



Comanche County – Lawton
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ARE YOU PREPARED FOR:

Tornados | Fires | Power Outage | Terrorism | Cyber Attack | Winter Storm | Nuclear Explosion |
Extreme Heat | Thunderstorm | Lightning | Hail | Active Shooter

Community Emergency Response Team

Comanche County – Lawton

Quarterly Newsletter (October – December 2024)

Notes from the Program Manager

By Scott Burrows, Program Manger

Welcome to the first newsletter for the Comanche County—Lawton Community Emergency Response Team (CERT) program. This newsletter provides information about the CERT programs that support the community and its citizens.

The CERT program aims to educate and train the public in disaster preparedness, disseminate disaster information, and train and maintain a network of CERT teams.

The program's mission is to be an all-volunteer organization created to enhance disaster preparedness and emergency response for citizens of Comanche County. We accomplish this through community awareness events, training programs, regular practice drills, and volunteer support for the police, firefighter, and emergency management departments in an emergency.

For more information about the CERT programs, contact Scott Burrows at comanchecert@gmail.com or (580) 280-1006.

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News and Events

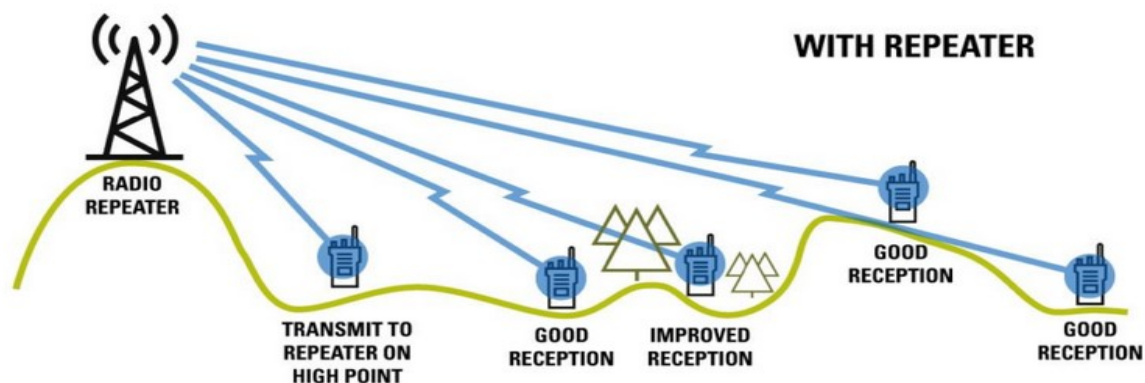
- 09/04/2024 LEPC Meeting
- 09/14/2024 FCC Amateur Radio Testing
- 09/27/2024 International Festival Weekend
- 10/12/2024 CERT Class on Incident Command System and CERT (IS-317)
- 10/12/2024 FCC Amateur Radio Testing
- 11/09/2024 FCC Amateur Radio Testing
- 12/04/2024 LEPC Meeting
- 12/14/2024 CERT Class on CERT Organization (IC-315)
- 12/14/2024 FCC Amateur Radio Testing

CERT Radios and Communication

Community Emergency Response Team (CERT) members know that communication during an emergency is vital. Sometimes, CERTs may need to work together throughout a large area. They also need to be able to report what they have found.

They sometimes even need to request medical support. This is especially true in disasters that can destroy cell towers and phone lines in an instant.

Using a radio is more accessible, safer, and more efficient than sending a person back with messages. Are you interested in learning how to operate an emergency radio to serve your community? CERT can guide you through training, equipment, licensing, and anything else you want about radios!



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Types of Specialized CERT Programs

Specialized CERT Programs	Description of the CERT Program
Workplace CERT	<ul style="list-style-type: none">◆ The Workplace CERT Program equips employees with skills to react to and effectively respond to an emergency event.
Campus CERT	<ul style="list-style-type: none">◆ The Campus CERT Program supports and enhances existing emergency management capabilities by participating in efforts to increase the preparedness and resilience of the college or university campus community.
Teen CERT	<ul style="list-style-type: none">◆ The Teen CERT Program aims to train students in emergency preparedness and basic response to ensure that they have the skills needed to protect themselves and assist others in an emergency. This program can also offer students exposure to careers in emergency management or as first responders.



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CERT Program Commonalities

Though CERT programs may identify as different types of programs, they all still share the same requirements, rules, regulations, and common goal of training individuals in their community to prepare for and respond to emergencies.

