



THE GREEN HELMET

Neighbors Helping Neighbors

October 2024

SEASON CHANGES = TIME TO CHECK OUR PREPAREDNESS

FAIRFAX COUNTY

CERT

COMMUNITY EMERGENCY
RESPONSE TEAM

Sponsored by
Fairfax County
Fire & Rescue



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National CERT Conference

Review & Attendee Comments

Julie T.



The National CERT Conference was held this year in downtown DC from July 23rd to July 26th. We had more than 20 people attending from Fairfax County CERT! There were training courses, information sessions, vendors, chances to network with CERTs from different areas, as well as an Advocacy Day at the U.S. Capitol. Some of the classes/sessions that people attended, with comments on things they found interesting:

- ▶ **Team Building Exercises**
- ▶ **Maximizing Funding:** If we respond to any kind of situations, our paperwork (FEMA forms were recommended) can help to ensure that everyone involved gets the help that they need, and we get credit for the work that we do.
- ▶ **CERT Radio Communications**
- ▶ **Stop the Bleed:** The same course we offer.
- ▶ **Red Cross Sheltering**
- ▶ **Neighborhood Team Program and Call Outs:** These were presented by Los Angeles CERT program. Their program is huge compare to ours. They train more than 2000 volunteers per year! They have teams divided by area, similar to our Battalions, but each team has its own equipment cache and has monthly meetings with some sort of training or teaching component. They have organized call out procedures. Individuals have to certify that their home and family is safe each time they are called out.
- ▶ **Emergency Sanitation and Hygiene**
- ▶ **Psychological First Aid**
- ▶ **Disabilities:** A major topic here was not to assume what anyone with a disability needs. You can ask if they need extra support. If you expect that you will be dealing with people with disabilities during a disaster, the best course of action is to involve them in planning. Ask them what sort of help they might need or want.
- ▶ **Ways to Create a Disaster Resilient community through Outreach:** Two big take aways from this one:
 1. People have to hear something 6 times for it to really sink in.
 2. Not everyone can or will join CERT. Everyone can prepare.
- ▶ **Animals in Disasters**

Attendee Comments:

"I attended CERTCON for the first time this year. It was wonderful to learn about what CERTs across the country do, the types of situations they respond to, the size of their volunteer group, and how they are able to organize. Several people I met shared their responses to wild fires and how they assist with evacuating residents and supporting the shelters. It was wonderful to be surrounded by so many compassionate people who want to help their community." – Kim S.

"I learned that we should announce our call signs when using the GMRS radios, like every 10-15 minutes. I learned a lot of ice-breakers and team-building exercises that I will probably not use.

Many of the classes were rehashes of ones I have taken with Fairfax County: shelter ops, emergency communications, TCM, what's in your pack, etc.

The one class that got me excited, is one that very few others would get excited about: how North Carolina wants to use its CERTs to help detect radiation and set up shelters in conjunction with their power plants. I did follow up on this and found that Virginia uses MRC to do this, so I rejoined MRC and did the training, and am now part of that team as well.

Vendors: You need to have plenty of water on hand when eating the Bridgeford long-storage products! [This is an example of why you need to try any emergency food beforehand – Julie] If they could have gotten the virtual fire-fighting stuff to work, that would have been way cool to see, but the Internet access was iffy. Most seemed disappointed that there were not more people there who could obligate lots of money to buy their products.

This was my first National CERTCON." – Denise D.

"1) I did the Wide Area Search & Rescue course that was offered by TEEX. It was three days of taking an impressive amount of notes, and you could tell when something important was being talked about because you'd hear the sound of people taking notes (I ended up with 9 pages front/back of notes, with an average of 3 pages a day). It was really interesting, and even though I wanted to be able to go to some of the other presentations/talks, I ended up doing the TEEX course because I was decently interested in that.

2) Sitting for five hours a day taking a lot of notes somehow burns a lot of calories. I became a hobbit in my eating habits, with first and second breakfast, 11 sies (these overlapped with the second breakfast), lunch, etc.

3) The rooms at the building were the same temperature as my high school, which is a different biome per room, with at least one feeling like a walk-in fridge or freezer.

4) For some reason, when there is a large amount of volunteers occupying the same area, mildly entertaining events and/or conversations occur. This was true for the CERT conference." – Naomi W.

