



this issue

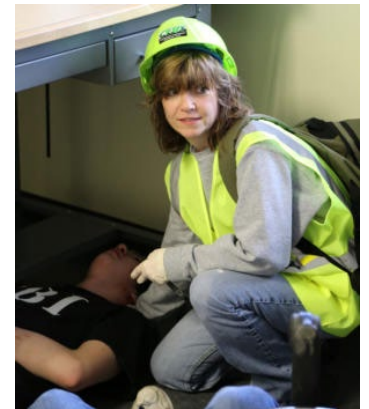
- ✓ DISASTER PSYCHOLOGY
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- ✓ JOIN OUR TEAM
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- ✓ DISASTER PSYCHOLOGY QUIZ



Disaster Psychology

CERT Volunteers and Stress

CERT volunteers encounter things during a disaster that are unpleasant and uncomfortable. In responding to both natural disasters and acts of violence, CERT volunteers must be prepared to deal with the psychological effects of the trauma. These may include fear, anger, intense sadness, frustration, and traumatic grief.



Ways to Reduce Your Own Stress

- Get enough sleep
- Exercise regularly
- Eat a balanced diet
- Balance work, play, and rest
- Allow yourself to receive as well as give; you should remember that your identity is broader than that of a helper.
- Connect with others
- Use spiritual resources





National Preparedness Month

MAKE A PLAN

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find.

- **Put a plan together**
 1. How will I receive emergency alerts and warnings?
 2. What is my shelter plan?
 3. What is my evacuation route?
 4. What is my family/household communication plan?
 5. Do I need to update my emergency preparedness kit?
- **Consider the specific needs in your household**
- **Practice your plan with your family/household**

[Red Cross Guide to Making a Plan](#)



TRAINING

CERT members are encouraged to keep learning and seeking out classes that will strengthen their skills.

BE RESPONSIBLE!



JOIN OUR TEAM

We're still looking for volunteers to join our team and help promote emergency preparedness Districtwide!

VOLUNTEER SUPPORT OPENINGS!!

- CERT Social Media Coordinator
- CERT Co- Instructors
- Red Cross Ready Instructors

Sign-Up on the New Website

www.menlofirecert.com

THE FIVE F's

Our bodies have both physical and psychological responses to stressful events. Humans typically have five primary responses to stress. We refer to those as the 5 Fs. Recognizing examples of each of these can assist you in determining how best to provide support:

1. Freeze: "Stop, look, and listen," or be on guard and watchful.
2. Flight: Flee.
3. Fight: Attempt to combat the threat.
4. Fright: Tonic immobility when in contact with a predator or playing dead.
5. Faint: Fear-induced fainting



CERT DISASTER READY QUIZ

Each month two individual's will be entered into a raffle to win an emergency preparedness prize. In order to be eligible for the raffle, you will need to submit your answers through this online [form](#). You must answer all 6 questions correctly to be eligible for the raffle.

<p>1. Witnessing a traumatic event can lead to stress that can affect you. Pick the three ways that trauma stress can impact someone.</p>	<p><input type="checkbox"/> Cognitive Function <input type="checkbox"/> Physical Health <input type="checkbox"/> Spiritual Crisis <input type="checkbox"/> Interpersonal Relationships</p>
<p>2. Disaster related psychological symptoms that you can experience or see in others can be grouped into three categories: 1) Emotional, 2) _____, 3) Spiritual.</p>	<p>A. Radical B. Physical C. Cognitive D. Regressive</p>
<p>3. CERT volunteers can help provide psychological first aid and support by 1) Listening, 2) _____, 3) Connecting.</p>	<p>A. Protecting B. Impacting C. Disarming D. Judging</p>
<p>4. Research shows that survivors go through the following distinct emotional phases following a disaster: 1) Pre-Disaster, 2) _____, 3) Heroic, 4) Honeymoon, 5) Disillusionment, 6) Reconstruction.</p>	<p>A. Denial B. Fear C. Spiritual D. Impact</p>
<p>5. One of these is NOT a recommended way reduce your stress levels.</p>	<p>A. Exercise regularly B. Get enough sleep C. Moderate alcohol consumption D. Allow yourself to receive as well as give</p>
<p>6. Which of the following is a recommended step that a CERT Team Leader can use to help reduce the stress of their team members working on an incident.</p>	<p>A. Send them home immediately after they complete a high stress operation. B. Direct rescuers to take breaks away from the incident area. C. Encourage them to limit their intake of food to reduce the risk of stress induced gastrointestinal distress. D. Team members should not be rotated between tasks, otherwise they will not get proper "closure".</p>

Raffle
Enter to win!

Win an emergency guide & family emergency plan template.





Join us for the **5th Annual Atherton Community Emergency Drill** on September 11th at Holbrook-Palmer Park, 150 Watkins Avenue. The drill begins at 8:00 AM with check-in and breakfast snacks and concludes at 1:00 PM with pizza.

Participants will assemble and be briefed about the scope of the major disaster, organized to respond and carry out numerous emergency missions including disaster assessment with radio communications, reconnaissance, triage, medical transport and treatment, mass casualty search and rescue, traffic-crowd control and a number of unexpected, challenging emergency scenarios.

We welcome individuals (at whatever level of disaster response skills you possess), church groups, Boy and Girl Scouts, Explorers, other CERT groups, community organizations, schools, businesses and corporations to take part in this yearly Atherton event.

Please see www.getreadyatherton.org/drill for more information or to RSVP.

**Hosted and Sponsored by:
Town of Atherton
Atherton Police Department
Atherton Disaster and Preparedness Team (A.D.A.P.T.)
Menlo Park Fire Protection District (MPFPD) OEM CERT
and the Menlo Fire Department**