Types of CERT Traditional Programs

CERT Training Course	Training Course Description
Train and Only	<ul style="list-style-type: none">• The program regularly trains community members in CERT skills but does not maintain teams for volunteer work.
Train and Retain	<ul style="list-style-type: none">◆ The traditional local CERT Program sets the precedent for all other CERT Programs. The program trains volunteers to participate in durable teams for disaster preparedness and response.



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CERT Training Courses

CERT Training Course	Training Course Description
CERT Basic Training	<ul style="list-style-type: none">• This foundational course is delivered to all CERT Volunteers nationwide.
CERT Program Manager	<ul style="list-style-type: none">◆ This course focuses on teaching individuals to effectively manage CERT Programs.
CERT Train the Trainer	<ul style="list-style-type: none">◆ This course focuses on teaching individuals how to facilitate the CERT Basic Training course.
IS-317: Introduction to CERT	<ul style="list-style-type: none">◆ This independent study course introduces all audiences to the Community Emergency Response Team Program. It provides a basic orientation to CERT, including how CERTs can serve communities, and what CERT volunteers may be called upon to do when activated.
IS-315: CERT and the Incident Command System	<ul style="list-style-type: none">◆ This independent study course, provides a basic guide to utilizing CERT and volunteers within the framework of ICS.<ul style="list-style-type: none">▪ Recommended for all CERT Leaders, as well as responders and emergency managers who utilize CERTs and other volunteers in training or response.

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Family Preparedness Plan

It is important to be prepared and have a plan in place to protect your home and family. The family preparedness plan contains three steps that families should take to prepare for any disaster. Identify Hazards

- ◆ Identify the types of disasters most likely in your area, and learn how to prepare for each (See Disaster Preparedness Series: Disaster Information).
- ◆ Learn about your community's warning system and signals (sirens, text messages, etc.).
- ◆ Consider purchasing a National Oceanic and Atmospheric Administration (NOAA) weather radio. This radio broadcasts official warnings, watches, advisories, forecasts, and other hazards 24 hours a day, seven days a week.
- ◆ Educate yourself on any disaster plans at your workplace, children's school, or other places you and your family spend time.

Prepare for Disasters

- ◆ Assemble a disaster supply kit.
- ◆ Locate safe places in your home for each type of disaster.
- ◆ Determine the best evacuation routes from your home.
- ◆ Show each family member how and where to shut off utilities (water, gas, electricity).
- ◆ Make a complete inventory of your home and property.
- ◆ Teach each family member how to use a fire extinguisher and where to find one.
- ◆ Post emergency contacts (friends, family, neighbors, police, fire, etc.) on the refrigerator.

Practice Your Plan

- ◆ Practice your plan with your family regularly (every six months).
- ◆ Check your disaster supply kit (food and water) every three months.

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CERT Instructor Recruitment

The Comanche County – Lawton CERT Program is looking for instructors to conduct the hands-on portion of the Hybrid CERT Basic Training.

The instructors will play a crucial role in the hands-on portion of the training, where 70 items must be signed off: 35 are observable skills, and the rest are discussion activities to evaluate. They will describe, demonstrate, and coach students on observable skills.

We will need at least two instructors jointly to conduct each session. For disaster medical operations, it is recommended that these sessions be led by licensed or certified:

- ◆ Paramedics or Emergency Medical Technicians and/or
- ◆ Nurses

Further, it is recommended that all other sessions be conducted by skilled fire and rescue instructors who are knowledgeable about:

- ◆ The CERT model;
- ◆ The types of hazards (natural, man-made, technological, terrorism, pandemics, and house fires) that present the greatest risk to the community;
- ◆ Local building structures that present the greatest hazard in the event of a disaster; and
- ◆ The community's emergency operation plan.

Please contact the CERT Program Manager, Scott Burrows, at comanchecert@gmail.com or (580) 280-1006.