Preparedness

Disasters, Winter, & Earthquakes

Julie T. & Ginny K.

Preparing for Disasters

I have been following coverage about the natural disasters we have had in the United States this year; and for each one, I have seen or heard interviews with people who are sheltering in intact homes or apartments who are asking for food and/or water within 24 hours or wondering why no one has checked on them. So, what can you do about this?

Make sure you are supplied. FEMA recommends a minimum of 72 hours of supplies. While it may be difficult to take more than 72 hours of supplies with you, if you are at home, you should have supplies for longer than 72 hours. Not everything has to be disaster food. If you use canned food, just buy extra of whatever you use, and rotate through so things are always in date. If you're without power, you may have the option of cooking on a grill (keep propane or charcoal on hand). If possible, you should also talk to your neighbors and encourage them to prepare. You shouldn't have to do everything for your neighbors, but if you have neighbors who aren't prepared, and you know you will help them in a disaster, then plan for it ahead of time.



Preparedness is not a one time act.

You need to periodically update your supplies to keep them in date, but also to think about if any of your needs have changed. Although we didn't get hit by the latest hurricanes, you may see something that happened and think how you could mitigate that. Even if you didn't have to respond this time, you can still observe and learn. If you are in the community after a disaster, you can help by checking on your neighbors. It can be reassuring to them and you can get a big picture of the status of your neighborhood. There are a lot of people who truly need help after some of these big disasters. Every person who can take care of themselves frees up resources for those who need them most.

When was the last time you checked your pack?.

September was Emergency Preparedness Month. Did you check your CERT pack and other emergency supplies? [Ready.gov/Kit](https://www.ready.gov/kit) is a good starting point for reference.

Winter Preparedness

It is time to start thinking about Winter and the cold weather challenges ahead.

Remember to check and update your emergency supplies to include hats, mittens, and other warm clothing for all in the household. Keep emergency supplies in your vehicle, including food, water, warm clothing, boots, a blanket and a first aid kit. Even traveling locally can be a problem in a winter storm.

Be aware of your surroundings when outside. Trees, branches, and ice may fall. Avoid fallen power lines. Ice can make walking or driving dangerous. Use ice-melting products on driveways and walkways to prevent slip and fall accidents. And, take frequent breaks when shoveling snow to avoid overexertion.

Be careful with space heaters and fireplaces. Keep flammables, such as curtains and decorations, at least 3 feet

from the heat source. Use battery-powered lights and flashlights instead of candles. Prevent carbon monoxide poisoning by only using generators, grills, and camp stoves outdoors and away from windows. Don't use a stove or oven to heat the home.

Sign up for emergency alerts, such as Fairfax Alerts, to be aware of any weather-related problems. Have a battery-powered radio and a way to charge your cell phone in the event of a power outage.

Have a plan of where to go if your home gets too cold.

For more winter preparedness information, check out:



**American
Red Cross**

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

Type in Search:

Winter Preparedness

Download:

[Winter Storm Preparedness Checklist](#)



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

Preparing for a Winter Storm

[CDC.gov/winter-weather/safety/](https://www.CDC.gov/winter-weather/safety/)



FEMA

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

Be Prepared for a Winter Storm

[Community.fema.gov/
ProtectiveActions/s/article/Winter-
Storm](https://www.Community.fema.gov/ProtectiveActions/s/article/Winter-Storm)

Practice Earthquake Safety

The Annual Great ShakeOut Day Earthquake Drill was held, this year, on Thursday, October 17th.

Learn about The Great ShakeOut here: [ShakeOut.org](https://www.ShakeOut.org)



Check out these sites for more tips:



Ready.gov - Earthquakes

[Ready.gov/Earthquakes](https://www.Ready.gov/Earthquakes)



CDC - Earthquakes

[CDC.gov/Earthquakes/](https://www.CDC.gov/Earthquakes/)

Earthquake Safety Tips from [Ready.gov](https://www.Ready.gov)

► **Drop (or Lock):** Wherever you are, drop down to your hands and knees and hold onto something sturdy. If you're using a wheelchair or walker with a seat, make sure your wheels are locked and remain seated until the shaking stops.

