



For more information, visit
the Contra Costa CERT
website:

www.contracostacert.org



Emergency Supply Kit

Prepare for emergencies or disaster by making your own individual/family Emergency Supply Kit. Each kit should meet your basic needs for at least three (3) days.

Be sure to include the following items:

- Water (one gallon per person per day)
- Non-perishable food
- Battery-powered radio with extra batteries
- Flashlight and extra batteries
- First Aid Kit
- Whistle (to signal for help)
- Dust mask
- Moist towelettes, garbage bags, and plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities, if necessary)
- Can opener
- Local maps
- Prescription medications and glasses
- Infant, pet, and/or elderly needs
- Important family documents
- Cash (and change)
- Change of clothing



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Emergencies happen every day!
ARE YOU READY?
CERT can help.

About CERT

The Federal Emergency Management Agency, using the model created by the Los Angeles City Fire Department, began promoting nationwide use of the Community Emergency Response Team (CERT) concept in 1994. Since then, CERTs have been established in hundreds of communities.

CERT Benefits

Emergencies occur in our communities, neighborhoods, and workplaces every day. We also know that a large-scale disaster (such as an earthquake) will quickly overwhelm local professional responders.

CERT training will provide you with the practical skills necessary to:

- Safely assist family, neighbors, and associates while waiting for professional responders to arrive
- Become better prepared for disaster
- Support professional responders, as directed, once they arrive at the scene

CERT-trained citizens may also enjoy many opportunities to volunteer in their communities. CERT members often help with neighborhood fire prevention or emergency preparedness efforts and may provide services at special community events, such as parades, sporting events, concerts and more.

CERT Classes Are **FREE!**

Take CERT training for:

- Yourself
- Your family
- Your workplace
- Your community

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"Doing the Greatest Good for the Greatest Number"



Basic CERT Training

The 20-hour Basic CERT Training Course covers:

- Disaster Preparedness
- Fire Safety
- Disaster Medical Operations–Triage and Treating Life Threatening Injuries
- Disaster Medical Operations-Assessment, Treatment, and Hygiene
- Light Search and Rescue
- Team Organization
- Disaster Psychology
- Terrorism and CERT
- Course Review and Disaster Simulation



Classes begin soon! To request an application or course schedule, please contact the CERT Program Coordinator in your area. For a list of contacts near you, please check the **"Member Agencies"** section of our website:

www.contracostacert.org