



June 2019

Neighbors Helping Neighbors...

Inside this issue:

Family Preparedness	1
Family Prep...cont...	2
Summer Travel	2
Leadership Retreat	3
EM Messaging Campaign	3
BLS Certification Course	3
Training Calendar	4

Next Meeting Dates:

General Meeting:
June 12, Fire Station 1.
Topic: Urban Foraging.
Meeting starts at 6:00 with doors open at 5:30 PM.

Leadership Meeting:
June 26, Fire Station 1.
Topic: Parade Planning.
Meeting starts at 6:00 with doors open at 5:30 PM.



Family Preparedness Essentials

Lots of dynamics exist among families, including cultural background, religious and spiritual beliefs, income status, and beyond, but if you are expecting or have an infant in the home there are a of couple readiness details that are synonymous regardless of other differences including the unique planning and preparation necessary to care for an infant before, during, and after a disaster.

Before disaster strikes consider having a family evacuation plan Include in your plan how you might manage if you had to shelter in place, having an emergency supplies kit, one that will last 2-weeks, and knowing how to obtain valid, reputable emergency information quickly.

In addition to the standard disaster supplies recommended, infants, children, and pets need specific items not found on the typical list. Below is an additional list of items you should have for your specifically for your infant in your emergency supplies kit:



- A thermometer
- Copies of vaccination records
- Medications including infant pain relief (ibuprofen or Tylenol)
- Ready-to-Feed formula in single serving cans or bottles
- Baby food in pouches or jars and disposable feeding spoons
- Diapers, wipes, and diaper rash cream
- Antibacterial wipes and hand sanitizer
- Two baby blankets
- Extra baby clothes and shoes
- A sling, and/or carrier
- Portable crib

When disaster strikes you will need to put your plan into action. Be certain you have considered all the possibilities based on your location and the types of disasters you are susceptible to. Areas across the nation are more and less susceptible to specific types of natural disasters such as hurricanes are familiar devastation in the south/southeast, tornadoes are throughout the middle portion of the US, and earthquakes followed by tsunamis frequent the west coast. Know how to respond. An example of “responding” during an earthquake is to stop where you stand, drop to the ground, take cover under a large, sturdy object, such as a kitchen table, and hold onto the object until the shaking stops.

Family Preparedness Essentials ...continued...

After a disaster, the landscape may look unrecognizable. Landmarks such as street signs may be missing, or absent. Trees may be uprooted. Hazards inside and outside should be taken seriously. Hazards could include fallen powerlines, broken glass, and even unstable and/or falling objects. Wear your hard hat, work gloves, eye protection, and other personal protective as if your life depends on it, because your infant's life does. If you are injured during an event you may be unable to care for your infant and other family members. Don't become a victim!

If you are evacuating to a shelter you will need your emergency supplies kit. Strollers may not be of use due to debris on the ground. While breastfeeding is the best food for your baby, you may not be able to do so due to stress to both mother and baby; therefore, keeping the essentials for the above list is necessary.

Disasters can be stressful. Making plans ahead of time. Knowing what to do when a disaster occurs can help keep you and your family safe during one. Be ready!

Summer Travel Preparedness

Part of security preparedness is knowing why the Transportation Security Administration (TSA) has certain protocols in place. The following article provides information and tips for your air travel experience this summer.

The number of passengers expected to fly this summer is expected to be the highest in years with 263 million passengers and crew projected to pass through security checkpoints nationwide beginning now through Labor Day. TSA expects to screen over 10 million more passengers than last summer, and will likely set new records for the highest number of passengers and crew screened in a single day or week. During the same period last year, TSA screened more than 253 million passengers and crew, which included nine of the top 10 busiest weeks in its history.

Travelers should arrive early to the airport. It is recommended that passengers arrive 90 minutes in advance of a domestic flight to ensure that they have ample time to account for traffic, parking and navigating through the airport. It is advisable to check-in for a flight ahead of time, either on the air carrier's website or mobile app, to allow even more time to get through security and relax at the gate.

The best way to ensure an efficient trip through the security screening process is to arrive prepared because there will be more travelers than usual. Travelers are urged to come ready to go through the screening process and to listen to the guidance that the TSA officers are providing at the checkpoint. TSA officers will be very focused on the security of travelers and in doing so, they will offer helpful guidance to passengers as they proceed through the screening process.

It is helpful to wear slip-on shoes so that they can be easily slipped off prior to going through the checkpoint scanner and slipped back on afterward. Shoes come off to allow TSA's technology to identify whether there is an explosive device concealed inside.

TSA requires travelers to place large liquids, gels, creams and aerosols, such as shampoo, conditioner, suntan lotion, and shaving cream into checked bags. If you've only got a carry-on bag, make sure all of your liquids follow the 3-1-1 rule, which limits the size of liquids, gels, aerosols, creams and pastes to 3.4 ounces or less and have all of those bottles fit in a single quart-size plastic bag and placed in a bin for screening. This includes sun screen and tanning sprays for summer travelers headed to sunny locations.

Travelers should be ready to remove laptops and personal electronic devices larger than a cell phone from carry-on bags. Why? Because TSA is aware that terrorists have the technical capability to artfully conceal explosive devices inside electronics. Removing laptops and electronic devices and placing them in a checkpoint bin with nothing above or below each item, allows TSA to get a clear X-ray image of those items to ensure that nothing dangerous has been artfully concealed inside.