► **Cover:** Cover your head and neck with your arms. If a sturdy table or desk is nearby, crawl underneath it for shelter. If no shelter is nearby, crawl next to an interior wall (away from windows). Crawl only if you can reach better cover without going through an area with more debris. Stay on your knees or bent over to protect vital organs.

► **Hold On:** If you are under a table or desk, hold on with one hand and be ready to move with it if it moves. If seated and unable to drop to the floor, bend forward, cover your head with your arms and hold on to your neck with both hands.



Sign up for Fairfax Alerts:
[FairfaxCounty.gov/Topics/Alerts](https://www.FairfaxCounty.gov/Topics/Alerts)

Communication Challenges

For First Responders

Alex V.

Communication is the key in any interaction. This is especially true during disaster scenarios. The Northern Virginia Resource Center for Deaf and Hard of Hearing Persons (NVRC) presents a course for first responders to help avoid communication breakdowns and ease the problems citizens in need of assistance might encounter: Mis or Missed Communication. NVRC's Outreach Manager Bonnie O'Leary taught the class for CERT.

In this class, we were taught how to recognize someone with deafness or hearing loss. We gained insights into "deaf culture" and protocols/actions to aid in communication. This helped participants understand common issues, to feel more comfortable communicating and avoiding faux pas.

One takeaway was to try to follow the advice below:

- ▶ Do not ask someone who "took some classes in sign language" to be your interpreter. Get an expert fluent in American Sign Language (ASL) wherever possible.
- ▶ Speak to the person, not to the ASL interpreter.
- ▶ Do not say "never mind" or imply in gesture that what you're saying is not important for them to know.
- ▶ Deaf individuals do not consider deafness a disability.
- ▶ Face the individual, let them know if you need to walk away.
- ▶ Learn a few basic emergency signs in ASL. There are lots of videos on YouTube.
- ▶ Treat all persons with respect.



NVRC previously provided courses for CERT members to learn ASL, coordinated with our Training Division.

Here is the contact info for NVRC if you want to find out about their courses:

NVRC
Northern Virginia Resource Center
for Deaf and Hard of Hearing Persons
[NVRC.org](https://www.nvrc.org)

Bonnie O.
Outreach Manager, Certified Peer Mentor
BOleary@NVRC.org



Canteen Corner

Char S.



The Canteen Fleet

Although they all look different, they are all the same - Canteen vehicles. Yes, there are Greater Springfield's, Centreville's, and the newest member of the County's fleet, your CERT Canteen. Missing from the photo is Annandale's. We are pleased to have a great relationship with each other and even train on one another's vehicles. And why not, we all have one mission - to provide nutrition and hydration to Fairfax County first responders whenever and wherever we're needed 24/7.

We are always looking for trained CERT's to join our Canteen team!

If you're interested, reach out to:

CERTCanteen@FairfaxCountyCERT.org



Help Wanted

CERT Divisions

Division Leads

Looking for Volunteers

The following Fairfax County CERT divisions and teams are looking for more volunteers.

If you are a division or team lead and are in need of more volunteers, please contact the [newsletter team](#) so that we can add the request(s) to the January 2025 Newsletter.

Do you have skills that may contribute to a division or team that is not listed here?
Please check out our CERT Leadership [contact page](#) for a list of contact information.

Community Engagement

Kim S. at: Community@FairfaxCountyCERT.org

Looking for:

- ▶ Community Deputy
- ▶ Victim Actor Coordinator (assist with emails and reminders)
- ▶ Speakers Bureau Coordinator
- ▶ Inreach Coordinator (social activities)

Newsletter Team

Julie T. at: Newsletter@FairfaxCountyCERT.org

Looking for:

- ▶ Writers
- ▶ Proofreaders

Marketing Division

Kelly O. at: Marketing@FairfaxCountyCERT.org

Looking for:

- ▶ Social Media Support
- ▶ Volunteers for a New Video Production Team

New Video Production Team

We are looking for people willing to lead and volunteer with a new Video Production Team. You will need to have good directing and communication skills, video and editing skills, equipment, and software needed for this new team. The purpose of this team would be to create videos to promote Fairfax County CERT, our classes, and how we support the public. This team will fall under the Marketing Division and work closely with the Training Division.

Diabetes Prevention Program (DPP)

U.S. Centers for Disease Control & Prevention (CDC)

Alex V.

