officials) our CERT Program capabilities in many positive ways. The first for me was a "CERT Team Rescue" demonstration at a Community Outreach event. Next was the request and challenge from the "Girls On The Run" organization to provide Course Marshalls for a 5K race in Fairfax. That led me to develop the initial Traffic and Crowd Management class. The interest and growth of amateur radio in our CERT program is another initiative that grew into the CERT Radio Workshop series of meetings and organizing the CERT Radio Team capability. The planning and execution of the CERT Support for a Alexandria Fire Department

Funeral Event this past March was a unique opportunity to provide CERT capabilities in a “real world” opportunity that combined traffic and crowd management, incident command, radio communications, and community engagement in a scalable operational environment.

**Green Helmet:** What are some memorable courses/training you have taken (or taught) that you recommend as beneficial for CERT members?

**James:** The Traffic and Crowd Management class series is at the top of my list of continuing education opportunities for CERT members. The CERT Radio Workshops are considered training (equipment use, operational procedures and skills) but are more related to improving personal skills and participating in on-the-air communications drills and exercises. The Emergency Communications class is a must for all new and seasoned CERTs. Understanding communications technology, equipment, and procedures that are “unique” to emergency response is a knowledge and skill you must have to be successful and considered a “trained CERT”.

**Green Helmet:** What advice would you give to CERT team mates who are interested in learning to become amateur/HAM radio operators for emergency communications and joining your radio team?

**James:** The CERT Radio Workshops (series of monthly meetings) are the best way of getting to know more about amateur radio and emergency communications in general. We meet at different locations and times) due to availability of venues and schedule openings) but you can be assured that someone will welcome and greet you, and answer all your questions. As workshops there is some amount of pre-planning for each meeting to foster discussion and set objectives/goals. The meeting information is posted on VMS and you must register each month to be notified of where and when, and what special activity is planned. The CERT Radio Team organization is based on your interest, FCC license level, and equipment capabilities. There is always a place for everyone to participate in CERT radio Team training and discussions.



## CERT Volunteers Highlighted in On the Air Magazine

Below is a Screenshot of the Page. To learn more and to subscribe go here: [arrrl.org/on-the-air-magazine](http://arrrl.org/on-the-air-magazine)



### CERT Volunteers: A Force Multiplier for First Responders

The Community Emergency Response Team program (CERT) is rooted in volunteers' ability to make a difference in their community. Read on to learn what CERTs do and how you can get involved.

Arc Thames, W4CPD

**T**he CERT program dates back to 1987. The Los Angeles Fire Department originally developed it, and FEMA adapted it to be made available nationwide to local communities in 1993. CERT trains a community's citizens ahead of a disaster, so that they are ready to respond. Whether it's a case of neighbor helping neighbor, or organized teams backed by a served agency such as a fire department or emergency management organization, CERT helps prepare people for the types of disasters they may encounter in their own community.

CERTs aren't meant to replace first responders, but instead act as a force multiplier to assist and work alongside them. CERT volunteers are trained in topics such as how to work as a team, fire safety, light search and rescue, and disaster medical operations, so they have the skills to be a major asset to communities.

#### What CERT Volunteers Do

The possibilities are almost endless as to the ways in which a CERT volunteer may be used. Some communities provide training that enables volunteers to assist at events like parades or races in which traffic direction or a first aid station is needed. Some fire departments leverage their CERT members to provide what is known as *firefighter rehabilitation*, in which volunteers ensure the firefighters at a major fire have hydration, nutrition, and a place to rest before going back in to fight the fire.

When a major disaster strikes, especially in rural communities, local fire departments and other organizations may quickly become overwhelmed by the number of calls that come in immediately. CERT volunteers may take action immediately following disasters by contacting their friends and neighbors to see if they need assistance. From there, CERT members may be activated by their served agency to help with search and rescue in hard-hit areas, or staff a relief shelter. In the days following a major disaster, CERT volunteers may also find themselves helping to give out relief supplies at a FEMA *point of distribution*, or *POD*.

#### Equipment and Costs

You can spend as little or as much money as you wish on the necessary equipment. The gear that you'll need may vary in some locations, but in general, most served agencies issue CERT volunteers a free basic response backpack or duffel bag that contains things such as a reflective

vest, helmet, safety goggles, gloves, first aid kit, and a flashlight. These items are usually the very basic versions, and you'll likely want to replace them with higher-quality versions as you continue on your CERT journey.

