



# NEWSLETTER

Issue 13

Fall 2012

## Sudbury Community Emergency Response Team (CERT)

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## SEPTEMBER IS NATIONAL PREPAREDNESS MONTH – Pledge to Prepare *(page 5)*

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**CO-CHAIR:** John Stevens has joined Marie Royea as Sudbury CERT Co-chair. He is also active in the Sudbury MRC and brings a wealth of experience and ideas to both groups.

### UPCOMING EVENTS:

- September 25: Concord Decontamination Drill, 9-12  
Notice was emailed to all CERT members asking for volunteers.
- October 13: Sudbury Fire Dept. Open House, 11-3.  
CERT members will be on hand with preparedness information.
- November: CERT month for Goodnow Library display table. CERT's Standing Display will also be on view.
- November 13: MRC training in Ashland 6-9 PM on tornado shelter response experience. Notice emailed to CERT members inviting attendance.
- TBD: Tour for CERT & MRC members of Mass. Dept. of Fire Services (Firefighting Academy). Notice was emailed; contact Carole if interested.

### TRAINING:

Three CERT members, Marie Royea, John Stevens, and Sapna Mannan, have volunteered to be trained on the web-based Reverse 9-1-1 system. (FYI: Fire/Ambulance Emergency Dispatch will be relocated from Fire Dept. HQ to the Police Dept.)

### Learn Basic First Aid Situations Right from Your Smart Phone:

Knowing what to do in an emergency situation can be a matter of life and death. Now, thanks to the American Red Cross, there's a [new tool](#) to keep you informed on basic, simple lifesaving information!

The **FREE** first aid app is available for use on both the Android and iPhone platforms. Take a protective action step and download the first aid app today.

Visit the American Red Cross' [website](#) for more information and check out a neat [video](#) explaining how the app works.

### EQUIPMENT:

Assistant Chief John Whalen has obtained for CERT through a MEMA grant two new Motorola portable radios with chargers, plus three new CERT kits.

Cots—The Final Chapter: Thanks to John Stevens, all 30 old Army cots were sold on Craigslist, with the proceeds being spent on lockable bins, which now store and protect CERT shelter blankets.

✳

### JULY 4 PARADE:

*contributed by Carol Williams*

CERT members on hand helping to distribute water to parade participants included: Marie Royea, (and son and friend), Dan Rosen, Sally and Arnold Barnes, Lucille Dixon, George Maier, Sapna Mannan, (and mother), Debbie Peters (and son Ike), Fred Schulz, and Carol Williams, who began arriving by 10:45.

A table and canopy were set up in front of Our Lady of Fatima with literature, coolers and water, and Lucille made a quick run to a market for spare ice. The CERT Trailer was on display behind us in the parking lot. By 12:30, temperatures were in the nineties.

George took photos, Debbie and Ike brought coolers to the far side of the street, Chief Miles

stopped in before the Parade start, and CERT vests were donned by all.

The Parade started at one o'clock with fire apparatus and antique and classic cars. CERT began passing out cold water bottles, targeting participants on foot or in topless vehicles. There was only one group walking with children on foot. The Parade Committee brought up leftover water bottles and remaining ice from the Rugged Bear Plaza where the Parade had begun.

Literature for both adults and children was distributed to seated viewers, bystanders, and people in line at the ice-cream truck behind us. Most were willing recipients, and some had heard of CERT.

By 2:30 pm, CERT members at Our Lady of Fatima began packing as a burst of rain soaked the canopy. Extra water and ice was sent to Marie thru Dan, up at the Noyes School lot where the Parade was still finishing up.

George took all equipment in his vehicle to the Fairbank Center, where Marie, her son Mike, and Carol Williams put everything back in storage. Canopy tops were hung out to dry and wet literature was weeded out and disposed of by about 3:45pm.



## WEATHER:

Hopefully, the coming winter won't bring any power outages or other problems that would require opening the shelter, but if you can assist at the shelter, please reply ASAP when the notification is received via Reverse 9-1-1.

Check our Website for tips on dealing with various temperatures and conditions, as well as hurricanes, tornados, and severe winter storms.

## SPEAKING OF HURRICANES, THE CDC ADVISES:

**Prevent Carbon Monoxide Poisoning** - During hurricane recovery, many people use alternate power sources such as generators and grills. Always use portable generators, camp stoves, and grills outside. Keep them away from windows, doors, and vents to prevent deadly CO poisoning. <http://go.usa.gov/p6U>

**Sanitizing After an Emergency** - Cleaning and sanitizing your home after a hurricane or emergency is important to help prevent the spread of illness and disease. Find out how much bleach to use to clean and sanitize surfaces around the home. <http://go.usa.gov/p6N>

**When in Doubt, Throw it Out!** - After a hurricane, it may be hard to tell whether food is safe. Here are some guidelines to help know whether to throw it out. When in doubt, throw it out! <http://go.usa.gov/p6I>

**Conduct A Hazard Inspection at Home** - Check your home for hazards before an emergency. Know how to safely turn off water, electric, and gas if you need to. [go.usa.gov/kwO](http://go.usa.gov/kwO)

For additional tips, fact sheets, and podcasts, see [CDC's Hurricanes website](http://www.cdc.gov/hurricanes).

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## INFORMATION FROM FEMA:

For anyone wishing to access the latest information, FEMA and other government organizations, including USA.gov and GobiernoUSA.gov, the official web portals of the U.S. government, offer additional ways to connect with great information to help you prepare for, protect against, respond to, recover from, and mitigate all hazards.

- [Sign up in one-click to receive Disaster and Emergency updates and to receive featured updates from USA.gov.](#)

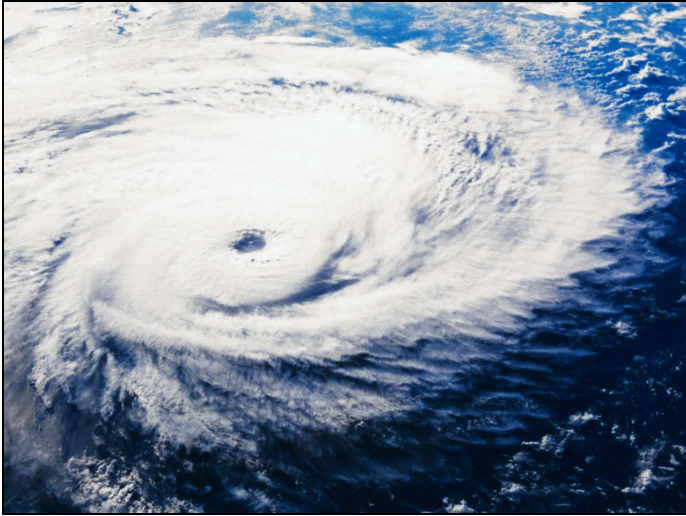
They also encourage you to explore and participate in our online communities:

- [Pledge to Prepare](#) by joining the National Preparedness Coalition
- [Like us on Facebook](#)
- [Follow us on Twitter](#)
- [Watch us on YouTube](#)
- [See all of our social media options](#)

- [You can also update your e-mail subscriptions](#)

*The following information from FEMA is a good refresher for CERT members and good advice for everyone.*

#### HURRICANE ISAAC:



*FEMA offered tracking of Hurricane Isaac, and included the following (note the new technological access options):*

If you have not done so already, it is important to ensure you:

- **Check your family’s emergency supply kit** - make certain you have food, water, medications, and other necessities to sustain you, your family and family pets for at least 72 hours.
- **Follow the direction of local officials** - any evacuation orders come from local officials, so follow their guidance. When it comes to swimming, follow local warnings as well. Even the best swimmers can fall victim to the strong waves and rip currents caused by storms.
- **Keep up to date with local conditions** - follow TV and radio reports from your area, or visit [www.weather.gov](http://www.weather.gov) (<http://mobile.weather.gov> on your phone) for the latest forecast.
- **Remember food safety** - power outages and flooding may happen as a result of a tropical storm or hurricane, so have a plan for keeping food safe. Have a cooler on hand to keep food cold, and group food together in the freezer so it stays cold longer.

- **Have an adequate communication plan** - be sure friends and family know how to contact you. Teach family members how to use text messaging as text messages can often get around network disruptions when a phone call might not be able to get through.

Keep in mind that hurricanes bring heavy rains, storm surges, and possible flooding events. Avoid walking or driving through any flooded areas - it takes only six inches of fast-moving flood water to knock over an adult and two feet to move a vehicle. **Remember: Turn Around, Don’t Drown!**

For those who may be in the path of a hurricane, you can get hurricane safety tips right on your phone by downloading these useful apps:

- FEMA – [Android](#), [Apple](#), [Blackberry](#)
- American Red Cross “Hurricane” app – [Android](#), [Apple](#)

#### Prepare for hazards in YOUR area:

Although you may not be in a hurricane’s path, now is a good time to review the potential hazards where you live. Knowing likely risks for your area, whether wildfires, earthquakes, or tornadoes, and knowing what to do when a disaster strikes is a critical part of being prepared and may make all the difference when seconds matter. Local Emergency management offices can help you identify hazards in your community and can outline the local plans and recommendations for each. And be sure to share this information with family, neighbors, colleagues and friends – talking about preparedness helps everyone be ready “just in case.” Use the links below to make your family, business and community safer, more resilient and better prepared for any disaster event.

