



In this issue

- ✓ Volunteer **THANK YOU!**
- ✓ Register early for **TRAININGS**
- ✓ Member or Contact?
- ✓ **FREE CPR/FIRST AID CLASSES**
- ✓ **Disaster Preparedness Quiz**



Thank you Volunteers!



April was a very busy month for Menlo Fire CERT...

April 1st was our monthly First Aid/CPR/AED training with 23 people earning their basic first aid, cardio pulmonary resuscitation and automated external defibrillation certification.

On April 8th, 55 people attended the East Palo Alto (rEPAct) meeting and received Red Cross Ready disaster preparedness training. I can't find any record for a class that large. Thank you to Robert Jones, Mark Dinan, Telesia Alusa, Reverend Cowen, and so many more for making this such a phenomenal class and helping so many people learn to be prepared!

Saturday, April 22nd was a "Love the Earth" event at Menlo-Atherton High School. A fabulous event with displays, hands-on activities, exhibits, and a row of electric vehicles.

April 29th was a Disaster Preparedness Fair at the LDS Church in Menlo Park. A huge thank you to Heather Keller, Israel Bernal, Sonny Mencher, Mirella Nieto, Robert Jones, Virginia Portillo, Sandra Ciardella, Marilyn Dawson, Perry Eckhoff, Margaret Cooper, and Max Sims for staffing a booth, answering lots of questions and handing out free marketing merchandise. We conducted an active firepan station and gave **A LOT** of people an opportunity to use a fire extinguisher.

We still have room for more volunteers for the East Palo Alto Cinco de Mayo Festival on Sunday, May 7th. Email cert@menlofirecert.com to sign-up to help, 12:00 to 3:00 or 3:00 to 6:00.



TRAINING

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

**BE RESPONSIBLE!
BE READY!**

<https://training.fema.gov/is/crslist.aspx?lang=en>



Ready

Floods

Help keep you and your family safe with these flooding preparedness tips.

<https://www.ready.gov/floods>



**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 (choking)
- ✓ Dealing with shock

Upcoming classes

- [May 6th](#)
- [June 3rd](#)
- [subject to change](#)

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



- ✓ [Twitter](#) @MPFDcert
- ✓ [Facebook](#) @MPFD.CERT





CERT DISASTER READY QUIZ

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.

Disaster Preparedness

1. The four aspects of being prepared for an emergency are:	<ul style="list-style-type: none"> A. Be prepared, make a plan, build a kit, stay informed. B. Call a friend, go to the hospital, go home, stand outside and watch. C. Plan, practice the plan, document the plan, keep the plan to yourself. D. Water, non-perishable food, batteries, band-aids.
2. How many gallons of water should you have on hand per person per day?	<ul style="list-style-type: none"> A. One gallon B. Two gallons C. Three gallons D. Four gallons
3. You should have an out-of-state contact in your emergency communications plan.	<ul style="list-style-type: none"> A. True B. False
4. To purify water for drinking, heat the water to a rolling boil for a minimum of...	<ul style="list-style-type: none"> A. 30 seconds B. 30 minutes C. 10 minutes D. 1 minute
5. You should not share your emergency plan with anyone but immediate family members for security reasons.	<ul style="list-style-type: none"> A. True B. False

Register Early for MPFPD Classes:

First Aid/CPR/AED – First Saturday of the month.

Red Cross Ready – Second Wednesday of the month.

Stop the Bleed – Third Monday of the month.

CERT – next academy August 12, 26, and September 9

Neighbor Helping Neighbor and Until Help Arrives classes available by request at

CERT@MenloFireCERT.com

All classes absolutely FREE!



Take the quiz online and enter to win!



This month's prize: Stop the Bleed Kit





Are you a **MEMBER** or are you a **CONTACT**?

Do you know the difference between a CERT member and a contact? Everyone who takes a class (First Aid/CPR/AED, Red Cross Ready, Stop the Bleed, Neighbor Helping Neighbor, Until Help Arrives, or Community Emergency Response Team (CERT) from the Menlo Park Fire District automatically becomes a **contact**. You are added to our contact list so that we may notify you of any future trainings, but you may opt out of getting any email notifications at any time by simply clicking unsubscribe. We value your privacy.

A CERT **member** is an individual who has completed the entire CERT Academy of disaster preparedness, CERT organization, medical operations 1 and 2, fire safety and utility controls, CERT communications, disaster psychology, light search and rescue, terrorism and hazardous materials safety, and successfully completed the final disaster simulation exercise, PLUS signed up to become a member on the CERT website. You will be asked to upload a copy of your CERT graduation certificate and any other relevant training documents (e.g. first aid certificate). Once vetted as an eligible CERT member, you will be required to attend at least two continuing education classes (CERT refreshers) within two years and a full CERT Academy skills assessment every four years. Membership is absolutely free, but must be renewed every two years.

Only CERT members will be eligible to be called to volunteer during an incident. We are eager to engage more members. There are currently 1,028 contacts in our database, yet only 781 are active. In order to create a resilient and prepared community, we need YOU to become a member by going to <https://www.menlofirecert.com/Join> and sign up today. If you do not want to become an active member, but wish to remain a contact and continue to be notified of available trainings, that is fine! There is no obligation.

If you have any questions, please feel free to email CERT@MenloFireCERT.com.



**NEXT MONTH – Meet the new MPFPD Community Volunteer
Coordinator, Heather Keller!**