In addition to keeping up your basic first aid training, one thing that you'll want to keep with you is a good-quality and well-out-fitted first aid kit. Even if you aren't comfortable personally providing first aid to someone in need, having the kit on hand could still save a life if another person nearby has first aid skills but no equipment. Many online vendors provide well laid-out and stocked first aid kits that you can keep in your car or go-kit.

#### The Radio Connection

Just as not all hams are in CERTs, not all CERT volunteers are hams. If you have a spouse, child, or friend that's not interested in ham radio but wants to make a difference in their community, CERT provides an excellent opportunity. Communication is an important part of CERT, and many teams utilize the Family Radio Service (FRS), or General Mobile Radio Service (GMRS) with volunteers that don't have an amateur radio license.

#### How to Get Involved

Volunteer programs in local communities vary significantly from state to state, county to county, and even city to city. You may find that served agencies in your community utilize just ARES, just CERT, a combination of both, or neither. Visit [arrrl.org/ares](http://arrrl.org/ares) to find your local ARES group, or visit [ready.gov/get-involved](http://ready.gov/get-involved) to find a CERT near you. If you can't find what you're looking for online, call your local Emergency Management, Fire Department, or Sheriff's office and inquire if either program exists in your area. You may have to call each organization to find your answer, as some agencies may not be familiar with those programs.

No matter which volunteer organization you choose, always remember that we, as volunteers, are there as a resource for our served agencies, to help them respond when disaster strikes. Being willing to adapt and grow to help fill the needs of your community, and being open to learning new things can help you make a difference to someone in need.

*Arc Thames, W4CPD, serves as the Section Emergency Coordinator of ARRL's Northern Florida Section and Emergency Coordinator of Santa Rosa County, FL. He has been a licensed ham since 2016.*

#### ARES and CERT: Serving Side by Side

ARES and CERT both provide valuable services and volunteers to a local community, complement one another, and aren't meant to be a replacement for each other. As an example, your community may utilize ARES for volunteers to provide communications services to and from their relief shelters, while CERT volunteers are the ones actually staffing the shelter. Another example would be a scenario in which CERT volunteers are out doing preliminary damage assessments with an embedded ARES volunteer relaying that information over amateur radio to their emergency operations center. As you can see, both programs can work hand in hand to provide critical support to their communities in times of need.



# What's Cooking?

CERT Volunteer Recipes!

Please share your favorite recipe(s):  
[Newsletter@FairfaxCountyCERT.org](mailto:Newsletter@FairfaxCountyCERT.org)



Julie T.

## Gazpacho - By Julie T.

This is one of my favorite summer recipes. Many of the ingredients are shelf stable. The recipe is originally from The Working Family's Cookbook by Irena Chalmers.

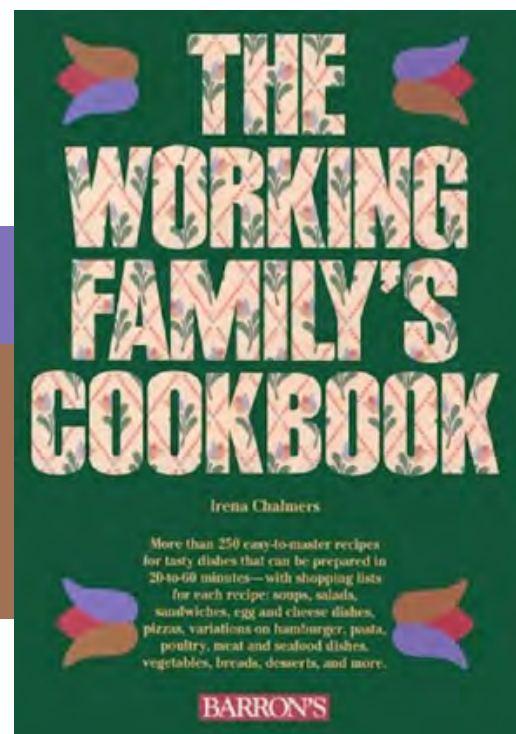
**Serves 4 | Prep time 15 minutes (plus chilling)**

### Ingredients:

- ▶ 2 tablespoons bread crumbs
- ▶ 1 clove garlic, peeled
- ▶ 1 tbsp red wine vinegar
- ▶ 4 tbsp olive oil
- ▶ 1 green pepper, seeded and quartered (remove ribs)
- ▶ 1 small onion, quartered
- ▶ 2 large tomatoes, peeled and, seeded (if out of season, canned plum tomatoes are better)
- ▶ ½ cucumber peeled and quartered
- ▶ 1 tbsp ground almonds
- ▶ 1 cup chicken broth
- ▶ Salt and freshly ground pepper

### Directions:

- ① Put the bread crumbs, garlic, vinegar, olive oil, green pepper, onion, tomatoes, and cucumber in a blender and process until smooth.
- ② Stir in the ground almonds and the chicken broth and transfer to a bowl. Cover and chill for at least 2 hours.
- ③ Season with salt and pepper and serve.





