



THE GREEN HELMET

Neighbors Helping Neighbors

April 2022

Summer Storm Preparedness



FAIRFAX COUNTY

CERT

COMMUNITY EMERGENCY
RESPONSE TEAM

Sponsored by
Fairfax County
Fire & Rescue



Keep Your Skills Fresh!

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!!! MASTER EXERCISE !!!

Do You Know Where You Left Your CERT Pack??

Ginny K.

Get Ready! Event is April 30th

Has it been a while since you practiced any of your CERT skills? When was the last time you cleaned out your CERT pack? Maybe it's time to join us for a Master Exercise! The exercise planned for **April 30, 2022** is for ALL CERT volunteers both new and seasoned. We ALL need to practice the skills we have learned and to maybe even learn something new.

You May Only Register for One Role

The exercise will have many different opportunities. You can be a CERT Responder where you will arrive to find a disaster awaiting your skills as a CERT volunteer. You **MUST** be a trained CERT volunteer for this role (Trained, Active or Advanced ranks). Want to be involved, but not be part of the "action", how about being part of the Set-up or Clean-up? (the bonus for this role is learning what goes into putting on an exercise).

The Sign-up for these Roles is in Eventbrite:

[Eventbrite.com/e/Fairfax-CERT-Master-Exercise-Spring-2022-Tickets-280560954367](https://eventbrite.com/e/Fairfax-CERT-Master-Exercise-Spring-2022-Tickets-280560954367)

Working at the Check-in/Check-out Table a Better Fit?

Trained in Traffic and Crowd Management? You can use your skills for this as well! Email Wayne V. directly at TrainingDiv@FairfaxCountyCERT.org to volunteer for these positions.

A Great Way to Meet Other
CERT Volunteers!

Questions? Contact:

Wayne V. | Fairfax County Director, Training Division
TrainingDiv@FairfaxCountyCERT.org



CERT Skills Refresher Series

In-Person Practice to Refresh, Update, and Discuss

Kelly O.

Has the Pandemic Left You Concerned that Your CERT Skills May have Dulled? Join Us at a CERT Skills Refresher!

On Saturday, April 9th the first in the series took place at the Squirrel Nest. The purpose of this series is to pick a skill or topic then practice, refresh, update, and discuss for about 2 hours. The April 9th's workshop was about Pressure Dressings.

Future workshops in the series are coming

Check [CERT.FairfaxCountyCERT.org](https://www.fairfaxcounty.org/cert/) often and keep an eye on your emails. When one come up that you wish to join, register right away! These Opportunities are open to all Trained CERT members.

Why Are Refreshers Important?

- ▶ Keep current skills fresh and learn new skills
- ▶ Techniques can change over time - Stay up-to-date
- ▶ Strengthen long-term memory
- ▶ Reduces mistakes
- ▶ Be able to respond more efficiently, effectively, and safely in a real world event
- ▶ Keeps you active and engaged



Safety Corner

Summer Storm Preparedness

Ginny K.



General

- ▶ Think ahead to prepare for emergencies during the summer.
- ▶ Update your emergency kit(s) – Be sure to include COVID-19 supplies (hand sanitizer and KN/N95 masks).
- ▶ Make an evacuation plan for your family in case you need to leave in the event of a hurricane, flooding, wildfire, or other situation.
- ▶ Pay attention to alerts and warnings (Fairfax Alerts, NOAA Weather, etc.).
- ▶ Report hazards to landlord or homeowner's association if appropriate.
- ▶ Inspect your home for possible hazards.
 - Is the home securely attached to the foundation?
 - Are the wall studs attached to the roof rafters with hurricane clips?
 - Are chairs or beds near windows, mirrors, or large pictures?
 - Are heavy items stored on shelves more than 30 inches high?
 - Are there large, unsecured items that might topple over or fall?
 - Are poisons, solvents, or toxic materials stored safely?
- ▶ Remember outdoor items.
- ▶ Make a list of items to secure or bring inside in the event of a storm.
- ▶ Remove any debris or loose items in your yard.
- ▶ Trim or cut down trees that may fall on house.
- ▶ Check with your utility company for instructions on how and when to shut off utilities or [Ready.gov/Safety-Skills](https://www.ready.gov/safety-skills)

Thunderstorms and Lightning

- ▶ Have a plan when you are outdoors – know where you will go for safety.
- ▶ Consider surge protectors, lightning rods or a lightning protection system for home.

