



THE GREEN HELMET

Neighbors Helping Neighbors | January 2026



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*Get Ready to Maximize
Your Impact in 2026*

Safety Corner

Winter Fire Safety

Ginny K.



Stay Safe This Winter by Practicing Good Fire Safety Habits

Space heaters can be a good source of heat, if used properly. The most important thing is to keep them at least three feet away from anything that can burn. Maintain space heaters to be sure that they are functioning properly. Put the heater on a flat stable floor. And, never leave it unattended. **Source:** *WTOP News and Montgomery County Fire and Rescue.*

Candles are often used in homes for relaxation and celebrations. Use them with care! Keep them at least 1 foot away from anything that can burn. Blow out candles before leaving the room. Flameless candles are a great option. And never use candles during a power outage; use a flashlight. **Source:** [Nfpa.org/education](https://www.nfpa.org/education)

Firepits are a fun gathering place with friends. However, fire pits need to be used safely. Do not use them on windy, dry days. Always supervise the area when in use, especially when children and pets are involved. Keep at least 10 feet from anything that can burn. Extinguish the fire before leaving the area. Have a hose, bucket of water, or shovel with sand or dirt nearby to extinguish the fire.

Learn more: _____



[nfpa.org/news-blogs-and-articles/blogs/2025/09/10/wildfire-prevention-tips-for-fire-pits-and-outdoor-fires](https://www.nfpa.org/news-blogs-and-articles/blogs/2025/09/10/wildfire-prevention-tips-for-fire-pits-and-outdoor-fires)

Fairfax County Adopt A Hydrant

Fairfax County, like many other jurisdictions, has an Adopt A Hydrant program to help ensure that fire hydrants are ready for use at all times. Residents are encouraged to adopt a hydrant near them. This program uses a phone application to run the program – scan the QR code on the website (linked below) to get started.

Below is a portion of the information from the website:
[fairfaxcounty.gov/fire-ems/AdoptAHydrant](https://www.fairfaxcounty.gov/fire-ems/AdoptAHydrant)

Ginny K.

Join Fairfax County Fire and Rescue Department

ADOPT A HYDRANT

Adopting a hydrant is a small commitment with a big impact. By participating in this program, you help your local fire department and strengthen the safety of your neighborhood.



To join, scan the QR code or visit
<https://www.fairfaxcounty.gov/fire-ems/AdoptAHydrant>



Responsibilities of Hydrant Adopters

Adopting a hydrant means committing to:

- ▶ **Clearing Snow:** Remove snow and ice from around the hydrant after storms to ensure it is visible and accessible.
- ▶ **Clearing Brush:** Remove overgrowth of grass, bushes, and other vegetation around the hydrant to maintain clear access.
- ▶ **Removing Debris:** Keep the area around the hydrant free of trash, leaves, and other obstructions.

What Not to Do

To maintain the integrity and functionality of hydrants, adopters should avoid:

- ▶ **Painting the Hydrant:** Hydrants are painted a standard two-tone color and should not be altered.
- ▶ **Tampering with the Hydrant:** Never attempt to open or modify the hydrant.
- ▶ **Obstructing Access:** Do not place decorations, structures, or other items near the hydrant that could impede its use.

Holiday 2025 Party Photos



CERT Class 205's Final Exercise

Alex V.



On Saturday, December 13, CERT Basic class 205 had their final exercise. It was the second largest Basic class this year with 29 students graduating and joining the Fairfax CERT family. Class 205 has continued the trend of larger class sizes. The lead instructor, Elvia F., said that the greater interest in taking the CERT training bodes well for Fairfax County in dealing with both manmade and natural disasters, as well as having trained and vetted volunteers to assist the County when requested for special projects, such as the smoke detector installation events, fire safety education, hands-only CPR, AED training, traffic and crowd management for large events, etc.