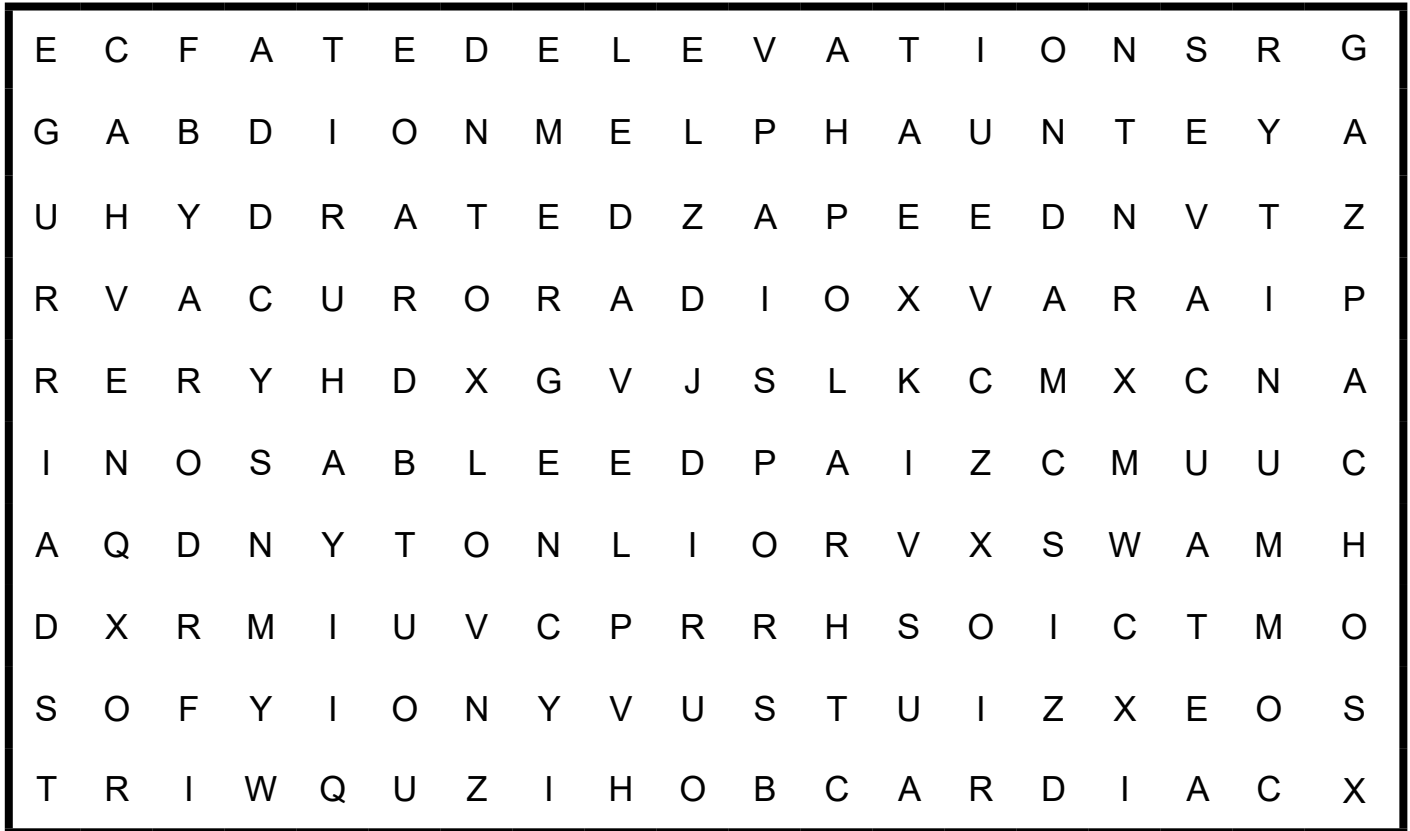
# CERT Word Find

Find Words Used in this Newsletter

Kelly O.

