



# CERT ALERT



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We are in the final quarter of 2021!

The summer of 2021 was filled with many opportunities for CERT. Rachel and Serena attended the National CERT Conference in Springfield, Missouri, and took away many good ideas to implement at West Pierce CERT.

CERT members assisted during the Heat Waves in June and August by volunteering at cooling centers and giving out water to community members.

September was National Preparedness Month, which focuses on a new task every week to help citizens prepare for disasters! Look for tips in this newsletter that relate to the National Preparedness Month weekly themes.



Wendy Huber, CERT 35, setting up the Water Tree in front of Lakewood City Hall

# Water Tree August 2021



On August 11, 2021 the Lakewood Water District working with Pierce County Emergency Management decided that they were going to set up a Water Tree on August 12-13 to combat the heat wave that was expected to come. The goal was to have a water tree set up to distribute water to community members who brought refillable containers.

On August 12, the Water Tree was set up in front of the Lakewood Water District at their main office on 11900 Gravelly Lake Drive SW operating from 7:30am-4:30pm. 3 CERT members had volunteered for different shifts that day to assist community members in getting water. By the end of the day, only 5 people had showed up to fill containers with water, and it was quickly realized that this was not the best spot for the Water Tree.

The Water Tree was moved in front of Lakewood City Hall for water distribution on August 13, 2021. This was decided to be a much better spot for the Water Tree since there is more known traffic and would be visible to community members. Lakewood Water District brought refillable gallon jugs to pass out to community members and West Pierce Fire and Rescue purchased 29 reusable water bottles to distribute. Two CERT members volunteered to assist on August 13th.



In total: 35 reusable gallons of water were given out, 29 reusable water bottles, and 8 bottles brought by people were filled. Over the two days that the Water Tree was active, four CERT members volunteered to help citizens fill their containers with water.



# September is National Preparedness Month!

This year's theme is:  
"Prepare to Protect.  
Preparing for disasters is  
protecting everyone you  
love."



## Week 1: Make a Plan

- Discuss with your household how you will communicate when there is an emergency
- Create and practice your emergency plan with members of your household
- Update your plan at least once a year
- Consider evacuation routes for other locations you might find yourself like work, school, your car, and other places you often visit

## Week 2: Build a Kit

- Create/ update your kit, find a list for what to include here: [www.ready.gov/kit](http://www.ready.gov/kit)
- Include Covid 19 supplies like masks, gloves, hand sanitizer, and disinfectant wipes
- Include comfort items, and pet supplies
- Don't forget your medications
- Make sure your kit is ready to go in case you need to evacuate

## Week 3: Low-Cost, No-cost Preparedness

- Practice emergency drills with your family regularly
- Have a communication plan
- Be aware of what disasters and hazards can affect your area. Find Pierce County's hazards here:

<https://www.piercecountywa.gov/6481/Know-Your-Hazards>

## Week 4: Teach Youth About Preparedness

- Review your family emergency communication and emergency/ evacuation plan with your kids
- Familiarize yourself with your child's school reunification plans
- Check out ready.gov's page about Youth Preparedness here: [www.ready.gov/youth-preparedness](http://www.ready.gov/youth-preparedness)



On September 9, 2021, four CERT members volunteered at the Emergency Food Network. We were asked to repackage fresh produce to be distributed to the community. We repackaged kale, radishes, peppers, tomatoes, and cantaloupe into bags.

CERT volunteers were slotted for two hours at the Emergency Food Network, and finished repacking all of the produce in one hour. But, they decided they were not done yet! They asked Juanita at EFN if there was anything more that they could help with, and finished out their two hours by building boxes that EFN could use at a different repacking project.

Thank you CERT for your dedication to your community!



On October 2nd, CERT volunteered again at EFN! This time we assisted them in packing boxes for their home delivery service. CERT packed 650 boxes in two hours. Between the morning crew and the afternoon crew (which CERT was a part of), we helped EFN reach their goal of packing 1,300 boxes to last them the month of October!

# 7 Steps to Earthquake Safety

With ShakeOut coming up on October 21, 2021—Check out these seven steps to earthquake safety shared by Earthquake Country Alliance.



**Step 1: Secure your Space** by identifying hazards within your home and securing items that could easily fall or move during an earthquake. Secure furniture and move heavy objects to lower shelves.

**Step 2: Plan to be safe**— create an emergency plan. Decide what you will do during, and after an earthquake and make sure that everyone is aware of the family communication plan.