Leadership Retreat - Camp Latgawa

CERT volunteers are encouraged to attend the weekend-long training retreat at Camp Latgawa June 7-9. This experience will enhance volunteer competence in basic CERT skills, strengthen personal leadership skills and teamwork among all CERT volunteers, develop familiarity and camaraderie among teams, develop advanced skills, and increase mutual aid understanding between agencies where volunteers are utilized; all while having fun!

Camp Latgawa is a lovely location nestled in the Rogue River- Siskiyou National Forest 35 miles east of Medford. Camp Latgawa is proud to serve home cooked, family-style meals in their cozy dining hall, including homemade breads/ desserts and fresh salads. Meals shall be healthy and delicious, including scratch-made food, and even fresh-baked bread! All our cabins are bunk bed style, heated and have hot showers and restrooms either inside or nearby. All beds have mattresses only. Guests need to bring their own bedding, towel, toiletries, flashlight, etc.

The event is completely free of charge, and guarantees fun and learning. Contact the Ashland CERT office today to learn more, and to register.

Emergency Messaging Campaign

Thanks to all the volunteers who staffed local stores Saturday, May 4 encouraging individuals and families to sign up for Ashland's emergency alerting system, Nixle. We gained more than 50 new text registrants. Nixle is an Everbridge platform allowing residents and visitors to easily sign-up for text message alerts and more by texting 97520 to 888777. It's really that easy. Sign up today!



American Heart Association BLS Healthcare Provider Course

Basic Life Support (BLS) is intended for Healthcare providers and other students seeking training and certification in CPR. This course teaches critical concepts of high quality CPR, use of an automated external defibrillator, and relief choking for victims of all ages.

The cost for this course is \$55, which includes a student study book and card*. The class takes approximately 5 hours to complete. All fees must be prepaid prior to the class date to confirm reservation. Please register early to reserve your space.

*Upon successful completion, students will receive an American Heart Association HeartSaver First Aid, CPR, AED Course Completion Card that is valid for two years.

When: Saturday, June 29, 2019

Where: Ashland Fire Station #2

Time: 9 am - 2 pm

Cost: \$55

Registration is first-come, first-served according to when class fees are paid. Classes are typically limited to 9 people. Participants may register by mailing a check or by paying in person 8 AM - 4 PM | Monday - Friday at Station 1, 455 Siskiyou Blvd., Ashland, OR 97520. Make checks payable to City of Ashland.

For information or to register contact the CPR Program Coordinator
541-482-2770 | cpr@ashland.or.us

The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the Association.



CERT 2019 Calendar of Events

January 2019	February 2019	March 2019
Flood Fight USACE - January 5 General Meeting - January 9 ** 5pm - 9pm ** <i>(ALICE)</i> Leadership Meeting - January 23	ODOT Flagger & EM Control - February 9 General Meeting - February 13 <i>(Medical First Aid Skills)</i> Leadership Meeting - February 27 <i>(CERT Member Participation)</i>	General Meeting - March 13 <i>(Leadership Roles)</i> LabX Preparedness Game - March 15 & 16 Leadership Meeting - March 27
April 2019	May 2019	June 2019
Basic Training - April 4, 5, 6, 18, 19, 20 General Meeting - April 10 <i>(Search Markings & Cribbing)</i> Leadership Meeting - April 24 <i>(Basic AAR)</i>	Evacuation Messaging Campaign - May 4 General Meeting - May 8 <i>(Basic Training Graduation)</i> Leadership Meeting - May 22 <i>(Base Tours)</i>	Leadership Retreat - June 7-9 RV Airport Exercise - June 11 General Meeting - June 12 <i>(Urban Foraging)</i> Leadership Meeting - June 26 <i>(Event Planning - 4th of July)</i>
July 2019	August 2019	September 2019
Parade Support - July 4 General Meeting - July 10 <i>(Driving Skills)</i> Spontaneous Volunteer Management - 7/20 Driving Routes - July 21 Leadership Meeting - July 24 <i>(4th of July AAR)</i>	General Meeting - August 14 <i>(Wildfire Smoke)</i> Defusing Adverse Situations - August 24 Leadership Meeting - August 28 <i>(Activating Bases & ICS)</i>	General Meeting - September 11 <i>(Vulnerable Populations)</i> Evacuation Scenario - September 21 Leadership Meeting - September 25 <i>(Planning for Basic Training)</i>
October 2019	November 2019	December 2019
Basic Training - Oct. 3, 4, 5, 17, 18, 19 JCFD5 Open House - October 9 - (5pm-7pm) Leadership Meeting - October 23 <i>(Basic AAR)</i>	Resiliency Skills - November 2 General Meeting - November 13 <i>(Basic Training Graduation)</i> Leadership Meeting - November 20 <i>(Annual Training Planning Session)</i>	CERT Year in Review December 11 - 5:00 to 8:00 PM No Meetings Holiday Season ~ Training Stand Down

Note: General meetings are open to the public. Doors open at 5:30pm. Meetings are from 6-8:30pm at Fire Station1.

Ashland CERT
 455 Siskiyou Boulevard
 Ashland, OR 97520

TO: