



OLMSTED CERT

A Community Emergency Response Team (CERT) is a ready group of organized and trained volunteer disaster workers that operates under the direction of the fire department at the neighborhood level. They are prepared to assist their neighbors in the event of an emergency.

The Olmsted CERT Team wants you to: **BE READY..**

..by taking four important steps: be informed about the different types of emergencies that can happen in your area and their appropriate responses, make a family communications plan, build an emergency kit, and get involved in community preparedness.

If you would like to learn more about the Olmsted Community Emergency Response Team, please visit our website at www.olmstedcert.org.

WHAT CAN YOU DO?

1. **BE INFORMED**

Being prepared and ready is ensuring that everyone is prepared to respond to, recover from, and rebuild from any major incident - whether it's a catastrophic tornado, winter storm or flood, an influenza pandemic, or an extended power outage.

Being ready is ensuring that your homes and businesses have disaster plans. Being ready is practicing safety drills. Being ready is being prepared.

2. **MAKE A PLAN**

Your family may not be together when a disaster strikes so it is important to plan in advance: how you will get to a safe place; how you will contact one another; how you will get back together; and what you will do in different situations.

3. **BUILD A KIT**

A disaster supplies kit is simply a collection of basic items your household may need in the event of an emergency.

Try to assemble your kit well in advance of an emergency. You may have to evacuate at a moment's notice and take essentials with you. You will probably not have time to search for the supplies you need or shop for them.

You may need to survive on your own after an emergency. This means having your own food, water and other supplies in sufficient quantity to last for at least 72 hours.





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The Olmsted CERT Team wants you to: **BUILD A KIT OF EMERGENCY SUPPLIES..**

The Department of Homeland Security recommends that you have enough supplies for at least three days, maybe longer. Local officials and relief workers will be on the scene after an emergency or disaster but they cannot reach everyone immediately. You could get help in hours or it might take days.

www.ready.gov



RECOMMENDED SUPPLIES TO INCLUDE IN A BASIC KIT

WATER

- one gallon per person per day, for drinking and sanitation

FOOD

- at least a three-day supply of non-perishable food

BATTERY-POWERED RADIOS

- and extra batteries

FLASHLIGHT

- and extra batteries

FIRST AID KIT

WHISTLE

- to signal for help

FILTER MASK

- or cotton t-shirt, to help filter air

⇒ Remember to think about your pets as well!

MOIST TOWELETTES

- for sanitation

WRENCH OR PLIERS

- to turn off utilities

MANUAL CAN OPENER

- for food (if kit contains canned food)

PLASTIC SHEETING AND DUCT TAPE

- for shelter-in-place

GARBAGE BAGS AND PLASTIC TIES

- for personal sanitation

UNIQUE FAMILY NEEDS

- such as daily prescription medications, infant formula or diapers, and important family documents