Learn More: [Weather.gov/Safety/Lightning](https://www.weather.gov/safety/lightning)

Hurricanes (*Preparedness Week: May/1-7*)

- ▶ Determine your risk.
- ▶ Develop an evacuation plan.
- ▶ Assemble disaster supplies.
- ▶ Get an insurance checkup.
- ▶ Strengthen your home.
- ▶ Help your neighbor.
- ▶ Complete a written plan.

Learn More:

[NOAA.gov/Strengthen-Your-Home-Hurricane-Preparedness](https://www.noaa.gov/strengthen-your-home-hurricane-preparedness)

Flooding

- ▶ Know your flood risk. Search by address:

[MSC.FEMA.gov/Portal/Home](https://www.msc.fema.gov/Portal/Home)

Learn More: [Ready.gov/Floods](https://www.ready.gov/floods)

Tornadoes

- ▶ Know the signs of a tornado.
- ▶ Identify the safest place to take shelter at home, work, etc.
- ▶ Create a home tornado emergency plan, including any special needs (and practice it!).
- ▶ Inspect your home ahead of time for possible hazards

Learn More:

[Ready.gov/Tornadoes](https://www.ready.gov/tornadoes)

[CDC.gov/Disasters/Tornadoes/Prepared](https://www.cdc.gov/disasters/tornadoes/prepared)

Wildfires

- ▶ Dry weather creates higher risk of fire.
- ▶ Never light a grill or fire pit without having an emergency plan – fire extinguisher, water hose, etc.
- ▶ Ensure designated outside smoking areas have an appropriate fireproof container, ashtray or bucket.

CERT Emergency Preparedness Workshop

Decide To...

Don T. | Marco J.

CERT Emergency Preparedness Workshop - Instructor, Marco J.

- ▶ [Check Calendar](#)
- ▶ Sign Up
- ▶ Invite course to local communities, areas, zip codes, organizations

DECIDE TO: BE PREPARED • BE INFORMED • TAKE ACTION

- ❶ Make Life saving decisions by being Informed. ❷ Assess potential Hazards.
- ❸ Complete Family Emergency Plans. ❹ Build Emergency Kits. ❺ Secure Shelter. ❻ Sustain Self, Group, Others. ❼ Practice and adjust Plans.



Sign Up for Fairfax Alerts!
FairfaxCounty.gov/Alerts



Visit:
Fairfaxcounty.gov/Emergency/ReadyFairfax

DECIDE TO: Build, Buy Emergency Kits and Supplies

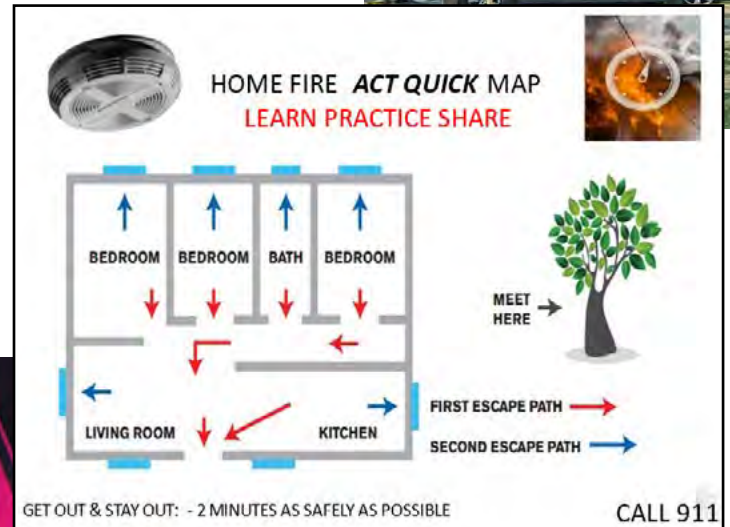
What do you need to take action and prepare for Emergencies and Disasters?