**Step 3: Organize your emergency supplies.** Create your “Go kits” and “Under the Bed supplies” and store them in a place that is accessible to you as you leave your home.

**Step 4: Minimize financial hardship**— organize important documents like identification, copies of insurance cards, list of emergency contacts, and photos of the belongings in your home (which could be helpful when filing an insurance claim). You could also consider earthquake insurance.



**Step 5: Drop, Cover, and Hold On**— During an earthquake, you should drop onto your hands and knees to prevent being knocked down. Next you should cover your head and neck with one arm, and find shelter under a sturdy table or desk if possible. Last, you should hold on until the shaking stops.

**Step 6: Improve Safety**— immediately after the shaking stops, move quickly to evacuate if necessary, or identify new hazards that might have been created by the earthquake.



**Step 7: Reconnect and Restore** by listening to safety advisories, and take the next steps in your plan to repair damage and get in contact with loved ones.

# Prepare in a Year

## September– November



### September – Under the Bed

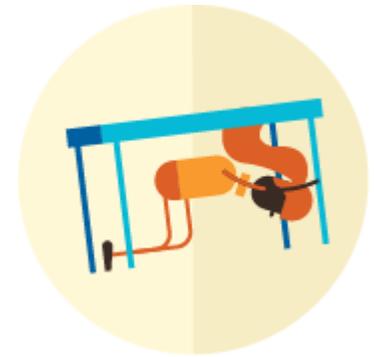
Keeping basic supplies that you will need in case of an emergency under your bed will make it easier to quickly grab them. Supplies you may want to have under your bed are: sturdy shoes, work gloves, a flashlight, a hard hat, an OK/ HELP card, tape or bandages, and a whistle.

### October – Drop, Cover, and Hold on

During a disaster, it is natural for your flight or fight responses to kick in. However, during an earthquake it is crucial that you act quickly to protect yourself. Practice what to do once an earthquake hits: **drop** onto your hands and knees, **cover** your head and neck with one arm and hand, and get under something sturdy, the last step is to **hold on** until the shaking stops. If you are driving pull over to the side of the road, stop, and set the parking brake.

Once the shaking stops, check for injuries, and check the status of your home.

If you are in an area where a tsunami is possible, head to high ground once the shaking is over.

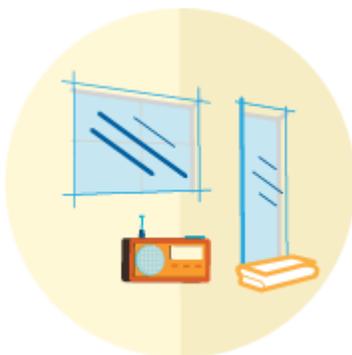


### November – Shelter in Place

Sheltering in place may be necessary if there is a chemical, biological or a radiological threat. You will need to have a safe room in the event that you need to shelter in place. Since you may have to shelter in place for multiple hours, you will want the room you choose to have supplies that can get you through the time, you need to stay in the room.

To prepare your safe room, you will want to purchase plastic sheeting and duct tape. Pre-cut the sheeting so that it fits all windows, doors, and vents in your safe room. Have a battery powered AM/FM radio with extra batteries to receive alerts on. Store some water, snacks, towels, and blankets in your safe room.

Once you are directed to shelter in place, you want to go inside immediately, tightly lock all doors and windows, shut off fans and devices that circulate air through your home, get into your safe room and seal it tightly, listen to the media for instructions, and remember to thoroughly air out your home once the emergency is over.





The National CERT Association held a National CERT Conference in July in Springfield, Missouri. The conference took place from July 12th to July 17th. There were many different breakout rooms that were led by other CERT Team Leaders and skill experts. It was refreshing to hear that our CERT program is in line with other programs. Many CERT programs had to completely shut down during Covid and their volunteers were not used as extensively as we were. This makes me feel confident in the fact that we have continued to serve our community the best way possible during the pandemic.

## Important Dates:

- **October Quarterly Training: October 27, 2021 @ 5:30pm on Zoom**  
Basic Traffic Control training by Sgt Porche of the Lakewood Police Department. To sign up email Serena
- **Shakeout Drill: October 21st, 2021**—Get ready to Drop, Cover, and Hold on October 21st at 10:21am! Be on the lookout for an email from your team leader regarding more information about the drill.
- **Fall Safety Day: October 23rd, 2021 from 10am-1pm** at Station 21 on Steilacoom Blvd.

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