


# Preparedness





## Mike Ross, Program Manager for EastTex Regional CERT

- Woodcreek resident for 13 years. 10 years on ETRC, Program Manager since 2018.
- CERT, Community Emergency Response Team, is an all-volunteer program through FEMA to help train and organize the community at the local level to assist with vetted volunteers during disasters or other emergencies.
- EastTex Regional CERT is a core program of the Rowlett Citizen Corps Council and co-sponsored by Rockwall County Office of Emergency Management. The RCCC is a 501(c)(3) charitable organization dedicated to disaster preparedness and family safety initiatives. We support Rockwall, Hunt, Collin, Kaufman, Van Zandt Counties, and the Town of Sunnyvale.



The government is not here to save you.  
Resources are limited.

You alone are responsible  
for you and your family's well-being.  
Not if, but when.

YOU are the first responder to any  
emergency at your home and in your  
neighborhood.



## What kind of hazards or emergency events do you need to plan for?

- Missing child
- Tornadoes
- Flooding
- Thunderstorms
- Hurricanes
- Winter Storm
- Train derailment
- Hazmat spill on I30
- Industrial/Commercial
- Disease Outbreak



## All events planning

Prepare for any event because your needs for most events will often times be the same.

What have you learned from the most recent storms and covid about your level of preparedness?



# Keys to Preparedness

- Communication – Gather information, alerts
- Planning – Prepare emergency plans, evacuation routes and supplies
- Education – Training in knowledge and skills
- Maintenance
- Special Needs

# Warning/News Systems

- **Join Nixle, Rockwall County Alerts**  
**Text RCOEM to 888777**
- Rockwall County Office of Emergency Management  
FB page
- Weather apps
  - Fox 4 WAPP
  - Weather Channel
  - Dark Sky
  - Tornado
  - Tornado Tracker
- EastTex Regional CERT FB page
- Radio, TV, Weather Radio, HAM
- FB Groups



Are you going to shelter in place or bug out?

You should be able to shelter  
in place in your home for  
a minimum of a week.





## Survival Rule of 3's

- 3 minutes without air
- 3 hours without shelter
- 3 days without water
- 3 weeks without food



# What do you need for a kit?

- Water, one gallon of water per person per day, for drinking and sanitation.
- Water Filter – Life Straw.
- Food, enough supply of non-perishable food for your desired time frame
- Can opener for food (if kit contains canned food)
- Battery-powered radio and a NOAA Weather(Crank?) Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First Aid kit with nitrile gloves
- Whistle to signal for help
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- N95 Masks
- Plastic sheeting and duct tape to shelter-in-place
- Wrench or pliers to turn off utilities
- Emergency reference materials such as a first aid book or a print out of the information on [www.ready.gov](http://www.ready.gov)
- Medicines (Mucinex, ibuprofen, vitamins)
- Mess kits, paper cups, plates and plastic utensils
- Paper towels
- Fire Extinguisher
- Matches in a waterproof container/Lighter
- Candles
- Paper, pencil
- Personal hygiene items including feminine supplies
- Disinfectant\*
- Sanitizer
- Household chlorine bleach
- Important Documents, paper and USB
- Solar Blankets
- Books, games, cards, other activities for children.
- Special needs?

# DON'T FORGET ME!!

- Know the laws regarding pets and service animals in shelters
- Plan for an alternative safe location for your pets
- Prepare a disaster kit and carrier if applicable for your pet
- Make sure pets and service animals are properly identified
- Make copies of vaccination and shot history
- Keep recent photos of you and your pet with your plan and kit





# Bugging Out?

- Reduced kit designed for 72 hours for each person/pet. Must be portable. Determined by transportation. Must be able to assemble quickly.
- Important documents and USB
- Have pre-planned evacuation routes.
- If possible, shut off utilities before leaving.
- Tell someone where you're going. Leave a note with contact info.
- Create a packing list so you won't forget essentials when it's time to load up, and pack as much as possible now.
- Involve children as an activity.



# Kit Maintenance

- Practice
- Keep information updated on a regular basis
- Change items in your kits every 6 months
- Let your outside contact know where you keep your kit and what your plan is in the event of a disaster
- Include your neighbors in your plan



# Special Needs

- Medical/Disabilities
- Hearing/Visual Disabilities
- Mobility
- Seniors
- Pets
- Language barrier
- Mental Health



# Education and Training

- Join CERT
- CPR/AED
- HAM
- Online searches about preparedness



# CERT

- Family and Personal Preparedness
- Fire Safety and Suppression
- Stop the Bleed
- Emergency Medical Operations
- Light Search and Rescue
- FEMA Incident Command Structure
- Disaster Psychology
- Missing Persons Search
- CART (Child Abduction Response Team) involvement
- Basic Medical Treatment
- CERT Structure





# Advanced CERT training

- ◆ **Child Abduction Response Team Operations**
- ◆ Helicopter Landing Zone Operations
- ◆ Wide Area Search
- ◆ Radio Operation
- ◆ Staging Operations
- ◆ Triage/Medical
- ◆ EOC Operations
- ◆ Damage Assessment
- ◆ Gas Operations/First Responder



# 2021 CERT Operations

- ◆ Successful missing teen search in Fate.
- ◆ Door to door wellness checks in Fate during recent storms.
- ◆ Warming center staffing at multiple locations in Rockwall County
- ◆ Covid Vaccination center staffing in Rockwall and Kaufman Counties. – ongoing
- ◆ Celebrate Fate and Fate Christmas – ETRC provides medical, traffic, and crowd support



# We Want You!

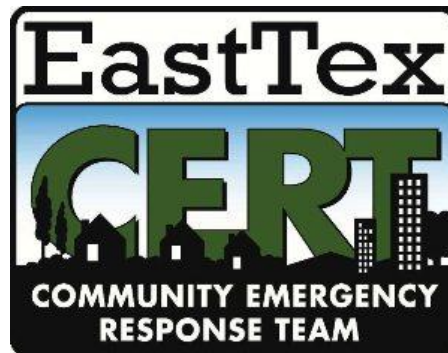
- We are looking for people who want to be part of the solution. We are looking for people willing to step up when their community needs the help the most.
- We offer FREE training.
- Minimal time requirements to stay active.

# Upcoming CERT Classes

- Saturday 3/20 and 3/27 from 8am to 6pm, First Baptist Church of Princeton
- June 12<sup>th</sup> and 19<sup>th</sup> – Location TBD

You can sign up on our website.

[www.easttexrc.org](http://www.easttexrc.org)





# Links

<https://tdem.texas.gov/> - TX Emergency Management  
[Rockwall Emergency Management](#)

[www.fema.gov](http://www.fema.gov)

[www.prepare.org](http://www.prepare.org)

[www.ready.gov](http://www.ready.gov)

\* Source – Some material from Sacramento presentation Disaster Preparedness Starts With You, 2010.