Must take care of yourself before you can help others

As CERT members we have to be cognizant of our own health before we can help anyone else.

More than 1 in 3 American adults has prediabetes. 9 out of 10 people with prediabetes don't know they have it. Diabetes affects almost every organ in the body.

If you have prediabetes, you are more likely to:

- Get diabetes
- Get heart disease
- Experience a stroke

All these conditions can wreak havoc on the body. The good news is that type 2 diabetes can be prevented if you make a few lifestyle changes, which is easier said than done!

The CDC. National DPP was created in 2010 to address the increasing burden of prediabetes and type 2 diabetes in the United States. It is a year long program that is offered through many health plans as well as through Medicare and Medicaid. It starts with the participants joining a group that is led by people trained by the CDC. The leaders work with participants to make gradual changes in one's diet or activity level.

The aim of the first six months is to educate and motivate participants to improve their diets, increase their activity levels, lose weight, and lower their HbA1C levels. The program goals of the second six months are to keep off the weight participants have lost, and to keep up the progress they've made in continuing their weight loss regimen and lowering their A1C levels. Participants keep an activity log, food log, weight log and action plan journal. They send their coach weekly data on each of these things that is tracked over the course of the year. The coach then helps guide the group during the meetings before going into the module/topic slated for that week. The coach helps each participant work through challenges they encounter on the road to improving their health. The CDC resource materials participants use are easy to follow and aimed to get optimum results. There are interactive motivational tools to help participants keep what they've learned fresh in their minds.

The end goal is to lose 5% to 7% of your body weight and increase your activity to an average of 150 minutes at a moderate heart rate per week. Either one of those adjustments can cut the risk of developing type 2 diabetes and its degenerative complications.

Preventing type 2 diabetes also prevents increased risk of blindness, amputations, kidney disease and other chronic health issues.

To get more information and find a DPP program to join, go to this CDC website:
[CDC.gov/Diabetes-Prevention](https://www.cdc.gov/Diabetes-Prevention)

Fire Station Open House

October 12, 2024

Kelly O.

History of Fire Prevention Week

"Since 1922, the NFPA has sponsored the public observance of Fire Prevention Week. In 1925, President Calvin Coolidge proclaimed Fire Prevention Week a national observance, making it the longest-running public health observance in our country. During Fire Prevention Week, children, adults, and teachers learn how to stay safe in case of a fire. Firefighters provide lifesaving public education in an effort to drastically decrease casualties caused by fires.

Fire Prevention Week is observed each year during the week of October 9th in commemoration of the Great Chicago Fire, which began on October 8, 1871, and caused devastating damage. This horrific conflagration killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures, and burned more than 2,000 acres of land." - NFPA: [NFPA.org/events/fire-prevention-week/history-of-fpw](https://www.nfpa.org/events/fire-prevention-week/history-of-fpw)

Fire Station Open Houses

Every year, Fire Prevention week has a theme that educates the public about a specific fire safety concern. Fire Departments around the county hold Fire Station Open Houses during this week focusing on this theme. This year, the Open House was held on Saturday, October 12th and the theme was "Smoke alarms: Make them WORK for you!"

This year over 60 CERT volunteers staffed the front desk at career fire stations as well as hosting Outreach tables to communicate with the public at the volunteer fire stations.



National Night Out

August 6, 2024

Kelly O.

Below is from Fairfax County Government:

FairfaxCounty.gov/Police/Chief/CrimeandSafety/CrimePreventionAwareness/NationalNightOut

What is National Night Out?

- ▶ Annual neighborhood-based crime and drug prevention event
- ▶ Opportunity to show neighborhood spirit and strengthen partnerships with local public safety
- ▶ Demonstrates neighborhood commitment to fight crime
- ▶ Observed in thousands of communities in all 50 states, U.S. territories, Canadian cities and military bases around the world

What happens that night?

- ▶ Between 4 p.m. and 9 p.m. neighbors, friends and families lock their doors, turn on outside lights and spend the evening outside together
- ▶ Special events, anticrime rallies, activities for children
- ▶ Police officers and other public safety partners visit with as many neighborhood gatherings as possible

How can I get involved?

