



Latah County Idaho
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AUGUST 2022 NEWSLETTER

2022 CALENDAR

September 7th – CERT Curriculum Unit 8: Terrorism and CERT at 6:30 pm at County Building (522 S. Adams) – Basement Conference Room

October 5th – CERT Curriculum Unit 9: Course Review, Final Exam and Disaster Simulation at 6:30 pm in the Latah County Fairgrounds Classroom

October 19th – Quarterly Meeting at 7:00 pm in the Latah County Fairgrounds Classroom

CERT MEETING: September 7th (Wednesday), 2022 at 6:30 pm at the County Building at 522 S. Adams, Basement Conference Room. **Topic:** Terrorism and CERT

Preparedness and Medications

Many people take medications daily to maintain good healthy. This medication may be a prescription or over-the-counter supplements. Emergencies can strike at any time and without warning. By identifying your medication needs in advance, you can make sure you have what you need and will have one less thing to worry about in an emergency.

Daily Guidelines:

- Keep at least 3-7 days' worth of medications and supplements on hand.
- Store all medications together so you can grab them quickly and take them with you if you need to evacuate or move to another location.
- Do not store your medications in areas that are susceptible to extremes in heat, cold, humidity, or chemicals.
- Rotate these medications whenever you get your prescriptions refilled to make sure they are used before their expiration date.
- Keep an up-to-date list of medications, including dose and indicated use.
- Know how much medication you have on hand, obtain early refills if you anticipate access to pharmacies will be disrupted.

Courtesy of Oregon State

Back to School Preparedness

Whether you're a student or the parent of a school age child, it's important to keep preparedness in mind when going back to school. Being prepared begins at home and gives the space for age-appropriate learning. You may be separated when a disaster happens. Will you and your children know where to go or who to contact?

Talk it through! If a disaster happens, knowing who to call and where to meet is an important part of emergency planning for you and your family.

- **Who should you contact?** Pick one main contact locally and one contact out of town who may be easier to reach during a disaster.

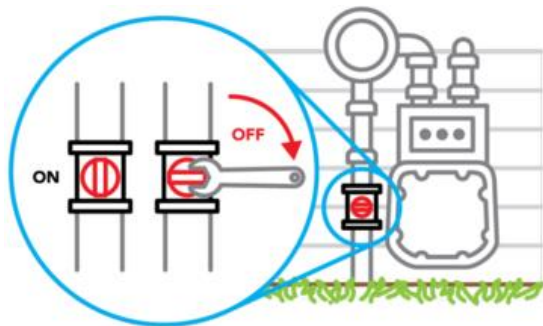
- **Text, don't talk.** Texting may be easier during a disaster and frees up phone lines for first responders.
- **Where should we meet?** Decide on safe, familiar, accessible places where your family can go for protection or to reunite. If you have pets or service animals, think about animal-friendly locations. Consider places in your house, in your neighborhood, and outside of your city or town so you're prepared for any situation.
- **Practice Makes Perfect.** Practice your plan. Put pen to paper and make sure everyone in your family has copies of your plan. Hold regular meetings as a family to review your plan.
- **Information in your bag.** Fill out a Family Emergency Communication Plan Fillable Card and put it in your and your family members backpacks, messenger bags and other daily bags. This card records valuable contact and other information in case cell phones don't work. Put the folding card in a Ziploc and pop it in your bag. The card is attached to the newsletter email.
- **Need Resources?** Use the attached Family Emergency Communications Plan to start building your family's plan today. See Ready.gov or attachment to newsletter email.

Month 8 of Prepare in a Year: Utility Safety

Complete **1** activity a month to prepare you and your family for disasters!



See pages 15 of [Prepare in a Year Guide](#) on our website under Resources for more information.



When living in a home, it's important to learn about how your utilities work and where they are located. Whether you have gas, propane, electric, or other methods of running your home, you should know how to shut off these utilities in case of a disaster. Learn more in Washington Emergency Management Division's [Prepare in a Year Guide](https://mil.wa.gov/asset/5f1171cc0a935f) at <https://mil.wa.gov/asset/5f1171cc0a935f>.

