Are You and Your Family Prepared for a Disaster?

2018-01

Do you have a family plan? Do you have emergency supplies for your family and pets if the power is out and the roads are closed for a few days or longer? What if you have to evacuate? What if someone gets hurt and rescue crews cannot get to you right away? These are all important questions and there are good answers.

Fairfax County participates in a National Program that trains and prepares citizens for all kinds of disasters; **THE TRAINING IS FREE**! **Community Emergency Response Team (CERT)** training is presented by certified instructors generally in eight 3.5 hour sessions. Training is informative; practical; hands on; challenging; and FREE! Participants must be at least 16 years old.

The Training includes:
- Things you can do to <u>prevent</u> emergencies in your home and office; safety practices
- Things you can do now to <u>prepare</u> for a disaster and reduce the impact when it happens
- Things you can do during a disaster to <u>protect</u> yourself and your family
- Things you can do after a disaster to help your family and your neighborhood <u>recover</u> if the professional responders are delayed and cannot get to you right away

Specific Classes include:
- Personal and Family Preparedness
- Disaster Preparedness
- Basic Fire Suppression
- Medical Aid and Operations
- CERT Team Operations
- Light Search and Rescue
- Disaster Psychology
- Terrorism
- Hazardous Materials

Classes are regularly scheduled at the Fairfax County Fire and Rescue Academy, as well as at local venues (fires stations; community centers; houses of worship etc.) around the County, including on Fort Belvoir.   For more information and to sign up for classes, go to http://www.fairfaxcountycert.org and follow the prompts (to register, you will need to create an account in the Fairfax County Volunteer Management System).   You can also contact the Fairfax County CERT Liaison at fire.cert@fairfaxcounty.gov with additional questions.

For more information, contact Jonathan Kiell (TEAMS@fairfaxcountycert.org).