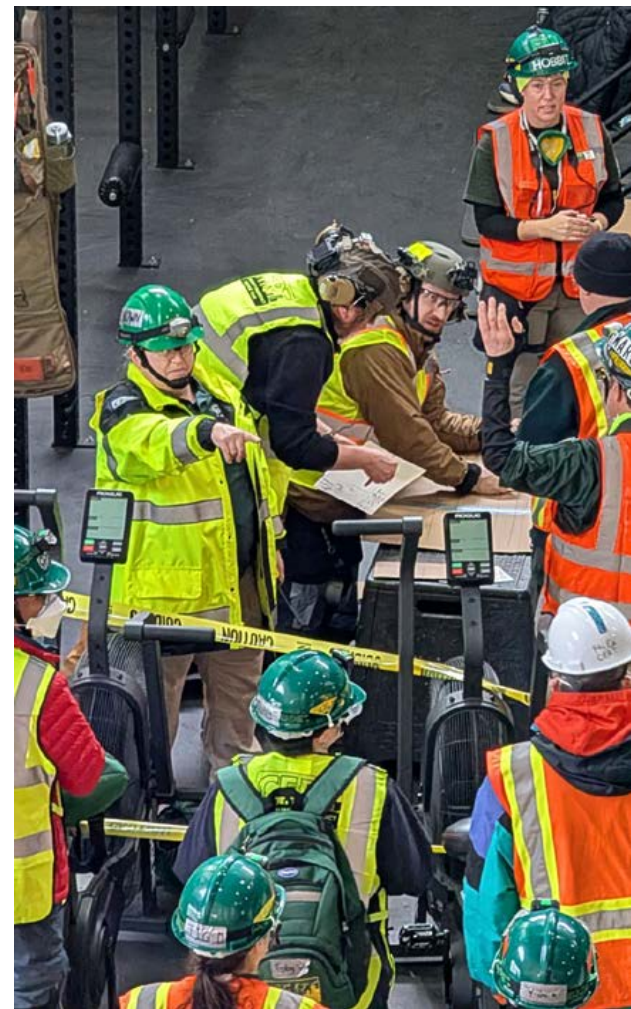
The long hours of planning by the leadership team of Elvia F. and Watkins G. made the event look flawless. Everything ran like clockwork. There were many key elements that had to be managed to ensure a successful final exercise. We utilized the Fire and Rescue Academy's large equipment bays, as well as the high bay tower. Victim actors were placed in disaster scenarios both inside and outside the building. For the final phase, Fairfax Center Fire Station 40, including an ambulance crew, arrived to simulate the turnover, take control of the scene, and transport the injured. This coordination and hand-off to on-duty fire fighters added a 'real world' feel for the students and exposed the fire department to how they might encounter CERTs following a disaster. The fire department officers gave an assessment and review after the exercise was completed and took questions from the students.

- ▶ Accurate and quick assessments
- ▶ Safe carries; use carry litters for the victims if going down steps
- ▶ Good Head-to-Toe evaluations
- ▶ Legible documentation
- ▶ Medical Accountability Chart
- ▶ Smooth turnover to FRD - both command and medical

The final exercise took a tremendous effort by all the 25 CERT cadre who participated. An additional 12 cadre also supported the 7 classes held over the four weeks prior to the final.

Among the section leads for the event were Ginny K. for Safety, Julie T. (& Susy L.) for moulage, Kim S. for victim actors, Sandy H. for donating the traditional graduation cake, Char S. and Marshall L. for canteen, Cory G. for hauling Training supplies from CERT Station and moving vehicles, Cliff M. for logistics support, Watkins G. and Andrew B. for cribbing, Robby D. for FRD arrangements, and Jeff Katz for moving the trucks out of the high bay.

There was a diverse group of students. One student leader was Grant M. He is an Eagle Scout who became interested in the CERT Basic course after taking one of the 'Stop the Bleed' classes taught by CERT.



One of the victim actors, Mickel B., heard about the opportunity to volunteer for the exercise from his best friend who was a student in class 205. He was so impressed by what he saw, he intends to sign up for the next Basic class when it is offered. Many of the class members intend to become active CERT members and let their friends and schoolmates know about the training opportunities we offer.

All graduates of CERT Basic Training are encouraged to assist with these classes.

The next class, CERT 207, starts in February at Lorton FRD with lead instructor Watkins G.

To Help with this Class Contact:

Watkins G. at DeputyLead@FairfaxCountyCERT.org

Robby D. at DeputyProgramManager@FairfaxCountyCERT.org



Canteen Corner

Char S.



A Review of 2025

2025

56 Total Deployments

V-21 Emergency 16
Planned 26
Shifts 2

V-99 Emergency 1
Planned 2

CAN 422 Emergency 8

CAN 422B Emergency 1

Total hours: **675**
By **20** different people

Year to Year Comparisons



Drivers & Crews

Top 4 Both Driver and Crew

- | | |
|---------------|----|
| ① Mary S. | 24 |
| ② James S. | 17 |
| ③ Marshall L. | 14 |
| ④ Andrew B. | 8 |

Top 5 Drivers and Number of Shifts:

- | | |
|---------------|----|
| ① Mary S. | 17 |
| ② James S. | 14 |
| ③ Marshall L. | 11 |
| ④ Andrew B. | 6 |
| ⑤ Jeff K. | 2 |

Top 5 Crew Members and Number of Shifts

- | | | | |
|-----------|----|------------|---|
| ① Lani Y. | 12 | ④ Peggy P. | 4 |
| ② Mary S. | 7 | ⑤ Nick C. | 3 |
| ③ Char S. | 7 | | |

The next Informational Meeting is Thursday April 2nd at PSHQ FASST Lab at 7pm.



