



THE GREEN HELMET

Neighbors Helping Neighbors

April 2023

STRATEGIC SUMMER PLANNING



FAIRFAX COUNTY

CERT

COMMUNITY EMERGENCY
RESPONSE TEAM

Sponsored by
Fairfax County
Fire & Rescue



Prepare for the Unexpected

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Master Exercise

Saturday, May 6, 2023

Jeff K.

Master Exercise for both New and Seasoned CERTs, and even those who are waiting to be trained.

Schedule:

Victim Actor check in: 7:30 am - 8:00 am

Victim Actors should be willing to have moulage make-up and/or appliances applied.

Responder check in: 8:30 am - 9:00 am

You must have graduated from a Basic CERT class. If you are still in training, please register to be a Victim Actor, which is an excellent learning opportunity.

Register Today!

Fairfax County CERTs should register through VMS. The Eventbrite registration form is for Victim Actors or CERT responders from other jurisdictions. See links below to learn more and to register.

VMS link for Fairfax CERTS:

Volunteer.FairfaxCounty.gov/custom/1380/opp-details/188107?fbclid=IwAR0x3MC-GRqFT7MlflYky7s01bgShwgJeUWo4nzX1nKA9JAVVSi4JxCCX8

Eventbrite Link for Non-Fairfax CERT Responders and All Victim Actors:

Eventbrite.com/e/Fairfax-CERT-Master-Exercise-spring-2023-tickets-594107430317?fbclid=IwAR1VUNzAlJbuNDiFpzVuGNX8XjWP9-EenJwkcGF3udUneAUACsn4Xi_4mXw

All Victim Actors and non-Fairfax County CERT responders must sign a waiver and register through Eventbrite.

Details: This Master Exercise gives our seasoned CERTs an opportunity to refresh their skills and work together with our newly-trained CERTs. From moulage to triage, you'll experience it all. This is a unique opportunity to practice your skills in a realistic full-scale exercise.

Please register for ONE of the following roles: Victim Actor or responder. The exercise is conducted in a no-fault learning environment where capabilities and processes are continuously evaluated. The scenario(s) are realistic and event simulation provides sufficient detail to allow players to react to information and situations as they are presented, as if the simulated incident were real. The exercise will be held rain or shine. This event is open to individuals 18 years old or older, 16 or 17 years old with written parent/guardian permission, or 13-15 years old along with the active participation of a parent/guardian.

Lunch: For our participants, a modest lunch will be provided by the Fairfax County CERT Association, disaster dining at its best!



What to Expect as a Victim Actor

Support CERT and the Fire Department

Julie T.



A Great Opportunity

CERTs have been asked to be Victim Actors for fire department mass casualty exercises as well as our own exercises. If you have never done this before, this is a great way to help others learn, and you will likely learn as well. If you know you will be a Victim Actor, it is good to wear old clothes, preferably something that can get torn.

Once you have checked in at the site, you will probably be moulaged (have disaster makeup applied). Fairfax CERT uses a lot of alcohol based makeup (looks like watercolor paint, but you use alcohol instead of water). You may get some kind of card indicating what your injuries are and how to act. Make sure you know who you can show the card to. Sometimes it's only the exercise controllers. You will get a briefing to let you know safety procedures, what the scenario is, and usually timeframes. Sometimes there is more than one incident in a day.

After that you will likely be placed in a location where the responders will find you. In some exercises, you will have an assigned spot, but may be able to move around while there are no rescuers nearby. You don't have to stay in an uncomfortable position for the whole exercise. It is recommended that you bring something to do while you are waiting to be rescued (a phone is good since it is sometimes dark).

Acting Time!

During the exercise you will be asked to act in accordance with your wounds. This is generally not that hard, but you may have to think ahead. If you're unconscious, you wouldn't call for help, but might moan when you're examined. A green victim may be concerned about himself or other victims around and should be calling for help. It is important not to overact, although exercise controllers may ask some victims to act in specific ways. You may have a missing relative or pet that you're looking for. You don't need an acting degree to be a successful Victim Actor. Generally you just need to behave like you have whatever injury you were assigned.

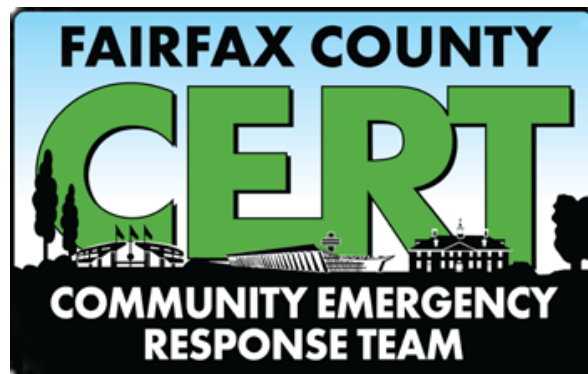
As a victim you can learn some things that work (and don't work) as a rescuer. You can observe how rescuers enter the building or approach you. What did the rescuers say if they triaged you and left you? Was that what you would want to hear? Even though these are emergency situations, small words and actions can make a difference in how a rescuer is perceived. The more you pay attention to what the rescuers do, whether they are CERTs or professionals, the more you will pick up on.

If you have never been a Victim Actor before, I hope you'll try it the next chance you get.

Fairfax CERT Association Fundraiser

Spring Clean and Donate

Fairfax CERT Association



Clean out the Basement and Garage! | Organize those Closets! | It's Time for Spring Cleaning!

The Fairfax CERT Association is having a Fundraiser!