<input type="checkbox"/>  Water	<input type="checkbox"/>  Food	<input type="checkbox"/>  Medications	<input type="checkbox"/>  First Aid Kit	<input type="checkbox"/>  Baby Supplies	<input type="checkbox"/>  Pet Food	<input type="checkbox"/>  Bleach
<input type="checkbox"/>  Mylar Blankets	<input type="checkbox"/>  Blankets	<input type="checkbox"/>  Sleeping Bag	<input type="checkbox"/>  Eye Protection	<input type="checkbox"/>  Extra Clothing	<input type="checkbox"/>  Hygiene Supplies	<input type="checkbox"/>  Towelettes
<input type="checkbox"/>  Towels	<input type="checkbox"/>  Sanitation	<input type="checkbox"/>  Plastic Sheeting	<input type="checkbox"/>  Tube Tent	<input type="checkbox"/>  Backpack	<input type="checkbox"/>  Dust Mask	<input type="checkbox"/>  Work Gloves
<input type="checkbox"/>  Flashlight	<input type="checkbox"/>  Batteries	<input type="checkbox"/>  Matches	<input type="checkbox"/>  Candles	<input type="checkbox"/>  Light sticks	<input type="checkbox"/>  Knife	<input type="checkbox"/>  Multi-tool
<input type="checkbox"/>  Tools	<input type="checkbox"/>  Rope	<input type="checkbox"/>  Duct Tape	<input type="checkbox"/>  Can Opener	<input type="checkbox"/>  Kitchen Items	<input type="checkbox"/>  Scissors	<input type="checkbox"/>  Fire Extinguisher
<input type="checkbox"/>  Compass	<input type="checkbox"/>  Pen & Paper	<input type="checkbox"/>  Emergency Radio	<input type="checkbox"/>  Cell Phone & Charger	<input type="checkbox"/>  Whistle	<input type="checkbox"/>  Signal Mirror	<input type="checkbox"/>  2-Way Radio
<input type="checkbox"/>  Emergency Guide	<input type="checkbox"/>  Family Documents	<input type="checkbox"/>  Maps	<input type="checkbox"/>  Camera	<input type="checkbox"/>  Games & Books	<input type="checkbox"/>  Spare Keys	<input type="checkbox"/>  Cash

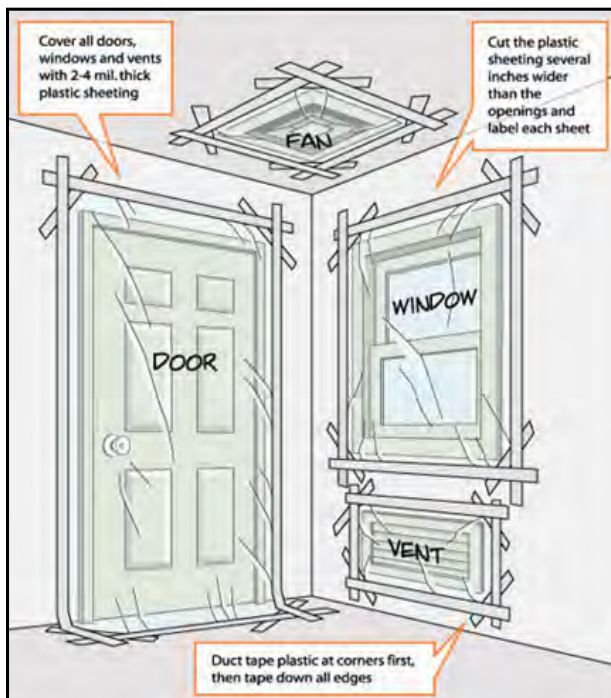
DECIDE TO: Evacuate



- ▶ What is your route?
- ▶ What are your alternative routes?
- ▶ What is your destination?
- ▶ What supplies will you need?
- ▶ Who do you need to inform of your plans?



DECIDE TO: Shelter in Place



- ▶ What are the hazards and risks?
- ▶ How do you prepare for those hazards and risks?
- ▶ What supplies will you need?
- ▶ Who do you need to inform of your plans?
- ▶ How will you receive important information if the power is out?

Medical Facility Building Spree

In Northern Virginia

Alex V.

Be Cognizant of the Available Medical Centers in Your Geographic Area

As CERT volunteers, we should all be cognizant of the available medical centers in our geographic area. With that in mind, I will try to provide an update on major medical facilities that have come online, been recently completed or are in the planning stages or under construction in our region. Taking all this into account, Northern Virginia will be well positioned to meet the needs of current residents as well as future population growth projections. As the home of the N.I.H., National Cancer Institute, et al., the Washington Metro region is blessed with world class medical care.