Light & Air

Robby D.



CERT Supports Fire & Rescue Training & Special Events Through Light & Air

Fairfax County CERT plays an important behind-the-scenes role in supporting Fire & Rescue through the Light & Air Unit, providing scene lighting, breathing air refills, and logistical support for scheduled training events and special operations across the county.

Currently, CERT Light & Air volunteers support activities such as live burn training, confined space exercises, large-scale drills, and other planned Fire & Rescue events. These operations allow CERT members to work alongside Fairfax County Fire & Rescue while helping ensure firefighters have the lighting, air supply, and logistical support they need to train safely and effectively.

This partnership allows CERT volunteers to gain valuable hands-on experience while directly supporting the readiness of the county's emergency responders — all in a controlled, professional training environment.



Lesson Learned - House Fire

Julie T.



Lessons Learned From a House fire and How My CERT Training Helped

Memorial Day weekend this year, I had a small house fire. We had an old alarm clock die and catch fire, but we were able to put out the fire. Things I learned in CERT helped minimize the damage, but I also learned some things that I will do differently in the future.

When I took CERT Basic in 2012, I realized that I needed to get a new extinguisher for our kitchen. I was helping with a Basic class recently and decided I wanted a larger extinguisher. Doing outreach at Fire Station Open House, and pitching the need for 10 year replacement on smoke alarms, I upgraded my smoke alarms. While I was editing an article for the Green Helmet in the past year, I realized that more smoke alarms were now suggested than I had in my home (at least 1 on each floor, 1 outside sleeping areas, 1 in each bedroom). At the time of the fire I had purchased several new smoke alarms, but had only installed a few of them.

So, what did I learn? We were successfully alerted to the fire by the smoke alarms. My new smoke alarms were interconnected meaning they all sounded when one was triggered. This worked well to alert us that there was a problem, but it didn't help us to pinpoint where the problem was. Some interconnected alarms have voice indicators to tell where and what the problem is. Some have other indicators. Ours had neither and all alarms went off together, so we had no clue where the problem was.

If you are someone who is going to investigate the problem before leaving the house, I would suggest getting an alarm that tells you which location has a problem.

Have more fire extinguishers. Our fire was upstairs, the extinguisher was downstairs. What was a small fire when we left to get the extinguisher was bigger than the size we would be recommended to fight, but we had a fire extinguisher and a clear path to the door, so we attempted to put out the fire and were successful.

With steps we had already taken, the fire was confined to a small part of our bedroom and caused no structural damage, although smoke had a chance to spread. With more extinguishers and more information from smoke alarms, it could have been much smaller. Without things I learned from CERT, it probably would have been much worse!

Preparedness Cycle

Julie T



Gather Your Documents

In a disaster or emergency, you may have to leave your home quickly, so you need to have any documents you need available quickly. The first thing is to determine how you want to keep them: a safe deposit box, a waterproof and fireproof safe for original copies, on a flash drive or a secure site for digital copies, and/or additional hard copies. Likely, you will want to store your documents in more than one of these ways.

Next, What Documents Do You Need?

- ▶ **Financial Information:**
Bank account and credit card numbers and contact details.
Tax statements.
- ▶ **Insurance Information:**
Policy numbers and contact details: health, homeowners, renters, car.
- ▶ **Identification:**
Drivers license, passport, Social Security card.
- ▶ **Health Information:**
Doctors' names and numbers, prescription and non-prescription drug information, immunization records.
- ▶ **Personal Contacts:**
Friends and Family – If cell service is down or your battery is dead, you may need phone numbers or email addresses.
- ▶ **Pet Information:**
Information on your pets and their health/medicines/vets.

If You Already Have All of This Information Organized and Stored,
Make Sure It Is Up to Date.