We are collecting gently used clothing, books, and household goods. Get your friends and neighbors involved and start collecting today!

Acceptable Items Include: Clothing, backpacks, purses, books, shoes, electronics, fabrics, exercise equipment, sporting goods, games, toys, office supplies, small appliances, kitchenware, DVDs, CDs, video games, bedding, kitchen & bathroom linens, pillows, curtains, home decor, pet supplies, and seasonal goods.

How: Please use bags for clothes and textiles and tightly packed boxes for small household goods.

When & Where:

- Tuesday, April 18th Before Program Meeting, 6pm-7pm
Public Safety Headquarters | 12099 Government Center Pkwy., Fairfax
- Saturday, April 29th from 11am-1pm
Franconia VFD Station 5 | 6300 Beulah St, Franconia, VA 22310
- Saturday, May 13th Location TBD
- Tuesday, May 16th Before Program Meeting, 6pm-7pm
Public Safety Headquarters | 12099 Government Center Pkwy., Fairfax

For More Information Contact:

Marshall at President@FairfaxCERTAssociation.org

Autism Awareness

For Emergency Responders

Kelly O.



April is Autism Awareness Month

National Autism Awareness Month began in 1972 as National Autistic Children's Week. The Autism Society founded the event to increase awareness, advocate awareness, and spark change in schools, communities, medical facilities, and businesses. The goal is to generate widespread awareness, understanding, and acceptance for individuals with autism spectrum disorder, offering a unique platform to enforce inclusion for autistic people and reduce social stigma associated with autism spectrum disorder.

What is Autism?

Autism, or autism spectrum disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech, and nonverbal communication. About 1 percent of the world's population has autism, an estimated 1 in 36 children and over 5.4 million adults or 2.2 percent of the U.S. population, are on the autism spectrum. Autism can be present from birth or develop during early childhood, typically within the first three years. This is a lifelong developmental disability with no single known cause.

"Because autism is a spectrum disorder, each person with autism has a distinct set of strengths and challenges. The ways in which people with autism learn, think, and problem-solve can range from highly skilled to severely challenged. Some people with ASD may require significant support in their daily lives, while others may need less support and, in some cases, live entirely independently." – Autism Speaks

Stimming

Those on the spectrum will often demonstrate comforting, repetitive behavior called stimming when they are feeling overwhelmed. Stimming, or self-stimulatory behavior, is repetitive, unusual body movements or noises. They can include finger and hand movements such as flapping hands or finger flickering, rocking back and forth whether sitting or standing, squealing, repeating words, whistling, etc. **Watch this video for some real-life examples:** [Youtube.com/watch?v=4ALy6l1J1uo](https://www.youtube.com/watch?v=4ALy6l1J1uo)

My Personal Experience

My nephew, Adam, is on the spectrum. He was diagnosed when he was around 3 years old. He is now 20 years old. Adam has made huge strides with his communication skills since his diagnosis. But communication is still a great challenge for him. He often has to be encouraged to engage and he will then, usually, only say a few words when he does. He does not like to be touched unless he initiates it. And he does not give direct eye contact. When he was a kid, he was a runner. He would just bolt with little or no awareness of the dangers around him, such as cars or getting lost. He would just take off without warning. This continued until he was a teen.

Adam has a huge heart and loves his family. Because he is around us all the time, he understands when his family is being silly or sarcastic and will often call us out on it. Just over Christmas, I was teasing that his new Lego set came with a tiger and a bird so that the tiger had a snack. And I immediately got a "Aww Aunt Kelly!!" with a big smirk

on his face.

Like many on the spectrum, he is extremely sensitive to sensory overload, especially with noises in which he will cover his ears in pain. Adam can often be seen stimming with squeals, jumping in place, repeating quotes from his favorite cartoons, and flapping his hands.

Adam will never be able to live independently and will need assistance for the rest of his life. He will never be able to drive, cook, take public transportation without assistance, or work without a job coach. He may not know how to respond in an emergency if separated from his family. He may not respond, verbally or physically, to rescuers. He might run or hide. He may even hit rescuers if he is over stimulated. And at around 6 feet tall, he may be hard to control if he is injured or scared.

Emergency Responders Interacting with those on the Spectrum

While responding to an emergency or disaster, you may come across someone with ASD. You will need to be able to recognize the signs and adjust how you interact and respond to this individual.