#### Useful links

What to do before, during, and after a hurricane or tropical storm

- On your computer: [www.Ready.gov/hurricanes](http://www.Ready.gov/hurricanes)
- On your phone: [m.fema.gov](http://m.fema.gov) or on the [FEMA app](#)

Latest hurricane forecast from the National Hurricane Center

- On your computer: [www.hurricanes.gov](http://www.hurricanes.gov)
- On your phone: <http://hurricanes.gov/mobile>

- On Twitter: [www.twitter.com/NHC\\_Atlantic](http://www.twitter.com/NHC_Atlantic)
- On Facebook: [www.facebook.com/US.NOAA.NationalHurricaneCenter.gov](http://www.facebook.com/US.NOAA.NationalHurricaneCenter.gov)

#### Community preparedness tools and resources

- Community Preparedness Toolkit: <http://www.citizencorps.gov/getstarted/toolkit/kitindex.shtm>
- Citizen Corps Program: <http://www.citizencorps.gov/index.shtm>
- Youth Preparedness: <http://www.citizencorps.gov/getstarted/youth/youthindex.shtm>
- Business Preparedness: <http://www.citizencorps.gov/getstarted/business.shtm>
- Neighbors Helping Neighbors: <http://www.citizencorps.gov/getstarted/neighborshelpingneighbors.shtm>

Follow FEMA on [Twitter](#) for more tips and recommendations! They'd like to hear your suggestions on how we can improve communications to you; email them at [citizencorps@dhs.gov](mailto:citizencorps@dhs.gov).

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#### LATEST ISSUE OF NATIONAL CERT NEWSLETTER:

The CERT National Program Office is pleased to announce that Volume 4, Issue 3 of the *CERT National Newsletter* is now posted. Please click on the following link to access the new issue: <https://www.fema.gov/library/viewRecord.do?id=6215>.

#### SUPPLEMENTAL TRAINING MODULES SUPPORT THE EXPANDING CERT MISSION *(for discussion)*

The CERT National Program Office is also very pleased to announce publication of six new supplemental training modules, now available for download. The supplemental modules will train CERT members in new skills and increase CERT members' capacity to support local emergency services and public safety. Local CERT program managers/ coordinators should determine which of the modules will address local training needs. We hope that all of the modules will be helpful. The materials for each module are in Word format and PowerPoint, and can be tailored to fit local training needs. Review the supplemental training modules on the Training Materials page of the National CERT

website or at the links below and start planning for your next supplemental training today.

- CERT Emergency Communications  
In this four-hour module, CERT members will learn: 1) the role of CERT in communications during an activation; 2) how to use a communications plan; 3) the use of different communication modes and strategies; and, 4) how to use communication devices. <https://www.fema.gov/library/viewRecord.do?id=6223>
- CERT Exercise Swaps  
This module includes two four-hour units to train CERT teams to design and conduct exercises for each other. CERT members will learn: 1) FEMA exercise guidance and HSEEP concepts; 2) criteria for well-designed CERT exercises; 3) steps and documents used in designing and conducting an exercise; and, 4) challenges and smart practices for conducting a CERT exercise. Participants will begin the exercise swap design process as part of the course work. <https://www.fema.gov/library/viewRecord.do?id=6361>
- CERT Firefighter Rehab  
This four-hour module trains CERT members to safely set up and perform the non-medical functions of firefighter rehabilitation. CERT members will learn: 1) the definition of and need for firefighter rehab; 2) the physiological threats to firefighters; 3) an overview of what happens at the scene of a fire; and, 4) how CERT members set up and what they do in the rehab area. <https://www.fema.gov/library/viewRecord.do?id=6360>
- Flood Response for CERTs  
This four-hour module will train CERT members to: 1) relate CERT Basic Training skills to flood response; 2) identify a flood and the dangers of working around floodwaters; 3) work safely and efficiently with sandbags; and, 4) construct a sandbag barrier correctly. <https://www.fema.gov/library/viewRecord.do?id=6359>
- CERT Tools for Leadership Success  
In this four-hour module, CERT members will learn: 1) how CERT Basic Training concepts relate to leadership; 2) the characteristics, skills and responsibilities of team leaders, and how leaders and team members interact; 3) different styles of leadership and how they apply to CERT situations; and, 4) examples of how CERT leaders run successful team operations.