More Information is Available from FEMA at:

[Ready.gov/financial-preparedness](https://www.ready.gov/financial-preparedness)

[Ready.gov/emergency-financial-first-aid-kit](https://www.ready.gov/emergency-financial-first-aid-kit)

Please check the Department of Emergency Management and Security's monthly newsletter for the county's suggestions on being prepared:

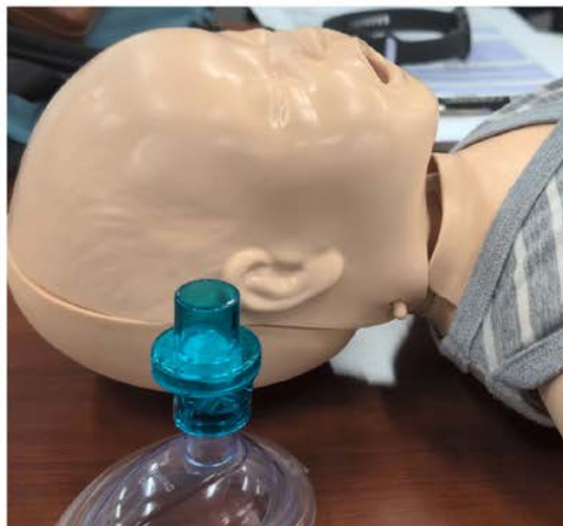
[FairfaxCounty.gov/emergencymanagement/emergency-preparedness-newsletter-0](https://www.fairfaxcounty.gov/emergencymanagement/emergency-preparedness-newsletter-0)

Update Your CPR & First Aid Skills

Julie T.

While CERT doesn't teach you to do CPR in a mass casualty situation (do the greatest good for the greatest number), CPR is a great emergency skill and you never know when you will need to use it. To be most effective and be able to act in an emergency, you need to take CPR training regularly.

Is your CPR certification up to date? An American Heart Association Heartsaver CPR certification, including Heartsaver CPR / AED / First Aid is valid for two years from the completion date, requiring renewal to stay current. To maintain certification, you must retake the course before the expiration date to receive a new two-year card.



The next CERT CPR/First Aid classes are Feb. 28 and May 30.

Volunteer.fairfaxcounty.gov/custom/1380/opp_details/188080

Expanding Community Training

Robby D.



HELP WANTED

Fairfax County CERT Expands Community Training

We're Recruiting a Community Training Coordinator

Fairfax County CERT is expanding how we serve our community, and we're looking for a motivated volunteer to help lead the effort.

We are creating a new role within our Training Division called the Community Training Coordinator. This position will manage requests from businesses, HOAs, nonprofits, faith groups, and civic organizations that ask CERT to provide life-saving and preparedness training, such as Hands-Only CPR, Stroke Smart, Stop the Bleed, and other CERT programs.

The Community Training Coordinator will be the key point of contact for these organizations — communicating with the requester, visiting training sites when needed, and working with CERT's Training Cadre to schedule instructors and equipment. This role works closely with the Community Outreach team to ensure interest from the public turns into well-organized, high-quality training events.

This role ensures our community receives professional, consistent training while protecting and supporting our volunteer instructors.

This is a great opportunity for someone who enjoys coordination, communication, and community engagement and wants to play a visible role in expanding CERT's impact across Fairfax County — without needing to be a primary instructor.

If You Are Interested in Helping Connect CERT With the Community in a Meaningful, Organized Way, Please Reach Out.

Please Contact Robby D. at: DeputyProgramManager@FairfaxCountyCERT.org

Planning an Exercise

Ginny K.



What goes into planning a CERT Exercise, including class finals? If you have never supported an exercise or planned one yourself, you probably don't know all that goes into putting it all together. There are quite a lot of volunteer hours put in by many Divisions and Sections.

Planning: The Training Lead for the exercise needs to put together their overall plan for the exercise. This includes the training goals that need to be met, how they wish to achieve the goals, and the number of cadre and victim actors needed to complete the tasks. The Lead also decides whether a local Fire Department is needed to arrive at the end of the exercise for the "turnover." Prior planning is done to assign CERT volunteers to the various Incident Command System (ICS) lead positions of Incident Commander, Accountability, Medical, Logistics, Safety, and any other identified roles. These plans need to be communicated to the Training, Community Engagement, Safety/Victim Advocates, Moulage, and any others involved so that they can start their recruiting processes. Some exercises involve extra training activities, such as Lifting and Cribbing or Search Techniques, which need to be planned out as well. The lead also ensures that the event is posted on the CERT calendar and in the Volunteer Management System (VMS). The program/deputy managers make reservations for use of the Fire & Rescue Academy (FRA) and or county facilities and will usually handle the request to a local fire department to be present for the "turnover" part of the exercise.