Find the following words hidden below:

- ▶ Hydrated
- ▶ Emergency
- ▶ Hurricane
- ▶ CPR
- ▶ Evacuate
- ▶ Cardiac
- ▶ Tornado
- ▶ Community
- ▶ Bleed
- ▶ Radio
- ▶ Gazpacho
- ▶ Elevation





# CERT Trivia Quiz

Test Your Knowledge

Alex V.

## New July Trivia Quiz!

Answers in the October Edition of the Green Helmet

- 1 The main way(s) to control excessive bleeding are:  
A) Direct pressure  
B) Elevation  
C) Pressure points  
D) All of the above
- 2 What is among the correct 1st aid actions when treating a burn victim?  
A) Use ice  
B) Apply ointments, antiseptics, or other remedies  
C) Cover loosely with, dry sterile dressings to keep the contaminants out  
D) Remove shreds of tissue & break blisters
- 3 The main signs of shock that CERT members should look for are:  
A) Rapid & shallow breathing.  
B) Capillary refill of greater than 2 seconds.  
C) Failure to follow simple commands.  
D) All of the above

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## Answers from April's Green Helmet Trivia Quiz

- 1 **True or False:** In the event you must evacuate your home due to a disaster, should you always try to take your pets?  
**A:** *True.*
- 2 Which of the following items should be included in your disaster kit for your pet(s)?  
**A:** *D - All of the Above.*
- 3 When you are evacuating your home, what actions should you take to aid first responders?  
**A:** *D - All of the Above.*
- 4 What is the difference between Cardiac Arrest and a Heart Attack?  
**A:** *Heart attack is when one of the coronary arteries becomes blocked (plumbing issue).  
Cardiac arrest is when the heart malfunctions and suddenly stops beating (electrical issue).*
- 5 What are the conditions required for the The National Weather Service to issue a red flag warning?  
**A:** *Detailed Answer Here: [weather.gov/gjt/firewxcriteria](https://www.weather.gov/gjt/firewxcriteria)*



# Fairfax CERT Association

Julie T.

## Recent Fundraising Events

The CERT Association held two recent fundraising events. We gathered household donations and clothing for an event through FunDrive and raised \$324. This was a labor intensive project, and members suggested having a booth at a flea market as an alternative. We also had a restaurant fundraiser at Panera, raising \$62.88.

## Future Fundraising Events

We will hold another restaurant fundraiser at Chipotle on the day of our September 19th program meeting. We are currently investigating grants from Walmart.

## Amazon Smile

AmazonSmile has now ended. We received \$266.15 this year.

## Going to Good Use

We have funded moulage supplies, restocked the canteen, and purchased radio supplies for the radio team.

If you are aware of other funding sources, please let us know.

[Board@FairfaxCERTAssociation.org](mailto:Board@FairfaxCERTAssociation.org)

If you have not yet joined the Association, please complete form on next page & email to:

[VP@FairfaxCERTAssociation.org](mailto:VP@FairfaxCERTAssociation.org)

Attn Jeffrey Katz FRD Volunteer Liaison  
12099 Government Center Parkway  
Fairfax, Virginia 22035

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# Know Your CERT Acronyms!

A Quick Refresher

Kelly O.

**CBRNE**

## Chemical Biological Radiological Nuclear High-Yield Explosives

The five categories of possible terrorist weapons.

**CERG**

## Community Emergency Response Guide

Emergency preparedness guide created by The Fairfax County Office of Emergency Management.

**IAP**

## Incident Action Plan

An organized course of events that addresses all phases of incident control within a specified time.

**SAR**

## Search And Rescue

The search for and provision of aid to those in distress or imminent danger.



## Do You Have Special Skills or Talents?

If you have vocational or recreational skills that might be useful to CERT, contact

**Jeff Katz at**

**[Jeffrey.Katz@FairfaxCounty.gov](mailto:Jeffrey.Katz@FairfaxCounty.gov)**

## Green Helmet Needs You!

Do you enjoy writing, research, photography, communications, PR? Then join the Green Helmet team. Your skills are needed.

