



Latah County Idaho  
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## JANUARY 2026 NEWSLETTER

### **CERT MEETINGS:**

**Latah CERT** – Next meeting is on February 4<sup>th</sup>, 2026, at 6:00 pm – Latah County Fairgrounds Classroom, ID. Topic is DIY water filters and hobo stoves.

**Whitman CERT** – Next meeting is March 3rd, 2026, at 6:00 pm – Sacred Heart Social Hall, 440 NE Ash St., Pullman, WA.

**Latah CERT** – April 1<sup>st</sup>

**Whitman CERT** – May 5th

### ***Financial Resources at the Ready & Hands-Only CPR***

The start of a new year is always a great time to review your preparedness plans and your financial resources and important document preservation efforts. A disaster event may or may not separate you and your household from outside supplies and essential services. One way to ensure flexibility is to have a variety of options when it comes to finances. We are going to look at some of the basic steps that should be part of your disaster/emergency planning. Source: Ada County-Emergency Management-Emergency Preparedness Pointers List – Ready for a Rainy Day at [adacounty.id.gov](http://adacounty.id.gov).

Our second topic is a review of the American Red Cross Hands-Only CPR in Eight Simple Steps. Hands-only CPR, or compression-only CPR, is simple and easy to learn and perform on adults. A separate handout on performing child and baby CPR will be attached to the CERT email with this newsletter. We also ALWAYS want to encourage everyone to take a CPR class from the Red Cross, your local CERT group, or other licensed organization. Source: American Red Cross-Hands-Only CPR at [www.redcross.org](http://www.redcross.org)

### **FINANCIAL RESOURCES AT THE READY!**

#### ***Keep Cash on Hand***

Hidden safely in your 72-hour kit should be a supply of cash, in small denominations and maybe some prepaid credit cards. The total amount needed depends on how many people are being supported by it, but, if possible, a few hundred dollars should be put away.

#### ***Have a list with account numbers and institution phone numbers***

In a secured container, keep an up-to-date list of credit and debit card numbers, bank accounts, mortgage accounts and car loans along with contact information for all of the institutions related to these items.

#### ***Flood/Fire proof documents***

The secured container used to store documents should be a waterproof, fire safe box. There are a variety of small personal safes that will meet these criteria, but they are generally a little big to be carrying inside a backpack sized 72-hour kit. This is why the container must be able to protect the contents from the environment if it is accidentally left behind during a hurried evacuation.

#### ***Electronic Alternatives***

Smart phones or tablets can store copies of the documents and lists through a variety of apps and software products. Make sure that all of the electronic storage is kept in a password protected format.

#### ***Designate an emergency-only credit card***

If possible, have a credit card that is strictly for emergency use. It should have enough credit available for purchase food and other needed supplies for a week. Using a card could make it easier to document disaster related expenses that may be reimbursed by your insurance company or other assistance program, depending on the severity of the event.

## Financial Resources continued...

### ***Share the wealth and the responsibility***

Make sure more than one person in the household has cash, a credit/debit card and a checkbook. If you are separated and unable to reach one another, each will have to care for themselves until conditions change.

### ***If possible, contact card issuers***

Using a card will only be possible if power and other services are available. But that possibility may exist within the damaged area or in a location you evacuated to that is unaffected by the event. In this case, contact the card issuers to alert them of what has happened and where you can now be reached. Ask if there are any special terms that may temporarily waive fees or raise limits if needed.

## **HANDS-ONLY CPR IN EIGHT SIMPLE STEPS**



**1) Have someone call 9-1-1 and get an AED.**



**2) Ensure the person is on their back on a firm, flat surface.**



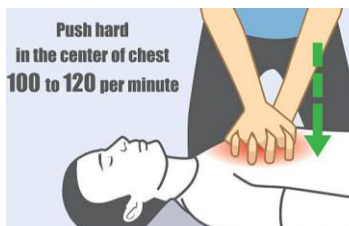
**3) Kneel beside the person. Your knees should be near the person's body and spread about shoulder-width apart.**



**4) Use correct hand placement. Place the heel of one hand in the center of the chest, with your other hand on top. Interlace your fingers and make sure they are up off the chest.**



**5) Use correct body position. Position your body so that your shoulders are directly over your hands. Lock your elbows to keep your arms straight.**



**6) Give continuous compressions. Push hard and fast (at least 2 inches; 100 to 120 compressions per minute).**

**7) Allow chest to return to its normal position after each compression.**



**8) Use AED as soon as it is available.**