Scheduling: This may be the hardest part of the planning process. Everything must be aligned with when the exercise is needed, such as for a class final or being a part of a CERT Conference. Most exercises are held on County property, such as the FRA, Workhouse Arts Center (WAC), community centers, public schools, or fire stations. Some exercises are held at other venues, such as private schools. These locations are all very busy with multiple activities, so this can be a challenge. For some exercises, other organizations, including CERTs from surrounding jurisdictions (Alexandria, Arlington, D.C., and Manassas) and Scouting America, are invited to participate. Arrangements are made with the local fire and rescue to participate in the exercise for a handover of victims. This requires communication during the exercise to optimize the arrival time.

Cadre: Cadres from the Training Division are needed to ensure that the exercise accomplishes the training goals, starts and ends on time, and keeps everyone safe. Some volunteers in the Training Division have years of experience, and others are new to the division. There is a job for everyone. Having enough volunteers is critical to having a successful exercise. Cadre will place the victim actors before the start of the exercise. During the exercise, the cadre will observe the students/rescuers for safety and proper technique, in addition to evaluating the students as they apply learned skills. This includes following teams when they go out on an assignment and report back to command. Experienced cadres also observe all the carries of victim actors to ensure the safety of all involved.



CERT Incident Management CCE Class: These classes are held twice a year to provide additional training to CERT graduates on the Incident Command System (ICS). This is a class designed and customized for our program to assist students to learn more about ICS and practice one of these roles at an exercise.

Logistics: An exercise requires a large amount of supplies to run smoothly. What supplies are needed depends on a number of factors, including the venue, weather, and class size. The cadres arrive at least an hour before all others to start the setup. Actors and “hazards” need to be placed in the exercise area.

Supplies: At the FRA, supplies such as tarps, medical supplies, hazards, and pieces of cardboard need to be moved from the storage room to the high bay. Arrangements need to be made for a crew to move some of the large and small vehicles out of the high bay to make more room for the exercise.

At the WAC, all supplies must be brought in for the exercise. Most supplies are loaded into the Training Trailer ahead of time. Logistics confirms the availability of supplies, such as extra canopies and the misting fan, and can load them on the Training Trailer if requested.

Training Trailer: A trained CERT Support volunteer needs to arrange for the use of the CERT truck to tow the Training Trailer to the site before the exercise setup begins. The trailer is equipped with not only training supplies, but operational materials, such as lighting, cables, power cords, misters, etc.



Exercise Setup: The setup starts with putting out cones to manage traffic in the parking lot. After that, road signs need to be placed along Route 123 to notify the public about the exercise. The generator needs to be taken out of the trailer and brought up to the house, started, and plugged into the house electrical system. In the command area, a canopy and table need to be set up with water, cardboard, medical supplies, “hazards,” and other supplies. Manikins and/or wood “gingers” (plywood cutouts of victims) need to be brought out and placed in the house or the surrounding field. Depending on the weather, extra canopies may need to be set up. A misting fan is also available for use, which would need to be hooked up to power and filled with water.

Takedown: At the end of the exercise, all supplies need to be picked up and stowed properly in the trailer or loaded in personal vehicles so that they can be returned. Wet materials, such as canopies, need to be opened up in the containers so that they can dry before storing.

Operations – Radio: For many exercises, a cache of GMRS and amateur radio equipment is used. The Operations Division maintains these to ensure they are all in working order and charged.

CERT Canteen: At many exercises, the CERT Canteen may be requested. This provides a source of hot and cold beverages and snacks. The Canteen also serves as a warming/cooling site. Arrangements need to be made ahead of time for the Canteen, which includes recruiting two volunteers to staff it, including a certified Driver who has completed EVOC training through the Fire Department.



Victim Actors & Moulage: For the exercise to be a success, there is a need for victim actors and moulage artists.

Actors are recruited from the class students’ friends and family, CERT volunteers, as well as repeat actors from other exercises. Having live actors is very important in that it allows the rescuers to interact with real people, not just manikins. To make this happen, a sign-up needs to be created, currently using Jotform. This needs to be scheduled to allow sufficient time for enough volunteers to sign up. Hold Harmless forms and a roster need to be brought to check in the actors upon arrival. First-time actors are given a flashlight gift and a thank-you card. These must be ordered by the CERT Association and then assembled and brought to the exercise.

Moulage artists are recruited ahead of time from the CERT Moulage Team. Moulage requires a lot of supplies that need to be brought out to the exercise from the FRA storage room and the CERT Station. A list of requested injuries is provided by the exercise lead. This includes any vitals or symptoms that need to be included in the actor roles. The supplies needed include cases with makeup and wounds, gloves, cleanup supplies, extra clothes, blood pools, and other props. For exercises at the WAC, or other locations without shelter or tables and chairs, a canopy, two tables, four chairs, and several benches need to be picked up at the CERT Station, as well as transported to the site and set up before the actors arrive. The wounds used by the moulage artists are made ahead of time.



