



this issue

- ✓ CERT VOLUNTEERS & STRESS
- ✓ FINANCIAL PREPAREDNESS
- ✓ FLOOD INSURANCE
- ✓ FREE CPR/FIRST AID CLASSES



CERT Volunteers & 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.

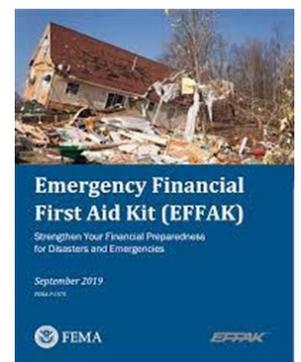


[FEMA Psychological Resilience Webinar](#)

Financial Preparedness

You've worked hard to care for your home and save for the future, but disasters can lead to financial emergencies. If a disaster happened today, could you easily find your crucial household, financial, and medical documents to recover quickly?

[FEMA's Emergency Financial First Aid Kit](#)



TRAINING

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

**BE RESPONSIBLE!
BE READY!**



Ready

Financial Preparedness

Even if you don't own your home, consider getting flood insurance to protect your belongings.

www.floodsmart.gov



FIRST AID & + CPR TRAINING FREE TO THE COMMUNITY

Free CPR/AED/First Aid Training

Tell your family and your neighbors about our upcoming classes.

In this class you will learn the following skills.

- ✓ CPR/AED for adults and children
- ✓ Bleeding control management
- ✓ Air obstruction

Upcoming classes

- [May 7th](#)
- [June 4th](#)

JOIN OUR TEAM

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

VOLUNTEER SUPPORT OPENINGS!!

- CERT Co-Instructors
- CERT Area Team Liaison
- CERT Communications Team

Sign-Up here <http://www.menlofirecert.com>

FOLLOW US ON SOCIAL MEDIA



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- ✓ [Facebook](#) @MPFD.CERT



CERT DISASTER READY QUIZ

February Winners!

Each month two individuals 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 questions correctly to be eligible for the raffle.



Barb & Sonny

DISASTER PSYCHOLOGY

1. Witnessing a traumatic event can lead to stress that can affect you. Pick the three ways that trauma stress can impact someone.	<ul style="list-style-type: none"> A. Cognitive Function B. Physical Health C. Spiritual Crisis D. Interpersonal Relationships
2. Disaster related psychological symptoms that you can experience or see in others can be grouped into three categories: 1) Emotional, 2) _____, 3) Spiritual.	<ul style="list-style-type: none"> A. Radical B. Physical C. Cognitive D. Regressive
3. CERT volunteers can help provide psychological first aid and support by 1) Listening, 2) _____, 3) Connecting.	<ul style="list-style-type: none"> A. Protecting B. Impacting C. Disarming D. Judging
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.	<ul style="list-style-type: none"> A. Denial B. Fear C. Spiritual D. Impact
5. One of these is NOT a recommended way to reduce your stress levels	<ul style="list-style-type: none"> A. Exercise regularly B. Get enough sleep C. Consume a limited amount of alcohol D. Allow yourself to receive as well as give



Congratulations to our most recent winners!

- Chuck and Jennifer



Streamlight 140-Lumen Dual Function Flashlight





Congratulations to our newest CERT graduates!