- ✖ People with autism can't be identified by appearance. ASD is identified by their behavior.
- ✚ Identification can often be found on individuals with autism. Such as: a Medic Alert Bracelet or necklace, business card in wallet or pocket, sometimes as a threaded ID in a shoelace, a belt, or as a zipper pull.
- ✖ Whenever possible, avoid touching these individuals. Some, but not all, individuals with autism will become more agitated and possibly aggressive when touched.
- ✚ Tell them what you are going to do and move slowly while performing exams. Demonstrating what the exam will consist of on another person first may help the person with autism have a visual knowledge of what your intentions are.
- ✖ Attempt to perform exams in a quiet spot if possible.
- ✚ Individuals with autism have a difficult time reading facial expressions. The Wong-Baker Faces Pain Rating Scale will NOT be an accurate measurement for pain.
- ✖ They may fixate on or stare at an object in the room or on your body such as a badge, earrings, or buttons.
- ✚ Speak simply and give plenty of time for an individual to respond to questions.
 - A 3 to 4 second delay is not uncommon.
 - Repeat your question and wait again. Use a calm voice.
 - Be aware that some autistic persons' use of "yes" and "no" to answer questions may be random and misleading. Try inverting your questions to validate the patient's response.
- ✖ Don't presume a nonverbal child or adult who seems not to be listening, can't understand.
- ✚ Individuals who present as nonverbal might be able to write or type responses. Provide paper and pen or laptop/iPad for the best chance of getting the needed information.
- ✖ Some people with autism do not have a typical range of sensations and may not feel the cold, heat, or pain in a typical manner. They may fail to acknowledge pain in spite of significant pathology being present. They may show an unusual pain response that could include laughter, humming, singing, and removing of clothing.
- ✚ Speak in short clear phrases "Get in." "Sit Down." "Wait here." People with autism may take longer to respond to directives, and that can be because they don't understand what's being demanded of them, or even just because they're scared. They may not be able to process the language and understand a directive when fearful.
- ✖ When restraint is necessary, be aware that many people with autism may have a poorly developed upper trunk area. Positional asphyxiation could occur if you don't frequently change their position or if you keep them face down. People with autism may resist being restrained.
- ✚ People with autism often have tactile sensory issues. Band-aids or other adhesive products could increase anxiety and aggression.
- ✖ Adults with autism are just as likely to hide, like children, in a fire situation. Look in closets, under bed, and behind furniture.
- ✚ People with autism are a wandering or bolt risk after rescue. Someone must stay with the person with autism or hand off to another caregiver.
- ✖ Children with autism may ingest something or get into something without their parents realizing it.
- ✚ If possible, ask a caregiver what level of support the person with autism needs, then treat accordingly. Stickers, stuffed animals, and such, which are used to calm young children may be helpful even in older patients.
- ✖ When possible, avoid loud noises and flashing lights. Sound and light sensitivity is common in autism.
- ✚ Alert arriving professional responders that your patient is autistic so that they can respond accordingly.

✖ If during the response, you are looking for a missing person on the spectrum:

- Try to find out from the family how this individual may respond to you and where they might go. Have they been obsessed with a location or an object at a location?
- Do not expect the person to reply if you are calling their name. You'll most likely have to make visual contact to locate them.
- Check any location that has water, such as pools, ponds, lakes, rivers, etc. These are points of attraction for those with autism.
- Remember that someone with autism will, most likely, not experience fear as you do. Don't discount searching any location.
- Remember they might hide from the search team.

Sources:

- AutismSpeaks.org
- MyASDF.org
- AutismSociety.org
- AutismSpectrumNews.org



Prepare to Travel

Keeping Safe on Your Adventure

Ginny K.



Travel can be an adventure. To keep it safe, do some planning ahead of time. The more that you know about where you are going and what you will be doing, the easier it will be to plan to avoid problems. Don't forget your CERT training!

Tell someone where you are going. Give them your itinerary and contact information. If possible, stay in contact with someone. Consider using a location-sharing app, especially if traveling alone.

For international travel, check vaccination requirements ahead of time to allow enough time to get any immunizations that you may need. Check your medical insurance for travel restrictions. Purchase extra insurance if needed. Check the U.S. Department of State website for travel advisories, and sign up for the Smart Traveler Enrollment Program (STEP).

For driving trips, make sure that your vehicle is in working order for the trip. Just in case, if you are a member of a roadside assistance program, be sure to bring the phone number to contact if you do have a problem. It doesn't hurt to bring some basic tools and supplies (duct tape) to make minor repairs. Pack gear that has multiple uses that could be used in the event of a disaster. Remember that your vehicle can provide shelter, has parts that can be used to collect water, and can be used in other ways to help with your survival.

Bring some good face masks, and use them! This is especially important indoors and in crowded areas.

If you are flying, check the luggage information ahead of time as requirements and restrictions can change. Be sure to pack items like medications, glasses, empty water bottle, wallet, travel documents, etc. in your carry-on or personal item.

For outdoor activities, research the recommendations and restrictions for the activities you are planning on doing. Some activities may be more strenuous than you think. Be honest with yourself and anyone else in your travel group about any restrictions you may have (who is the most important person?). Choose activities that are right for all. It's never any fun to have to split up your travel group at the last minute. Check for recommendations on footwear, clothing and equipment so that you go prepared. Bringing insect repellent, sunscreen (check requirements for your destination), other sun protection, basic first aid kit, flashlight, cell phone with extra battery, water, and snacks are recommended for day trips.

Listen to, and follow, any safety instructions given by tour guides.

Always be aware of your surroundings (six sides of the box!). It is very easy to be distracted in an unfamiliar area. Pay special attention when walking on uneven ground. Don't risk your safety when taking photos.

Be sure to protect credit cards, passport, and key fob from RFID theft by using proper blocking bags or envelopes to protect your information. Carry the contact information for your credit card company in the event your credit card is lost or compromised. Be sure to carry identification, health insurance information, and a list of emergency contacts. You may want to consider a lock for your bag or backpack if traveling in crowded areas.

When you get to your destination, take some time to educate yourself and travel companions about the area. Check for emergency exits, AED, how to call for emergency help, and any other safety information for the location.

Hydrate, hydrate, hydrate! That's what that empty water bottle is for! Bring a LifeStraw if going to an area with questionable water. Bring more water on day trips than you think that you will need. Pack collapsible water pouches, or use your water bottles to pack other items.

Consider the worst. Unexpected travel delays are all too common. And, disasters don't wait for you to return home. Plan on bringing extra prescription medications and any supplements you need. Consider bringing a mini CERT pack. If flying, it is probably best to put this in your checked luggage. In addition to items mentioned above, consider bringing emergency blankets, ponchos, MREs or calorie bars, and a phone charger with cables for outlet, USB, and vehicle charging.