In Northern Virginia, all the major medical providers have expanded, or are currently modernizing or constructing facilities. The Military Health System (MHS), in conjunction with the 2005 B.R.A.C. Ft. Belvoir plan, closed the old DeWitt Army Hospital and built a new hospital that replaced the closed Walter Reade Medical Center on Georgia Ave., N.W. The MHS designated it to work with Bethesda Navy Medical Center in sharing the region's caseload. In Arlington, Virginia Hospital Center (VHC), an affiliate of the Mayo Clinic, has expanded its campus. On December 16, 2021, VHC held a "topping out" ceremony for their new Outpatient Pavilion. It is planned to be completed in early 2023. VHC has also

expanded its E.R. and other facilities. It is a **Level II** Trauma Center, designated to treat the most severely injured patients 15 years of age and older, excluding those with extensive burn injuries. HCA Virginia is completing construction on its Tysons Emergency facility at 8240 Leesburg Pike in Vienna. It will offer "full service emergency care-the same services offered at their hospital-based ERs" such as Reston Hospital Center (RHC). RHC is also a **Level II** Trauma Center.



The INOVA health system also has plans in the works for modernizing and expanding its facilities. Among the major projects are:

- ▶ The completion of the Schar Cancer Institute at their Innovation campus across Gallows Rd. from the INOVA Fairfax Hospital complex (which is a Level I trauma center). Built on the former EXXON-Mobil HQ campus, there is a Sports Medicine medical center, as well as the first proton therapy center in Northern Virginia.
- ▶ The construction of a replacement for the Alexandria Hospital Center (AHC) at the former site of the Landmark Center mall off I-395. AHC is currently a level I trauma center and plans to seek the same designation for its new hospital.
- ▶ Constructing a hospital to replace the INOVA Springfield Healthplex at the current site in the METROPARK business complex on the Franconia-Springfield Parkway.
- ▶ Completion of the INOVA Lorton Healthplex.

Kaiser Permanente (KP) in Northern Virginia is currently constructing a new Springfield medical center on Loisdale Rd. to replace their old center on the adjacent site. KP is also constructing a new medical center to replace their older facility in Woodbridge.

While this is not an exhaustive listing, it does offer a picture of the expansion going on of medical facilities serving our area.



CERT Trivia Quiz

Answers in the Next Green Helmet Issue

Alex V.

- 1 When was CERT Founded?
- 2 When did CERT Start?
- 3 Which CERT group held the first annual CERT conference in the National Capital Region (CERTCON)?
- 4 Who is the most important person on any disaster scene?
- 5 What does the acronym CALMeR stand for?
- 6 When maintaining a 'span of control' on any scene, how many 'direct reports' should be assigned per Leader?
- 7 When responding to a disaster site, how is the leader of the CERT team chosen until first responders arrive?

Upcoming Activities

Some Highlights of Opportunities Coming Up

Julie T.

We have a lot going on in the next couple of months from training, to crowd management, to being a victim actor for other organizations. Listed here are some highlights. For complete information go to: CERT.FairfaxCountyCERT.org/Calendar and Volunteer.FairfaxCounty.gov to sign up.

- ▶ Emergency Preparedness Classes
- ▶ Be a victim actor for our Urban Search and Rescue Team (shifts available April 27-29).
- ▶ Traffic and Crowd
 - Management for Earth Day (McLean, April 23)
 - Fairfax City Casa Run (April 30)
- ▶ CERT Master Exercise (April 30)



CERT Gallery

Some Images from Recent Classes & Events



Mass Casualty Event - Dulles 21

Photos: Craig Nedrow | NedrowPhotography.com





Legion Event



Fairfax CERT Association

Julie T.

Openings for Secretary and Member-at-Large

The Fairfax CERT Association has openings for Secretary and Member-at-Large. If you aren't able to commit to the position, but are interested in helping, let us know!

[Contact any board member for more information.](#)

Fairfax CERT Association
Attn Jeffrey Katz FRD Volunteer Liaison
12099 Government Center Parkway
Fairfax, Virginia 22035
For info contact: Membership@FairfaxCERTAssociation.org

Membership Application Form

I want to join the **Fairfax County Community Emergency Response Team Volunteer Association (Fairfax CERT Association)** and support leading our communities toward preparedness and resiliency from emergencies by empowering every individual through education, training, response and volunteer service.

☐ **New Member** ☐ **Renewal** ***** Please Print *****

Name: _____
Last Name *First Name* *M.I.*

Mailing Address:

Street or Box Nr.

Street Line 2 as appropriate

City

State

Zip

Email

Phone (Best number to reach you)

If renewal:

☐ **No Change**

Eligibility: To join the association I must have completed the CERT Basic course.