- ▶ Get out there and enjoy
- ▶ Offer to help support your neighborhood block party, cookout or other planned event
- ▶ Volunteer to organize an event or gathering if none is planned in your neighborhood
- ▶ Sign up your community event



REVIVE Course

You Can Save a Life

Alex V.

Recognizing the signs and symptoms

As we go about our daily routine, it is possible we may encounter a person in need of immediate assistance. The REVIVE course presented by the Fairfax County Community Services Board (CSB) covers how to recognize the signs and symptoms of an opioid overdose, what to do in an overdose situation, and how to administer the generic drug naloxone to render first aid. If we had to administer the Naloxone, we would do so in our capacity as private citizens (not as CERTs) and be covered by the 'Good Samaritan' legal protections.

All residents of Fairfax County and the City of Falls Church who complete the course can receive a two pack Naloxone kit and two Fentanyl test strips upon request. You can either take the course online or in person.

To register for a free course, you can find the information on the CSB link:
FairfaxCounty.gov/Community-Services-Board/Events

More Information:

FairfaxCounty.gov/Community-Services-Board/Heroin-Opioids/Revive



Pet First Aid and CPR

Offered again in December

Julie T.

A New Class

On September 12th and 13th, twelve CERT members tried out a new class: Pet First Aid and CPR. Unlike other classes we offer this is **not free**. The program is covering **half the cost**. Everyone I heard from said it was a very good class. It will be offered again on December 12th and 13th.



Chief Jonathan Paul Wood

May 24, 1954 – August 22, 2024

Elvia F.

Celebrating
THE LIFE OF



Jonathan Paul Wood

MAY 17, 1954 - AUGUST 22, 2024

We are sad to announce that one of our biggest CERT supporters, Chief Jonathan Wood, passed away recently. A Celebration of Life service was held September 12, 2024, at Burke Fire Station.

Chief Wood provided classes for CERT, including the Emergency Vehicle Operations Course which qualified CERT volunteers to drive fire department vehicles, and a fire department radio/communications course. He would often attend the final exercise for a CERT Basic class, along with a medical response team, to demonstrate the role of the fire department in a mass casualty incident. He had over 50 years of service with the fire department and served as Chief and President for the Volunteer Fire Department Station 21 in Fair Oaks. Jonathan was active in his neighborhood community and involved with animal care and rescues. Our thoughts are with his family and the Fair Oaks volunteer fire department members at this difficult time.



At the request of his family, donations may be made to the Humane Society of U.S.

[HumaneSociety.org](https://www.humanesociety.org)

1255 23rd St. NW, Suite 450
Washington, DC 20037

Or, if you prefer, the CERT Association is also collecting donations which will be pooled and sent to the Humane Society

<https://square.link/u/K9fpUbqr>

Providence Day

October 5, 2024

Alex V.

On October 5, 2024, Fairfax County Supervisor Dalia Palchik and Fairfax County Public School (FCPS) Board Chair Karl Frisch hosted the inaugural Providence Day and Back to School Celebration at George C. Marshall High School (GMHS). CERT was invited to provide Traffic and Crowd Management (TCM) as well as an informational display.

The CERT canteen vehicle was parked prominently in the front of GMHS, where James S. and his team provided TCM as attendees arrived. The Fire & Rescue Service had an engine company and ambulance in front for attendees to tour. The County Police Department had a boat and other specialized equipment on display. There was an electric trash truck and school bus as well as other displays from County agencies.

The GMHS cheer squad performed in the front and greeted the public. Inside, the CERT outreach table was staffed by Alex V., and Marcia R.. The Community Engagement lead, Kim S., created contacts at this event.

Many Fairfax County leaders and politicians attended. Among them were State Delegate Marcus Simon who represents the district, and FCPS Superintendent Michelle Reid. Ms. Reid is featured in the cover story of the October 2024 edition of Northern Virginia magazine on the list of "The 50 Most Influential" as #2 (only surpassed by Governor Glenn Youngkin). The officials were given literature about CERT and the work we do.

Many visitors to the CERT booth had questions in the wake of the tragic losses sustained from Hurricane Helene in the Carolinas, West Virginia, Tennessee, and Virginia. We advised them on the benefits of having a 72-hour emergency kit and "go kits" for all family members as well as their pets.





Fairfax CERT Association

Updates & How to Help

Julie T.