Think about alternate routes home. If your alternate route is renting a car and driving (instead of flying), consider the weather and think about bringing sunglasses, ice scraper and squeegee.



Traveling with Your Pets

Keeping them Safe

Kelly O.



Hotels and resorts are becoming more pet-friendly and there are people traveling more with their pets than ever before; up 19% than just a decade ago. Our pets are our family, so it makes sense that we would want to take them on adventures with us. But, even on a typical trip, we need to plan ahead so that our pets' needs are met while we are traveling and away from familiar surroundings. But, what if your pet has a medical emergency on your trip? What if there is a disaster where you are vacationing? Do you have a plan to keep them safe?

Traveling Tips

Source: [BetterCitiesForPets.com/Resource/Traveling-with-Pets/](https://www.bettercitiesforpets.com/Resource/Traveling-with-Pets/)

- ▶ **Microchip:** Be sure your pet is microchipped, registered and that the contact info for the chip is up to date. That way, if your pet gets lost and is picked up by a shelter or vet's office, they'll be able to contact you. Better yet, think about adding a wearable tracker like Whistle to your pet's collar! That way you can easily keep track of where your dog or cat roams.
- ▶ **Keep a collar and tags on:** Keeping a good, secure collar on your pet is always important, and especially when you're traveling with pets in unfamiliar surroundings. Make sure your phone number is clearly readable on your pet's tags, in case they get away in the excitement of the trip. Be sure they have important medical tags on too, like proof of rabies vaccination.
- ▶ **Check with your vet:** Travel can be stressful for pets. Talk with your veterinarian to identify any potential issues or special needs that might come up while you travel. Your vet can also provide a health certificate for your pet (which is required if traveling out of state) as well as any medications.
- ▶ **Use a pet carrier when driving:** An unsecured pet can distract the driver or even interfere with the safe operation of a vehicle. Plus, if there's an accident or emergency, you want your pet to be safely secured and ready to evacuate if needed. **Carrying a pet emergency kit is a good idea too.** Be sure to train your dog or cat to go into the carrier before your trip. Short, mini-trips in the car once they are comfortable in the carrier will help prevent any excess stress while they are traveling.
- ▶ **Take Breaks:** Just like people, pets need breaks when traveling. Keep your pet on a leash during your frequent stops and remember to carry disposable waste bags for your dog. Bring a collapsible water bowl along to keep your pets well hydrated, too. And, make sure you have absorbent towels and a plastic bag in case of accidents along the way.
- ▶ **Plan your meals:** Try to stick with your pet's regular feeding routines while traveling, so you don't upset their schedule or their stomach. If your pet struggles with car sickness, plan the day's driving to allow time for their tummy to settle after eating and before beginning the journey again. Your vet may also be able to help.
- ▶ **Traveling by Air:** Check with your airline to make sure you meet their specific requirements, such as using an approved carrier and bringing any needed health certificates. Here again, vet input is important. If your dog is a short-nosed breed (like a bulldog or pug), is elderly or ill, or has respiratory issues, flying may not be a good option. Form a plan with the expert advice of your vet. Do not sedate them, unless your veterinarian recommends it. The effects of medication combined with the stress of high altitudes can hurt your pet.
- ▶ **Protect against disease and pests:** Different regions of the country may have different pests and diseases than you have in your geographic area. Ask your vet about additional flea, tick, and heartworm control, as well as rattlesnake vaccine, additional parasite control and more. And, bring pet health records along with you on your trip.
- ▶ **Know where you're going:** Of course, you know where you're headed! But are you sure they will welcome your pet and have the amenities to accommodate him or her? While planning your trip and before you arrive, ask questions so you're prepared for what awaits you. Try to always have a back-up plan if a pet-friendly place to stay falls through.

Preparing for Emergencies or disasters while traveling

- ▶ Bring your pet's emergency kit
- ▶ Know the emergency vets along your route and at your destination
- ▶ Have a list of animal friendly hotels and evacuation shelters
- ▶ Know your evacuation routes in case you are ordered to leave
- ▶ Check the weather forecast and sign up for weather alerts along your journey
- ▶ Bring pet medications and a copy of medical records
- ▶ Have a photo of you and your pet with you
- ▶ Always have emergency contact information available of someone who knows and can care for your pet in the event of your incapacitation.

CERT Animal Response

A Three-Part Course

Alex V.

In light of the fact that most people feel our animals/pets are part of our family, we need to take care of them and be prepared for emergencies. You'll need to plan for their survival during any evacuation.

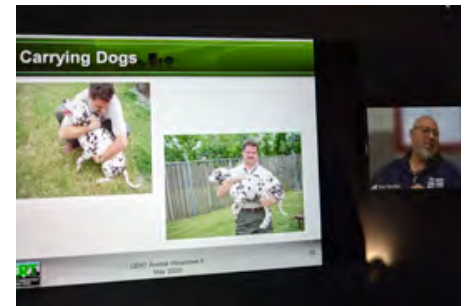
CERT Training Division presented a three-part course to familiarize CERT members with handling aspects of disaster preparation dealing with domestic and wild animals. Over 50 people signed up for this course.