- If Fairfax County trained, please note the class # and Year below. We can confirm your eligibility with the county records.
- If trained by another jurisdiction, please present proof of completion (Certificate/Card) to the Association representative taking applications or a copy may be mailed with the application to the address above.

☐ **Fairfax County CERT Basic Class Number:** _____ **Year** _____

☐ **CERT Basic completed in another jurisdiction.**

Applicant's Signature: _____ **Date:** _____

Total Paid: \$ _____ ***Dues \$** _____ **+ Donation \$** _____ **+ Other \$** _____ (Add note below)

Dues are currently \$15 per calendar year. Yes, you may pay for more than one year. Yes, you may donate as well.

*Dues are waived for new CERT graduates who give a donation of \$15 or more.

Fairfax CERT Association (EIN 84-2083323) is an IRS-501(C)(3) charitable organization. While membership is not tax deductible, donations are. Please request a receipt for donations made.

Note: _____

For internal Fairfax CERT Association use only:

Application received: _____ Date: _____

Dues processed: _____ Date: _____

Qualifications verified: _____ Date: _____

Notified of Acceptance: _____ Date: _____

Membership Database: # _____ Date: _____

Know Your CERT Acronyms!

A Quick Refresher

Kelly O.

NWS

National Weather Service

Federal agency tasked with providing weather forecasts and warnings.

**SAM
Splint**

Structural Aluminum Malleable

The SAM Splint bends into any simple curve, becoming exponentially stronger and more supportive.

VA-TF1

Virginia's Task Force 1

Domestic and international disaster response resource, sponsored by the Fairfax County Fire and Rescue Department.

CERG

Community Emergency Response Guide

Emergency preparedness guide created by The Fairfax County Office of Emergency Management. FairfaxCounty.gov/EmergencyManagement/CERG



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



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FairfaxCountyCERT



@FairfaxCountyCERT



[Fairfax County CERT](https://FairfaxCountyCERT)

Public Website

FairfaxCountyCERT.org

CERT Volunteer Website

CERT.FairfaxCountyCERT.org

APRIL 2022

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					When Disaster Strike	
3	4 Emergency Prep Workshop Session I	5 Leadership Business Meeting	6	7	8	9 Skills Refresher Wilderness First Aid Moulage: Vienna FD Communities of Trust
10	11 Shelter Team Mission Emergency Prep Workshop Session I	12 Reagan National Airport K9 Decoy	13 Community Assessment Program	14 Dulles Airport K9 Decoy	15 Good Friday	16
17 Easter Sunday	18 Easter Monday Tax Day	19 Leadership Program Pre-Meeting Program Meeting Reagan National Airport K9 Decoy	20 Train the Trainer	21 Dulles Airport K9 Decoy CERT Basic Class 17I	22 Stop the Bleed DCA APEX 2022 McLean Earth Day - TCM	23
24 CERT Radio Workshop	25 CERT Support Team Meeting	26 Reagan National Airport K9 Decoy Master Exercise Planning Team Meeting	27 Incident Management Part A	28 Pentagon Dulles Airport K9 Decoy CERT Basic Class 17I	29	30 Incident Management Part B CASA Road Race - TCM CERT Master Exercise
			CERT Victim Actors: USAR Reclassification Exercise			

For More Information and Registration Links Visit:
CERT.FairfaxCountyCERT.org/Calendar

MAY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 First Day of Asian Pacific American Heritage Month	2	3 Reagan National Airport K9 Decoy Leadership Business Meeting	4	5 Cinco de Mayo Dulles Airport K9 Decoy CERT Basic Class 17I	6	7
8 Mother's Day	9	10 Reagan National Airport K9 Decoy	11 CERT Training Cadre Meeting	12 Dulles Airport K9 Decoy CERT Basic Class 17I	13	14 Incident Mgmt Part B Final Exercise Class 17I Mental Health First Aid
15	16 CERT Training Welcome	17 Leadership Program Pre-Meeting Program Meeting Reagan National Airport K9 Decoy	18 Mental Health First Aid	19 Mental Health First Aid Dulles Airport K9 Decoy	20	21 McLean Day - TCM
22 CERT Radio Workshop	23 CERT Graduate Orientation	24 CERT Basic First Aid Reagan National Airport K9 Decoy	25	26	27	28
29	30 Memorial Day	31	Wide Area Search			
					When Disaster Strike	
						Mental Health First Aid



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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 **July 2022**

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. Neighborhood teams – we'd love to hear what you are doing. Let us know!