This is a long process of making molds, pouring material into the mold and waiting for it to cure, and then painting the resulting wounds. At the end of the exercise, all actors need to be de-moulaged before they sign out and leave the exercise. Any reusable medical materials retrieved from the actors need to be bought home and washed, then returned to the Training Division. All other supplies need to be returned.

Safety & Victim Actor Advocates: Safety is responsible for the safety of all exercise participants. This starts with picking up supplies at the CERT Station and transporting them to the exercise site. This includes a bin of extra PPE to be used by actors, students, cadre, and observers. Yoga mats and warming blankets need to be brought for the actors. The red safety vests need to be brought for the safety team. This division is also responsible for planning ahead for any potential issues during the exercise such as weather and site hazards. An inspection of the exercise site ahead of the exercise day is done by two or three safety volunteers, and a report is written. Any noted problems get fixed on the day of the inspection, in the days leading up to the exercise, or just prior to the start of the exercise. Some issues may involve notifying County employees of the problem to be addressed. The use of the WAC location also requires notification of the Arts Center and the County prior to showing up. A written Safety Plan is put together and distributed to exercise leaders.

On the day of the exercise, the Safety team will do another inspection of the site, mark any identified hazards, and help with victim actor check-in. Safety briefings are done for the victim actors, cadres, and students/rescuers. During the exercise, Safety will monitor all victim actors to be sure that they are not too hot/cold, are drinking water, understand what is going on around them, answer questions, escort to the restroom, ensure that PPE is worn if required, and make sure that they are treated safely by the rescuers. Students and cadre will also be observed for any personal safety issues, including the proper use of PPE. Will assist in observing carries when needed. At the end of the exercise, the team assists with retrieving yoga mats, blankets, hazards, "blood pools," and trash. All supplies need to be returned. Blankets may need to be washed and dried before returning.

Certificates & Cake: Certificates will be handed out to students at the completion of CERT Basic exercises. The certificates are prepared by Dana Powers ahead of time and sent to the Fire Chief for signature. A graduation cake will be cut and served after the certificates are handed out. The cake is ordered ahead of time, picked up, and delivered by a volunteer. A bag of supplies must be brought to cut and serve the cake. Sometimes, the cake is donated by a volunteer, but if not, the cost is covered by our CERT Association.

General Communications & Publicity: Any questions from the public are handled by the designated Public Information Officer (PIO), usually someone from the Office of the Volunteer Liaison. Marketing handles pre- and post-exercise social media. Arrangements for photographers may be arranged for some exercises.

Rosters: Rosters used for signing in the students, cadre, actors, moulage, safety, and other volunteers are all collected and sent to Rosters to record in VMS.

Quite a bit, right?

There's always a spot for your help. If you are interested in supporting any of the areas mentioned above, contact the Lead Instructor for the respective class, or the Division Lead (Training, Logistics, Operations, Communications Engagement, Safety, Marketing, etc.) to learn more.

FairfaxCountyCERT.org/members/fairfax-cert-program-organization/divisions

CDU Exercise Photos





A Non-profit Supporting Fairfax County CERT

Julie T.

The Fairfax CERT Association held its annual election in December. Mary Serafin was elected as Vice President, Ray Katona as Secretary, and Charlie Hoffman as Member-at-Large.

We thank Cory Goodall and Thomas Wilkens as outgoing Vice President and Member-at-Large.

The CERT Association has uniforms and coins for sale at fccertva.square.site. Members get a discount of \$5 per item. You can join at the same site.

We have paid off the loan for our vehicle!! We made our last payment for our \$20,000 loan in December. We managed to pay it off in just 2 years. The next step is to start saving for a new vehicle, so we are prepared and hopefully don't have to take out a loan next time.