If you have not yet joined the Association, visit: <https://fccertva.square.site/membership>

Donate to Vehicle Fund Here:

Visit: <https://fccertva-vehicle.square.site/#ciDuGo>

More Ways to Support!

- ▶ Let us know if you see grants we might apply for or other fundraising opportunities
- ▶ Contact any board member at Board@FairfaxCERTAssociation.org
- ▶ Serve on the budget committee - contact Treasurer@FairfaxCERTAssociation.org
- ▶ Serve on the nominations committee - contact President@FairfaxCERTAssociation.org
- ▶ Consider running for a board seat - contact Nominations@FairfaxCERTAssociation.org
 - Open positions are President, Treasurer, and Member at Large

Donate:

CERT Association General Donation

Visit: <https://fccertva.square.site/donation>

Order Uniform Polos, Hat, Beanies, and Name Tags:

To Order Online Visit: <https://fccertva.square.site/uniform>



Helpful Links

Some Resources that You may Find Beneficial

Alex V.



National Institute
on Aging

For age related health information

nia.nih.gov

Impacting Our Future

USA Today had an insert about Disaster Preparedness, compiling information from this site.

ImpactingOurFuture.com



The Federal Alliance for Safe Homes (FLASH), a 501 (c)(3) nonprofit organization, is the leading consumer advocate for strengthening homes and safeguarding families from natural and manmade disasters. FLASH has a tool on its website that can calculate the odds of different types of disasters striking a chosen geographic site. When a user enters a location, a report is generated that list the types of disasters and steps that can be taken to mitigate the damage and recover from it.

FLASH.org/Prepare-Your-Home

CERT Trivia Quiz

Test Your Knowledge

Alex V.

New April Trivia Quiz!

Answers in the January 2025 Edition of the Green Helmet

- 1 Which of the following conditions require a visit to an emergency room?
A) Suspected heart attack or stroke
B) Extreme difficulty breathing
C) Broken bones
D) All of the above
- 2 What can a first responder do if broken ribs are suspected?
A) Help the victim into a position for easiest breathing
B) Immobilize the rib cage
C) Put pain ointment on the affected area
D) All of the above
- 3 Which of the following are possible signs of an Opioid overdose?
A) Unconscious or not responding to words or touch
B) Slow or shallow breathing
C) Pale and clammy skin
D) All of the above
- 4 Which of the following burn injuries is most severe?
A) First-degree
B) Second-degree
C) Third-degree
D) Fourth-degree
- 5 Narcan/Naloxone helps during an overdose from using what?
A) Alcohol
B) Cocaine
D) Non-opioid medicines
E) Opioid medicines

Answers from July's Green Helmet Trivia Quiz

- 1 When we encounter an injured victim with multiple medical issues, which is the first one that should be treated?
ANSWER: A) Controlling excessive bleeding
- 2 Heart attack symptoms and signs can vary widely. In both men and women the most common symptom is:
ANSWER: D) All of the above: chest pain, pressure, and discomfort
- 3 In dealing with an injured pet in a disaster scene, what should we do?
ANSWER: D) All of the above: approach slowly with calm voice, avoid muzzle or someone restrain head, call Animal Protection
- 4 When finding a conscious burn injury victim, what is the first step?
ANSWER: B) stop the burning by removing the heat source
- 5 For 1st and 2nd degree burns, what are proper treatments?
ANSWER: E) Cool the burn by running cool or cold potable water for 10 mins+ AND cover with a clean/sterile cloth once the burn is cooled
- 6 When we discover a victim with life-threatening bleeding from an arm or a leg, what is the proper course of action to stop the bleed until EMS arrives?
ANSWER: Both A & B: A) Apply a tourniquet to wrap around the wounded extremity. B) If no tourniquet is available, pack (stuff) the wound with bleeding control gauze (hemostatic gauze, plain gauze, or a clean cloth and then apply direct pressure with both hands.

CERT Word Find

Find Words Used in this Newsletter

Kelly O.