This three-part course discussed topics related to emergency management, disaster planning for animals, very basic animal behavior, and possible roles with CERT in animal response. Parts I and III were presented online by Tim Perciful, who is the Disaster Response Manager for American Humane and deploys to disasters both in the U.S and overseas. Tim has over thirty years of animal rescue experience. He taught us animal emergency response, animal behavior, technical animal rescue, sheltering, pet first aid, and many other topics related to animals. Tim works with local, state, and federal partners as the chair of NARSC (National Animal Rescue & Sheltering Coalitions) and the Best Practices Working Group.

Part II was an in-person 'practical' session presented by Fairfax Animal Protection Police Sgt. Sioban Chase. Sgt. Chase gave us equipment such as leashes, as well as showed us how to improvise devices to handle both domestic and wild animals in emergency/disaster situations. We had the opportunity to practice the techniques we learned on a dog mannequin.

Both instructors stressed the importance of having the Fairfax County Department of Emergency Management and Security (DEMS) pet/service animal material in our 'go' kits for our pets. DEMS has 'cards' that should be filled out for our pets, similar to the Fire & Rescue Department 'Emergency Contacts' 'File of Life' forms for people that we place in our kits. DEMS has reference material related to animals and disaster prep on its website.

The consensus among my fellow students was that this was a very timely and well presented course that took a great deal of planning by the Training Division to pull off. It is well worth your time to take it the next time it is offered in a few years.



Flood Safety

Becoming a More Common Challenge

Alex V.

The week of March 12-18 was recognized as Virginia Flood Awareness week. Flooding is the most common and costly natural disaster in the United States and it is becoming more frequent with climate change. As we head into the typical spring and summer rainy season, Arlington, Fairfax County, and the City of Alexandria teamed up for Virginia Flood Awareness Week to share key messages of being informed and prepared.

Virginia Flood Awareness Week stressed personal safety with the "Turn Around Don't Drown" campaign. The Centers for Disease Control and Prevention reports more than half of all flood-related drownings occur when



motorists attempt to drive through flood water. Other leading flood-related deaths happen when people walk too close to flood water. Just an inch of water entering a home can result in as much as \$25,000 in damages. Yet only 3% of Virginians have flood insurance. Flood Awareness Week sought to educate the public about protecting their property by purchasing a flood insurance policy, which on average in Virginia costs between \$400 and \$1000 annually.

It is crucial for residents and property owners to know if they are located in a flood hazard area. In light of our Commonwealth being a coastal state, we must also be cognizant of coastal flooding. Areas such as Norfolk and the Tidewater sit in precarious spots. Sea levels around Norfolk, home to the country's largest U.S. Navy base, are rising faster than elsewhere on the East Coast. During high tides, many neighborhoods in the city experience flooding on an almost daily basis. Norfolk now has over 250 hours of flooding annually.

Fairfax County has many areas prone to flooding during and after major rain events. Since 2002, the Huntington community in the Franconia magisterial district had three major floods in the Cameron Run watershed that required the evacuation of the over 160 homes there. Subsequent to the 2007 floods the County requested the U.S. Army Corps of Engineers to study the best way to protect Huntington from flooding. Subsequent to the study, to mitigate the damage from floods, over \$30 million dollars was spent to build a massive levee, pumping station, etc. that thus far have prevented further flooding in the residential areas.

We all can do our part to become flood aware. Not everyone needs to purchase flood insurance from either private insurance companies or the federal government program. Always check the government maps for your neighborhood to see where the flood plains are located. Depending on the elevation of the surrounding land, many streams in the county have flood plain designations for 100 feet on either side of the waterways.

Know Your Skillsheets

How Familiar are You with Anaphylaxis? Answers on Pg. 14

Sandy H.

Which of the following are signs of anaphylaxis? *(Choose all that are correct.)*

- ▶ Hives
- ▶ Collapse
- ▶ Hair Loss
- ▶ Abdominal Pain

How quickly do symptoms associated with anaphylaxis appear? *(Choose all that are correct.)*

- ▶ Seconds
- ▶ Hours
- ▶ A Week
- ▶ Minutes
- ▶ A Day

What questions should you ask someone you think may be showing signs of anaphylaxis?

- ▶ Are you allergic to anything?
- ▶ Do you have an EpiPen?
- ▶ Did you eat breakfast?
- ▶ Is your vision affected?

What should you do next? *(Choose all that are correct.)*

- ▶ Conduct a patient assessment using your Advanced First Aid procedures
(Because you have taken CERT Advanced First Aid)
- ▶ Call 911 if you suspect a severe allergic reaction and stay with the person
- ▶ Administer an EpiPen
- ▶ Brief arriving EMS using START process

Safety Tips: Spring Wildfire Season

February 15 through April 30

Ginny K. / Kelly O.



In Fairfax County, Spring Wildfire Season is February 15 through April 30. Check out [FairfaxCounty.gov](https://www.fairfaxcounty.gov) for safety tips and information regarding recreational fires, which do not require permits; and bonfires and controlled burning that do require permits.

Red Flag Warning For Elevated Wildfire Risk

This month we saw The National Weather Service issue red flag warnings in Northern Virginia. Red flag warning means critical fire conditions are occurring or expected due to strong winds, low humidity and warm temperatures. Winds between 10 to 20 mph with gusts up to 30 mph are forecasted.

During red flag warnings, forecasters recommend against outdoor burning, as wildfires may quickly spread and become hard to control. During a red flag warning, residents are urged to avoid throwing cigarettes or matches that may ignite in dry grass.