New Fairfax CERT Embroidered Items - fccertva.square.site



Job Shirt CornerStone

CSF635 (Adult) Black

This is a uniform item **not for wear with civilian clothing.**

- Left Chest embroidered FRD Crest with CERT below
- Right Chest Name
- Rear Common CERT Backing

S-XL \$105 • XXL \$108 • 3XL \$111



Soft Shell Jacket Port Authority

J921 (M), L921 (W) Black

This will be a uniform and non-uniform item. **Can be worn as uniform or with civilian clothing.**

- Left Chest embroidered FRD Crest with CERT below
- Right Chest Name
- Nothing on Back

S-XL \$85 • XXL \$89 • 3XL \$93



Tactical Polo

CS410 (Adult) Dark Green

This is a uniform item **not for wear with civilian clothing.**

- Left Chest embroidered FRD Crest with CERT below
- Right Chest Name
- Rear Common CERT Backing

S-XL \$75 • XXL \$78 • 3XL \$81

Dress Shirt Port Authority

W808 (M), LW808 (W) Dark Green

This is a uniform item **not for wear with civilian clothing.**

- Left Chest embroidered FRD Crest with CERT below

S-XL \$42 • XXL \$44 • 3XL \$46



CERT Area Community Teams (ACT)

Dot B., Marco J., Kathy J.

CERT Area Community Teams (ACT): 2026 Calendar & Program Overview

Building local capability to bridge the gap before professional responders arrive.

The CERT Area Community Teams (ACT) program enters 2026 with a renewed focus on strengthening local connections, improving situational awareness, and building the capability and capacity needed to respond confidently when emergencies occur. CERT volunteers are often the first to act—protecting life and property at home and within their neighborhoods—long before professional responders can reach every area. ACT exists to help teams prepare in advance so they can act immediately, effectively, and safely. In 2025, CERTs across the county gained valuable experience, tested new ideas, and identified opportunities to improve coordination. In 2026, we build on that momentum. This year's theme—Connect. Map. Prepare.—reflects our commitment to strengthening relationships, improving navigation and resource awareness, and ensuring every team has the tools and training needed to support their community.



Quarterly All Boots ACT Meetings

Connect. Map. Prepare.

Fourth Tuesday of each quarter

6:30–8:30 PM

Virtual Session

Zoom Link: zoom.us/j/98126976099?pwd=ulAysQnyaQaEEjHiGG18yoXadHiIXE.1

These quarterly sessions bring together all ACT members to share ideas, learn from one another, and turn vision into action. Each meeting includes:

- ▶ Review of 2025 Activities: Key lessons learned and actions taken to strengthen team readiness.
- ▶ Plans for 2026
 - Winter: Get READY – Connect, Map, build capability (training), and capacity (counts)
 - Spring: Strengthen CERT-to-CERT communications through Connect RSVP activity
 - Spring–Fall: Boots-on-the-ground mapping for emergency response
 - August: National Night Out – CERT-adapted activity
 - September: Remember 9/11 & Preparedness Month – CERT-adapted activity
 - October (Second Saturday): Fire Station Open House – ACT activity
 - Year-round: Collaboration with the CERT Radio Team to build resilient, redundant communications

The Area Community Team (ACT) refers to a CERT group within a specific geographic area characterized by physical proximity among members for community emergency response during emergencies. Any CERT who lives, works, goes to school, has access to Fairfax County, the City of Fairfax or Fort Belvoir, is eligible to be a part of an Area Community Team. The Team to which a particular CERT would belong is determined by the Fairfax County My Neighborhood tool and the nearest Fire Station area in Fairfax County where the volunteer member will serve. [Fairfaxcounty.gov/myneighborhood](https://fairfaxcounty.gov/myneighborhood).

Joining an Area Community Team is not automatic. To join an Area Community Team, please send an email to Teams@fairfaxcountyCERT.org, requesting to be placed on a Team. Include your name, CERT class number, home address, email, phone number(s) and, if applicable, radio call sign. For the City of Fairfax or Fort Belvoir, please include the nearest Fire Station. If you would like to be on the Area Community Team in more than one area (i.e. school or work), include those addresses as well. Once you are registered with an Area Community Team, your contact information and address will be shared with Area Community Team Leaders and team members.

Highlighted Team Activities for 2026

- ▶ **Community Team Building:** Identify who in your area is CERT-trained, connect with one another, and build the capability and capacity to respond as a team. Strong relationships built now become resilience during emergencies.
- ▶ **Mapping Activity:** Learn your area, identify key resources, plan routes, and establish team rally points. Create personal and team maps for emergency use. The ACT program is researching tools and exploring multiple options to help CERTs build reliable, field-ready navigation resources. "My Neighborhood" remains a useful starting point for identifying services and facilities that may be critical during emergencies.
- ▶ **Collaboration with the CERT Radio Team:** Work together to identify viable rally points, develop battalion connectivity matrices, and build radio capabilities aligned with the Fairfax County Emergency Radio Net.

