



Latah County Idaho  
 latahcert.us  
 contact@latahcert.us

# SEPTEMBER 2024 NEWSLETTER

**CERT MEETINGS:** **Disaster Simulation** - September 21st (Saturday), 2024 from 10:00-12:00 at the Latah County Fairgrounds Depot. **Preparedness Fair** - October 2nd (Wednesday), 2024 at 6:30 pm at the Latah County Fairgrounds Classroom.

## NATIONAL PREPAREDNESS MONTH and YOU ARE THE HELP UNTIL HELP ARRIVES

**Are you ready?** Its not a question of if, but when. Every U.S. state and territory are at risk of disasters. Disasters disrupt thousands of lives every year, leaving behind lasting effects on people and property. After a disaster, many others in your community need help as well. For this reason, local first responders and other assistance may not be able to reach you right away. You and your family can take steps now to prepare for emergencies. By doing so, you **take back control** – even in the uncertainty of disaster. The most important benefits of planning ahead are staying safe and helping yourself and your community recover.

This year’s National Preparedness theme is “Start a Conversation.” Talking about bad things that could happen like a disaster or emergency isn’t always easy but its important. Set aside a time when everyone is calm and relaxed. It may help to hold the discussions over a set time period, so decisions are not rushed, and people feel more comfortable talking about the topic. Talk about steps you’ve taken to prepare and encourage others to ask questions about preparedness actions that might work for them. To prepare yourself and your family for a disaster, you should:



**1. Know Your Risks:** Understand the risks you and your family may face. It is important to learn the risks specific to your home and the ways to assess your risks if you are away from home. Know how and when to take action before, during, and after different hazards. Sign up for local emergency alerts. Install the FEMA and American Red Cross applications on your smart phone.

**2. Make a Plan:** Make a communications plan and prepare for both evacuating and sheltering. Prepare for your family’s unique needs with customized plans and supplies. You should gather emergency supplies and secure the information and important documents you will need to start your recovery. At Ready.gov, you can find several useful publications including *12 Ways to Prepare* and *Are You Ready?*

- ✓ **Create a Family Emergency Communication Plan.**
- ✓ **Know Local Plans and Resources.**
- ✓ **Make an Evacuation and Shelter Plan.**
- ✓ **Gather Emergency Supplies.**
- ✓ **Prepare your Critical Documents.**



**3. Take Action!** Put your plan into action and protect yourself, your property, and manage risk. Be ready and able to face disasters, no matter where you are and when they occur. It is important to get the insurance you need and understand your coverage options. You should make a list of your personal property and its condition and protect your property by considering how to minimize damage. Practice, practice, and practice your disaster plans, take advantage of existing alert and warning systems, and explore ways to serve your community.

## Building a Prepared Home



Create a family communication plan.



Test your evacuation and shelter plans.



Sign up for emergency alert notifications.



Save for emergencies



Safeguard your important documents.



Check your insurance policy.



Keep a stocked emergency supply kit.



Install a backup generator.

## You Are the Help Until Help Arrives

Life-threatening emergencies can happen fast, and emergency responders aren't always nearby. You may be able to save a life by taking simple actions immediately. You are the help until help arrives! According to the Center for Disease Control (CDC), trauma is the leading cause of death for Americans under age 45. Life-threatening injuries require immediate action to prevent an injured person from dying. Those nearest are best positioned to provide first care. **First care focuses on five essential actions:**

<p><b>Call 9-1-1</b></p> <ul style="list-style-type: none"> <li>○ Don't assume someone else has already done so.</li> <li>○ 911 operators are highly trained and will help you.</li> <li>○ Let them coach you through the life-threatening situation.</li> </ul>	<p><b>Stay Safe</b></p> <ul style="list-style-type: none"> <li>● Assess the situation: pause and use all available senses.</li> <li>● Decide whether to stay and help, grab the injured and get to safety, or get yourself to safety.</li> </ul>	<p><b>Stop the Bleeding</b></p> <ul style="list-style-type: none"> <li>➤ Apply steady, firm pressure on the source of the bleeding until first responders arrive.</li> <li>➤ If you can't control the bleeding with manual pressure, consider a tourniquet.</li> </ul>	<p><b>Position the Injured</b></p> <ul style="list-style-type: none"> <li>▪ Lay the injured on their side, legs slightly bent, with bottom hand reached outward and head resting near hand.</li> <li>▪ Raise the chin forward with mouth pointed downward.</li> </ul>	<p><b>Provide Comfort</b></p> <ul style="list-style-type: none"> <li>✓ Share names and ask basic questions.</li> <li>✓ Tell them what you know happened, but do not speculate.</li> <li>✓ Keep them warm and offer a hand to hold.</li> </ul>
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Sources: "Are you Ready?" – FEMA (September 2020) at [Ready.gov](https://community.fema.gov/preparednesscommunity/s/until-help-arrives?language=en_US) and [https://community.fema.gov/preparednesscommunity/s/until-help-arrives?language=en\\_US](https://community.fema.gov/preparednesscommunity/s/until-help-arrives?language=en_US)

Prepared by V. Lawrence – Latah CERT