<https://www.fema.gov/library/viewRecord.do?id=6225>

- **CERT Traffic and Crowd Management**  
In this four-hour module, CERT members will learn: 1) how CERT Basic Training skills relate to crowd and traffic management; 2) effective communication strategies to direct traffic and crowds; 3) crowd management skills and how to put together a basic crowd management plan; and, 4) using traffic control devices to safely manage traffic in various situations and how to put together a basic traffic management plan.  
<https://www.fema.gov/library/viewRecord.do?id=6358>

**Please keep in touch!**

- If you have a topic for another CERT supplemental training module, please let us know

at [cert@dhs.gov](mailto:cert@dhs.gov). Please put “Training Topic” in the subject line.

- Please let CERT practitioners and advocates around the country know your ideas about any aspect of CERT at the CERT Online Forum. Share your suggestions and comments at <http://community.fema.gov>.
- And if you know of others who would be interested in receiving CERT news and updates, please have them subscribe at the following website:  
<http://www.citizencorps.gov/cert/subscribe.shtm>.

*Thank you!*

*Sincerely,*

*National CERT Program Office*

*Federal Emergency Management Agency*

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## **DHS -FEMA - WELCOME TO NATIONAL PREPAREDNESS MONTH!**

On Friday, August 31, President Obama signed a [proclamation](#) designating September as [National Preparedness Month](#) (NPM). NPM is led by FEMA's [Ready Campaign](#) in partnership with [Citizen Corps](#) and The Ad Council. The campaign is a nationwide effort encouraging individuals, families, businesses and communities to work together and take action to prepare for emergencies. In partnership with federal, state, local and private sector organizations, NPM is a time to elevate the importance of preparedness and to encourage individuals, communities and businesses to take the steps to protect themselves and those they care about during hazardous events.

The 2012 theme “Pledge to Prepare” asks individuals, families and organizations to make a commitment and to take an action to prepare.

Start today by:

- Visiting [www.Ready.gov/today](http://www.Ready.gov/today) and download a family emergency plan and emergency kit checklists
- Reaching out to your local [Citizen Corps Council to learn more about how you can get involved in your community](#)

National Preparedness Month is supported by a coalition of public, private and non-profit organizations working to help spread the preparedness message. The [National Preparedness Coalition](#) is the nation’s largest public online forum organized to improve our nation’s resilience against all-hazards. It is comprised of individuals engaged in preparedness – and those who want to be engaged in preparedness – who are committed to strengthening, sustaining and enhancing the resilience of their communities. To become an NPM Coalition Member and find preparedness events that may be taking place near you, visit: <http://community.fema.gov>. Get started today!

## BE READY USING DISASTER PREPAREDNESS APPS, TEXTS AND TECHNOLOGY!

Today's technology makes it even easier to stay prepared before, during and after a disaster or emergency event. Download these apps and resources today to ensure you stay prepared during the next emergency or disaster event!

- Download the [FEMA App](#) to access disaster preparedness tips, build a personal emergency kit and look for open Disaster Recovery Centers along with open shelters (if you're a disaster survivor).
- Local emergency management officials often have notification systems. Opt-In to a distribution for your community. To find out if your community offers such services, contact your [local office of Emergency Management](#).
- Signup to receive a monthly preparedness tip from [FEMA's text messages program](#).
- Bookmark important mobile sites:

American Red Cross: [www.redcross.org/mobile](http://www.redcross.org/mobile)

Center for Diseases Control: [m.cdc.gov](http://m.cdc.gov)

FEMA/Ready: [m.fema.gov](http://m.fema.gov)

National Hurricane Center: [www.nhc.noaa.gov/mobile](http://www.nhc.noaa.gov/mobile)

- Follow FEMA and Ready on line:

[FEMA Blog](#)

[Administrator Craig Fugate on Twitter](#)

[FEMA on Twitter / Ready on Twitter](#)

[FEMA on Facebook](#)

[FEMA on YouTube](#)

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### AND FROM THE NIH:

[Vaccine and antibiotics stabilized so refrigeration is not needed – NIH study](#)

*07/09/2012 03:01 PM EDT*

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### REMINDERS:

**Sudbury CERT meetings are open to the public and are held  
on the first Wednesday of each month at 7:00 PM  
at the Sudbury Senior Center, 40 Fairbank Road.  
(No meetings in July & August.)**

**Have you prepared a “Go-Bag” for each member of your family?**