Find the following words hidden below:

- ▶ Narcan
- ▶ Hydration
- ▶ Recover
- ▶ Police
- ▶ Opioid
- ▶ ASL
- ▶ Mitigate
- ▶ Burns
- ▶ Prevention
- ▶ Earthquake
- ▶ Supplies
- ▶ Ambulance

N	A	R	S	P	S	U	P	P	L	I	E	S	W	D	J	G	I	Q
L	M	X	V	R	J	P	H	Y	D	R	A	T	I	O	N	H	N	Y
X	B	R	T	E	F	L	Y	E	J	N	R	E	C	O	V	E	R	P
V	U	X	U	V	Y	Q	A	X	Y	G	T	T	G	A	W	I	Z	W
T	L	Q	O	E	N	A	R	C	A	N	H	W	H	J	Y	O	L	G
Q	A	H	M	N	N	S	X	E	S	G	Q	C	D	F	Q	P	G	R
P	N	K	C	T	B	T	J	K	L	B	U	R	N	S	N	I	I	F
N	C	Z	M	I	T	I	G	A	T	E	A	A	E	Y	G	O	H	J
L	E	K	P	O	L	I	C	E	A	U	K	O	J	O	S	I	W	D
S	X	L	M	N	P	J	X	Q	N	J	E	N	Y	G	W	D	H	I

Know Your CERT Acronyms!

A Quick Refresher

Kelly O.

AED

Automated External Defibrillator

Portable electronic device that automatically diagnoses the life-threatening cardiac arrhythmias and is able to treat them through defibrillation, the application of electricity.

CALMeR

Command Accountability Logistics Medical Rescue

The five CERT groups for search and rescue operations.

IC

Incident Commander

Person responsible for all aspects of an emergency response.

UC

Unified Command

In the Incident Command System, a Unified Command is an authority structure in which the role of incident commander is shared by two or more individuals, each already having authority in a different responding agency.

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

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

Follow us on Social Media • Go to our Websites

Social Channels

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

Public Website

FairfaxCountyCERT.org

CERT Volunteer Website

CERT.FairfaxCountyCERT.org

NOVEMBER 2024

■ Training
■ Outreach & Comm Engagement
■ Operations/TCM
■ Planning/Meeting
■ Lead Meetings
■ Canteen
■ Fundraiser
■ Victim Actors
■ Not CERT Related (Holidays/Special Days)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 American Indian Heritage Month Volunteer Fest TCM NCS Staff Meeting	2 Final Exercise Classes 196 & 197 CERT Incident Management
3 Daylight Saving Time ends Venture into Volunteering	4 Introduction to HAZMAT	5 Election Day	6 Community Assessment Program	7 CERT Training Division Meeting	8 Role Players for VCU Paramedic Program Be Stroke Smart Cadre Training Meeting	9 CERT Training Division Clean-Up
10	11 Veteran's Day	12 Class 198	13 Class 198	14 Class 198	15 Class 198	16 TCM DPWES Recycle Day
17	18 Emergency Preparedness Workshop	19 Pre-Meeting Program Meeting	20 Emergency Preparedness Workshop	21	22	23 Food For Others
24 CERT Radio Team Workshops	25	26	27 Team Time Chat Virtual Monthly	28 Thanksgiving Fairfax City Fire 5K Race Turkey Trot	29 Native American Heritage Day	30 CPR/AED/First Aid for CERT

DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Victim Actors for Mass Casualty Incident Training	2	3 Role Players for VCU Paramedic Program	4 Be Stroke SMART	5	6	7 Fairfax Station Annual Holiday Train Show Stop The Bleed
8 Fairfax Station Annual Holiday Train Show	9 CERT Advanced First Aid	10 CERT Advanced First Aid Pre-Meeting Program Meeting Assoc. Qlty Meeting/ Elections	11 CERT Advanced First Aid	12 CERT Advanced First Aid TCM- NCS Staff Off-site Meeting	13 Pet First Aid and CPR	14 Stop The Bleed Chestnut Grove Cemetery Wreaths Across America
15	16	17	18	19	20	21
22	23	24 Christmas Eve	25 Christmas Day	26	27	28
29	30	31 New Year's Eve				



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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 **JANUARY 2025**

Do you have any questions 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. Area Community Teams – we'd love to hear what you are doing. Let us know!

More Contact Information
CERT.FairfaxCountyCERT.org/Contacts

Read Previous Editions of The Green Helmet:
CERT.FairfaxCountyCERT.org/Green-Helmet