Learn More:

patch.com/virginia/oldtownalexandria/elevated-wildfire-risk-red-flag-warning-affect-parts-nova

dof.virginia.gov/wildland-prescribed-fire/wildfire-prevention/before-you-burn/

CERT Canteen 400

Dispatching to Service Fire Scenes

Wayne V.

The CERT Green Machine (CGM) in its Canteen 400 configuration has responded to four calls for service.

- ▶ **The first call** came in for a townhome fire near Medford Drive and Lucerne Lane. Marshall L. and Wayne V. responded to the request. However, before they arrived on scene, the call was canceled.
- ▶ **The second call** came in at 1:47 am requesting support for a working fire at an apartment complex on Little River Turnpike at Medford Drive. James S. and Wayne V. took the call arriving shortly after 2:30 am and provided service until they were released at around 5:15 am.
- ▶ **The third call** came in while the Canteen Team was finishing response training. The incident was a large grass and woods fire off of Henderson Road. Two teams responded (Watkins G. and Sandy H. and Wayne V. and James S.) providing a split service to the two divisions fighting the fire and stayed on scene for about two hours.
- ▶ **The fourth call** was to a restaurant fire on Little River Turnpike at Columbia Pike. This call came in at 7:35 am on a Sunday. Marshall and Wayne responded and arrived on scene of a gas fire in a restaurant with 38 fire units on scene. Several ladder trucks were controlling the fire until they could cut off the gas. During this event, every active Canteen in the county (3) responded. A second shift (Rus P. and Charlie H.) was called up at 1:30 am and arrived on scene around 12:15 pm. They took over as units were departing the scene and stayed with two ladder trucks and fire investigators until they were released around 4 pm.

Following each event, team members provided hot wash information and lessons learned and these lessons are being acted on as time allows.



Know Your Skillsheets

How familiar are you with anaphylaxis? **Answer Page!**

Sandy H.

Answers in Green

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- ▶ Do you have an EpiPen?
- ▶ Did you eat breakfast?
- ▶ Is your vision affected?

What should you do next?

- ▶ Conduct a patient assessment using your Advanced First Aid procedures
(Because you have taken CERT Advanced First Aid)
- ▶ Call 911 if you suspect a severe allergic reaction and stay with the person
- ▶ Administer an EpiPen
- ▶ Brief arriving EMS using START process

For more information, see the CERT Allergies/Anaphylaxis Skillsheet link:

docs.google.com/document/d/1VkJRaEiNUXkEejE5sDe9VaxVgCJ1jNi66/edit

Content Cards

On-Scene Management & Assign Tasks

Sandy H. / Wayne V.

There's an emergency and you're CERT-trained, what should you do, when?

On-Scene Management

Objectives of On-Scene Management:

1.	Identify Scope and Need	❖	Scope of Incident? How big and How bad? What and Where is the Greatest Need?
2.	Determine Overall Strategy	❖	Ensure Safety of Rescuers
		❖	Save Lives
		❖	Stabilize the Incident
		❖	Protect Property
		❖	Promote Recovery
3.	Set Goals and Tasks	❖	Write them down. Think 3 to 5 steps ahead.
4.	Manage Span of Control	❖	3 to 7 direct reports
5.	Maintain Situational Awareness	❖	Step back from data – Provide Leadership and coordination with responsible agency
6.	Deploy Resources Effectively	❖	Determine what is needed. Move people to different activities. Breaks between missions.
7.	Document Actions and Results	❖	Keep mission & victim boards current and legible. Quiet CP and slow pace of CP as needed.

You're CERT-trained, working an emergency.
After you identify scope, need, overall strategy, what's next?

Assign Tasks

Frame each mission in a "Four T's" mission brief format. Use the (**SMART Mission Objectives***) to assess if the task is well stated. Brief Team Lead (TL) using an incident map. TL repeats mission instructions. As needed, asks questions to get clarification. Log task using (**Assignment Tracking Log CERT #3 - 100***) and (**Assignment Briefing Form CERT #4a - 101***) Track in real time on (**Mission Board - Alternate***).

Four T's Mission Brief: Task, Team, Technique, Time.

Order	Meaning	Example
Task	Identify the type task and location (What & Where)	<ul style="list-style-type: none"> Hasty search of Grid 3A to 4B Exterior Search of 123 Main St Victim Recovery at 123 Main St
Team	Who is being assigned?	<ul style="list-style-type: none"> You will have teams 3, 6 and 7 Division D is teams 1, 3 and 5. Tony and Marcia are part of your team.
Technique	How the task is to be performed and other special instructions	Search clockwise from Elm St to Main Ave North to Poplar St and back on 12th Ave. Top to bottom, Left or right hand
Time	How much time they have to perform the task or report back.	You'll need 10 min to get to Elm St. 20 min to complete the sweep then 10 min to return. If that works, be back by 1815.

TEEX Classes

Texas A&M Engineering Extension Service

Julie T.

What are TEEX Classes and Why Should I Take Them?

This coming summer and fall, Fairfax County will be hosting two classes taught by TEEX. TEEX is the Texas A&M Engineering Extension Service, and they offer classes in preparedness and emergency response. There are no prerequisites for either course, although IS-100 and IS-200 may be useful for the Wide Area Search class. I have taken both courses and would recommend them to all CERTs.

When Disaster Strikes: Prepare, Act, Survive

TEEX Course Description:

This course is designed to prepare individuals who may be directly affected by a disaster help themselves, their family and other community members. Participants will learn how to develop a family preparedness plan, practice self-rescue, perform search and light rescue techniques, and understand the recovery process.