Why Attend the Quarterly All Boots Meeting

Emergencies don't wait for us to get organized. By strengthening communications, mapping community areas, and planning mitigation actions, CERTs increase their ability to respond quickly and confidently. These sessions equip every team with the tools, connections, and plans needed for a successful 2026.

Monthly CERT ACT Team Time

Share. Coordinate. Act.

Fourth Wednesday of each month

12:00–12:30 PM

Virtual Session

Zoom Link: [Zoom.us/j/92526264907?pwd=YyYsx2puPDNLE5CVxmbCWtf95oaHYF.1](https://zoom.us/j/92526264907?pwd=YyYsx2puPDNLE5CVxmbCWtf95oaHYF.1)

A short, focused monthly chat for CERT Basic graduates to discuss team topics, ask questions, and track action items. Items raised are recorded, answered, or referred as needed.

Stay Connected

For more information on teams visit the ACT web page: FairfaxCountyCERT.org/members/teams/teams

Emergency First Aid Trivia Quiz

Alex V.

Put your first aid knowledge to the test with these 10 multiple-choice questions. Choose the best answer for each scenario and tally your score at the end.

January's Quiz Questions

(Answers on Next Page)

- 1** Which of these steps are part of the acronym DeMIST (information collection)?
A. Demographics **B.** Injuries **C.** Signs and symptoms **D.** Treatment **E.** All of the above
- 2** What is the primary purpose of the recovery position?
A. Maintain an open airway **B.** Stop bleeding from a wound
C. Prevent further injury to the spine **D.** Control severe bleeding
- 3** What should you do if someone is experiencing a seizure?
A. Place a spoon in their mouth to prevent them from biting their tongue
B. Hold them down to prevent movement during the seizure
C. Clear the area around them of any objects that could cause injury
D. Pour water over their face to wake them up
- 4** Which of these facts is noted when 'tracking' victims on the incident 'mission board'?
A. Search team that found the victim **B.** Victim location **C.** Victim ID
D. Additional info impacting priorities **E.** All of the above

1 Answer: E

All of the above

2 Answer: A

Maintain an open airway

3 Answer: C

Clear the area around them of any objects that could cause injury

4 Answer: E

All of the above

Acronyms & Abbreviations

Kelly O.

Learn More:
FairfaxCountyCERT.org/faq-items/acronyms-abbreviations-definitions/

BSI

Body Substance Isolation – Used especially by EMS providers to protect them from bodily fluids

SOP

Standard Operating Procedure

PAR

Personnel Accountability Report

POC

Point of Contact

EAP

Event Action Plan – Document that outlines plan for an event

CCE

CERT Continuing Education (all classes after Basic CERT)

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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Website
FairfaxCountyCERT.org

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

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

February 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Role Players - VCU Paramedic Program	5 Hands-only CPR at Fannie Mae	6	7 Mount Vernon Town Meeting
8	9	10	11	12 CADRE for CERT Basic Training - 207 Class 207	13	14 Valentine's Day Mental Health Literacy
15	16 Presidents' Day	17 Monthly Program Meeting	18	19 CADRE for CERT Basic Training - 207 Class 207	20	21 University of Scouting
22 CERT Radio Team Workshops	23	24	25 Team Time Chat Virtual Monthly Meeting	26 CADRE for CERT Basic Training - 207 Class 207	27	28 CPR/AED/First Aid for CERT

March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Hands Only CPR for Gwyneth's Gift	4 Hands Only CPR for Gwyneth's Gift Hands Only CPR Training- Mason Dist	5 CADRE for CERT Basic Training - 207 Class 207	6	7
8 Daylight Savings Time Starts	9	10	11	12 CADRE for CERT Basic Training - 207 Class 207 Role Players - VCU Paramedic Program	13	14
15	16 Role Players - VCU Paramedic Program	17 St. Patrick's Day Monthly Program Meeting CERT Association Quarterly Member Meeting/ Elections	18	19 Class 207	20	21
22 CERT Radio Team Workshops	23	24	25 Role Players - VCU Paramedic Program Hands Only CPR for Gwyneth's Gift Role Players - Ft Belvoir Exercise Team Time Chat Virtual Monthly Meeting	26 Class 207 Hands Only CPR for Gwyneth's Gift	27	28 Class 207 - Final Exercise Health & Wellness Day (outreach and Hands only CPR demo)
29	30 CADRE for CERT Basic Training - 208 Class 208	31				



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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 **APRIL 2026**

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!

More Contact Information

FairfaxCountyCERT.org/members/fairfax-cert-program-organization/leadership

Read Previous Editions of The Green Helmet:
FairfaxCountyCERT.org/news-events/newsletter