**Contact: [Newsletter@FairfaxCountyCERT.org](mailto:Newsletter@FairfaxCountyCERT.org)**

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[@FairfaxCountyCERT](https://www.instagram.com/FairfaxCountyCERT)



[Fairfax County CERT](https://www.linkedin.com/company/FairfaxCountyCERT)

**Public Website**

[FairfaxCountyCERT.org](https://www.FairfaxCountyCERT.org)

**CERT Volunteer Website**

[CERT.FairfaxCountyCERT.org](https://www.CERT.FairfaxCountyCERT.org)

# July 2023

Save the Date

Training
Outreach
Operations
Planning/Meeting
Lead Meetings  
Not CERT Related (Holidays/Special Days)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <span>Workhouse Arts Center Fireworks</span> <span>McLean Fireworks</span>
2 <span>Fairfax City Fireworks</span>	3 <span>Class 182</span>	4 <span>Independence Day</span> <span>Kings Park July 4th Children's Parade</span>	5 <span>Class 181</span>	6 <span>Class 182</span> <span>Dulles Airport K9 Decoy Volunteers</span>	7	8
9	10 <span>Class 182</span>	11 <span>CERT Incident Management Day 1</span>	12 <span>Class 181</span> <span>Dulles Airport K9 Decoy Volunteers</span>	13 <span>Class 182</span> <span>Community Assessment Program</span>	14 <span>Dulles Airport K9 Decoy Volunteers</span>	15 <span>Class 181 &amp; 182 Final Exercise</span> <span>CERT Incident Management Day 2</span>
16 <span>Dulles Airport K9 Decoy Volunteers</span>	17	18 <span>Walter Reed MC Safety Day</span> <span>Pre-Meeting, Program, &amp; Canteen Meetings</span> <span>Dulles Airport K9 Decoy Volunteers</span>	19	20	21	22 <span>CPR/AED/First Aid</span> <span>Parliament Pool Race</span>
23 <span>CERT Radio Workshop</span> 30	24 <span>31</span>	25 <span>Regan National Airport K9 Decoy Volunteers</span>	26 <span>CERT Training Division Quarterly</span>	27 <span>Dulles Airport K9 Decoy Volunteers</span>	28 <span>TEEX: Wide Area Search</span>	29

**For More Information and Registration Links Visit:**

[CERT.FairfaxCountyCERT.org/Calendar](https://CERT.FairfaxCountyCERT.org/Calendar)

**Save these Dates!**

- Oct. 14 Fire Station Open Houses
- Sept. 12 Canteen Orientation
- Oct. 20-22 CERTCON 2023
- Oct. 7 CERT Fall Picnic
- Oct. 28 Master Exercise

# August 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <span>CERT Leadership Meeting</span> <span>National Night Out</span>	2	3	4 <span>Class 183</span>	5 <span>Class 183 Morning &amp; Afternoon</span>
6	7 <span>Canteen Team Training</span>	8 <span>Dulles Airport K9 Decoy Volunteers</span>	9	10 <span>Dulles Airport K9 Decoy Volunteers</span>	11 <span>Class 183</span>	12 <span>Class 183 AM &amp; Afternoon</span> <span>Stop the Bleed</span> <span>CERT Emergency Comms TCM</span>
13	14 <span>CERT Training Monthly Meeting</span>	15 <span>Disasterville Game Night</span> <span>Dulles Airport K9 Decoy Volunteers</span>	16 <span>CERT Incident Management Day 1</span>	17 <span>Dulles Airport K9 Decoy Volunteers</span>	18 <span>Class 183</span>	19 <span>Class 183 Morning</span> <span>CERT Incident Management Day 2</span>
20	21	22 <span>Dulles Airport K9 Decoy Volunteers</span>	23	24 <span>Dulles Airport K9 Decoy Volunteers</span>	25 <span>TEEX: When Disaster Strikes</span>	26
27	28	29 <span>Dulles Airport K9 Decoy Volunteers</span>	30	31 <span>Dulles Airport K9 Decoy Volunteers</span>		



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### More Contact Information

[CERT.FairfaxCountyCERT.org/Contacts](https://CERT.FairfaxCountyCERT.org/Contacts)



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## 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. Look for our upcoming newsletter in **OCTOBER 2023**

Do you have any 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](mailto:Newsletter@FairfaxCountyCERT.org). Neighborhood teams – we'd love to hear what you are doing. Let us know!

**Read Previous Editions of The Green Helmet:**  
[CERT.FairfaxCountyCERT.org/Green-Helmet](https://CERT.FairfaxCountyCERT.org/Green-Helmet)