My Impressions

There is some overlap between this course and CERT Basic and other CERT classes you may have taken, but I still found the course to be informative. Your instructors will likely include members of Texas A&M Task Force 1 who have actually responded to disasters. This is the more basic of the two classes, but also probably the most important. This course covers information that everyone should know to keep themselves safe. A fair amount of the class was in lecture format, but there were also hands-on activities, including concepts like ways to get out if you are trapped.

Wide Area Search

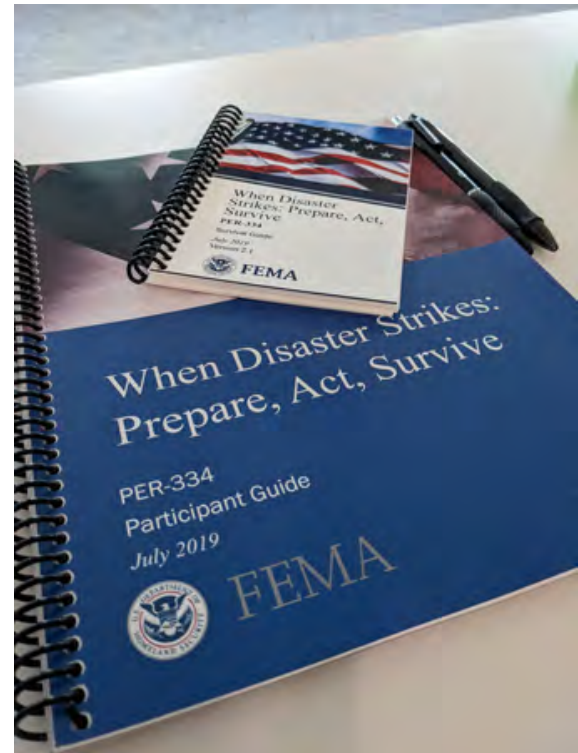
TEEX Course Description:

You will be instructed in practical search methods and skills so you can perform systematic searches over a large affected area. The training will include challenging exercises that mirror real life scenarios. The three-day long event will conclude with an in-depth exercise that requires participants to utilize the skills gained during the course by working through an incident from start to finish in a single operational period.

My Impressions

This course covers more advanced concepts than "When Disaster Strikes." As the name implies, it covers how to set up and perform a search. The course is three days long, and the beginning of the course was definitely not the most interesting, but it was necessary to make sure everyone was on the same page. After that there were many more hands-on and table-top exercises. The final table top exercise was planning a wide area response after a large hurricane. While this exercise may be a little out of our lane, if we know the big picture, we know how we fit in. We can also use the same skill to attack a smaller area (our own neighborhoods).

There is no cost to you to attend these courses, but if you sign up, please show up or cancel.



Lessons Learned

Always Plan for the Unexpected

Rex W.

I recently had an experience that could have turned out rather badly. As you know while you go through the CERT Basic Training, the Instructors teach you to stay alert. Be aware and assess the situation before entering. Who is the most important person? You are!

I recently signed up for the special event of supporting the funeral of the Alexandria Fire Chief. James put out a very short, concise Operations Order which I intently read from front to back. In it, I noted that James had mentioned that there may be no food served and perhaps we should bring a sandwich. I noted this by triple underlining that section, not that I like food a lot. I just believe in being prepared. Now I am somewhat of a green guy and believe in protecting the environment. I don't buy food packaged in Styrofoam like the cheap eateries. On the way to the event I stopped at my local high-end eatery, and purchased an Egg McMuffin wrapped in paper. Alright, maybe three of them. I stuffed the remaining one in my pocket to consume later. Upon arrival at the assembly site, I was told that I would be working at the unloading point doing what I consider to be high-impact aerobics; directing and unloading buses.

It soon developed that this job would be very strenuous waving my arms and skipping out of the way of 50 ton buses parking and unloading on a deserted street. As I was worried about my food in my pocket and not wishing it to be potentially squashed by a bus, I decided to secure it under a tree nearby along with my bottled water. I continued to keep situational awareness of my food not wishing to perish from hunger with all these hard aerobics. Then I lost awareness for a brief second. That was all it took.

Unknown to me, I was being watched by some nefarious individuals hiding in the nearby bushes. While dealing with guiding and unloading buses, it happened. I lost control and was soon rushed by a vicious gang of individuals disguised as English Sparrows. I was quickly mugged by about 25 of these English Sparrows and they began to rapidly peck at my Egg McMuffin, dragging it helplessly towards the nearby shrubs. The mugging happened so quickly that I was unable to respond. Then the kingpin of the gang arrived looking like a crow and seized the remainder of my poor sandwich. He took flight and was pursued by his numerous henchmen as they tried to get a piece of the action.

Luckily, the fire department had stationed a canteen nearby, thus preventing me from starving to death. I strongly suggest that you pay attention to the classes in CERT training. This means stay aware of your surroundings, as you never know from where danger may come. Always plan for the unexpected. And always have a backup plan.

Sign Up For The Next TEEX Classes!

When Disaster Strikes

June 23-24 | Friday, 6 pm - 10 pm and Saturday, 8 am - 5 pm

Registration Link: my.teex.org/TeexPortal/Default.aspx?MO=mCourseCatalog&D=FP&C=PER334&S=204

Wide Area Search

July 28-30 | Friday, Saturday, and Sunday, 8 am - 5 pm

Registration Link: my.teex.org/TeexPortal/Default.aspx?MO=mCourseCatalog&D=FP&C=PER213&S=644

What's Cooking?

CERT Volunteer Recipes!

Please share your favorite recipe(s):

Newsletter@FairfaxCountyCERT.org



Ginny K.

A Good Recipe to Make from Your Non-perishable Stash

Ingredients:

- ▶ 1 (12 oz) can Spam
- ▶ 1 (14.5 oz) can diced tomatoes (with juice)
- ▶ 1 (8 oz) can tomato sauce
- ▶ 1 (15.5 oz) can black beans, drained (not rinsed)
- ▶ 1 tablespoon dehydrated chopped onions (or, $\frac{3}{4}$ teaspoon onion powder)
- ▶ 1 teaspoon cumin
- ▶ $\frac{1}{2}$ teaspoon chili powder
- ▶ $\frac{1}{4}$ teaspoon paprika
- ▶ $\frac{1}{4}$ teaspoon garlic powder
- ▶ $\frac{1}{4}$ teaspoon black pepper
- ▶ Pinch cayenne pepper (or, to taste)
- ▶ $\frac{1}{4}$ teaspoon coriander (optional)

Directions:

- ▶ Cut up Spam, small to medium dice.
- ▶ In a 3 to 4 qt. pot, cook the diced Spam on medium heat, stirring frequently until lightly browned. Covering the pot can help
- ▶ Add the rest of the ingredients
- ▶ Reduce the heat and simmer at least 20 minutes, stirring occasionally
- ▶ Serve with corn chips or crackers

Makes 4 Servings



CERT Trivia Quiz

Test Your Knowledge

Alex V.

New April Trivia Quiz!

Answers in the July Edition of the Green Helmet

- 1 **True or False:** In the event you must evacuate your home due to a disaster, should you always try to take your pets?
- 2 Which of the following items should be included in your disaster kit for your pet(s)?
A) Two weeks worth of food and water.
B) Vet records and medications (with instructions on administering them).
C) A pet first aid kit
D) All of the above
- 3 When you are evacuating your home, what actions should you take to aid first responders?
A) Use duct tape (or 'rescue stickers') to write "all people & pets evacuated" on the front.
B) If you must leave pets behind, use a 'Pets inside' rescue sticker, and list how many pets, what kinds of pets, and their names.
C) If you leave pets behind, leave contact information, such as your name and phone number.
D) All of the above
- 4 What is the difference between Cardiac Arrest and a Heart Attack?
- 5 What are the conditions required for the The National Weather Service to issue a red flag warning?

Answers from January's Green Helmet Trivia Quiz

- 1 Which items should be on your "Evacuation (Go) Checklist?
A: D - All of the Above: Meeting location, emergency kit, battery powered radio
- 2 Which of these items are included in the Incident Strategies for a Hurricane?
A: D - All of the Above: Evacuate, go to a safezone, or use a storm shelter
- 3 Which of these items are included in the 'Surviving the disaster'?
A: A - Have a plan to create, maintain, and escape from your 'safe zone'
- 4 You should have copies of your vital records stored in a fireproof box or safe & electronic backups.
A: True
- 5 If you live inland far from an ocean, you do not need to be concerned about the effects of Hurricanes.
A: False

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.

CALMeR

Command Accountability Logistics Medical Rescue

The five CERT groups for search and rescue operations.

MAA

Mutual Aid Agreements

Agreements between agencies, organizations, and jurisdictions that provide a mechanism to quickly obtain emergency assistance in the form of personnel, equipment, materials, and other associated services.

DCAPBTLs

Deformities - Contusions - Abrasions - Penetrations - Burns - Tenderness - Lacerations - Swelling

What to look for when doing a physical examination on trauma patients



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

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[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)

April 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
2	3	4 Dulles Airport K9 Decoy	5	6 Dulles Airport K9 Decoy Class 178	7	8 Stop the Bleed Community Assessment
9 Easter	10	11 Stop the Bleed - High School Hands Only CPR - Herndon MS TMC Training Dulles Airport K9 Decoy	12 Class 179 Hands Only CPR - Herndon MS Animal Response II	13 Dulles Airport K9 Decoy Class 178	14 Master Exercise Planning	15
16	17 Class 179	18 Tax Day Pre-Meeting CERT Graduate Orientation April Program Meeting	19 Class 179 Speaker What is CERT?	20 Dulles Airport K9 Decoy Class 178	21	22 TMC - McLean Earth Day TMC - American Legion Motorcycle FXPD/Civil Disturbance Unit Training
23 Amateur Radio Workshop 30	24 Class 179	25 Dulles Airport K9 Decoy Cadre Training	26 Class 179	27 Dulles Airport K9 Decoy Pentagon Preparedness Class 178	28 Master Exercise Planning	29

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

May 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Asian Pacific American Heritage Month Class 179	2	3 Class 179	4 Class 178	5 Cinco de Mayo Master Exercise Planning	6 MASTER EXERCISE Class 177 & 178 Final
7	8	9 Training Division Meeting	10 CERT Advanced First Aid	11 Stop the Bleed - High School	12 CERT Advanced First Aid	13 Mason Police Station Open House Stop the Bleed
14 Mother's Day	15	16 Pre-Meeting CERT Graduate Orientation April Program Meeting	17	18	19	20 FunDrive Delivery - Association Fundraising TMC - McLean Day
21 Amateur Radio Workshop	22	23 Cadre Training	24	25 Miscommunication or Missed Communication	26	27 CPR/AED/First Aid for CERT
28	29 Memorial Day	30	31 Class 181			



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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 2023**

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. 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