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<h2>September 2024</h2>	<h2>Preparedness Month</h2>
<p>National Preparedness Month is an observance held each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time. This month, let's build your Go Bag so you are prepared!</p>	
<p>ACTION ITEMS for September.</p> <ol style="list-style-type: none"> 1. Talk with family about emergency, evacuation, and reunification plans. 2. Involve your family in preparing your Go Bags: A Go Bag should have supplies for at least 48 hours; use a backpack or duffel bag. Store your bags in an easily accessible place. 3. Have extra water in your vehicles. 	
<p>Go Bag List</p> <ul style="list-style-type: none"> ◆ list of emergency contacts – include your out-of-state contact ◆ important papers, etc. Keep papers in the water-proof pouch or on a flash drive ◆ warm weather-resistant jacket ◆ pair of sturdy shoes and warm socks ◆ energy bars, trail mix, jerky, etc. ◆ phone charger and cord ◆ money in small denominations: \$1s, \$5s, \$10s. ◆ a hat and gloves ◆ long sleeve shirt. 	<p>Stay Kit 'Camp-at-Home' LIST</p> <ul style="list-style-type: none"> ◆ long pants ◆ a knife/multi-tool ◆ a lighter or waterproof matches ◆ extra house and car keys ◆ water (store extra in your vehicles) ◆ small flashlight, extra batteries ◆ emergency blankets ◆ first-aid kit ◆ books, stuffed toys for children ◆ battery-powered AM/FM radio and extra batteries ◆ whistle
<p>FIRST AID KIT</p> <ul style="list-style-type: none"> ◆ aspirin/acetaminophen ◆ adhesive bandages ◆ medications needed for 2-4 weeks ◆ hand sanitizer & disinfecting wipes ◆ roller bandages ◆ tweezers 	<ul style="list-style-type: none"> ◆ exam gloves ◆ cold compress ◆ absorbent dressing ◆ antiseptic ointment ◆ personal toiletry items
<p>What items to grab and go</p> <ul style="list-style-type: none"> ◆ personal computer, cord/charger ◆ FMS radios and extra batteries ◆ your pet's Go Bag ◆ portable charger – keep it charged! ◆ your keys, wallet, and cell phone 	

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October 2024

Earthquake Preparedness Month

National Preparedness Month is an observance held each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time. This month, let's build your Go Bag so you are prepared!

ACTION ITEMS for October.

1. Practice Drop, Cover, and Hold On! Practice with your household.
2. Identify safe spots in every room – such as desks or tables.
3. Secure your space! Using tips from Earthquake Country.org. Secure bookcases, TVs, artwork, top-heavy items, and smaller items with museum wax or Quake Hold.
4. Participate in National Shake Out Day – the third Thursday in October.

Stay Kit GROCERY LIST (9 of 11)

- ◆ eight 16-oz cans fruit
- ◆ eight 13-oz cans ready to eat meat
- ◆ eight 14.5-oz cans vegetables
- ◆ eight 20-oz cans ready to eat soup
- ◆ four 16-oz cans ready to eat beans
- ◆ eight 16-oz cans ready to eat beans

Preparedness Calendar is for a family of 4 and 1 pet. - adjust to your needs.

REMINDERS

Offshore winds happen in Fall and Winter in Oklahoma. Be alert to Red Flag Warnings. A Red Flag Warning means warm temperatures, very low humidity, and stronger winds are expected to combine to increase the risk of fire danger. Check your Go Bags now. Stay alert. Stay safe.



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November 2024

Holiday Safety

If you plan to travel during the holidays, check weather forecasts, avoid driving in bad weather, and have your Emergency Car Kit. Also, when cooking, be mindful of fire risks.

ACTION ITEMS for November.

1. Prepare an Emergency Car Kit.
2. Check expiration dates on your perishable items and replenish your food cache.
3. Test your smoke alarms and review your home fire escape plan.
4. Practice safe kitchen habits: Stay in the kitchen when using the stovetop. Use timers to remind you of cooking times for the oven and stovetop. Never use water to put out a cooking fire. Cover, use an extinguisher or baking soda to put out a fire.

Stay Kit GROCERY LIST (10 of 11)

- ◆ four 16-oz cans fruit
- ◆ four 13-oz cans ready to eat meat
- ◆ four 14.5-oz cans vegetables
- ◆ four 20-oz cans ready to eat soup
- ◆ four 16-oz cans ready to eat beans

Preparedness Calendar is for a family of 4 and 1 pet. - adjust to your needs.

EMERGENCY KIT FOR YOUR CAR

In addition to the items you used to build your Go Bag, add these:

- ◆ Flares, blinking safety lights, or reflective triangle
- ◆ Cat litter or sand for better traction in snow and ice
- ◆ Jumper cables or portable battery pack
- ◆ Car cell phone charger
- ◆ Maps
- ◆ Blanket
- ◆ Ice scrap

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December 2024

Be Merry and Safe

Winter holidays are fun in our communities but may pose additional risks. A few simple tips will help us all have a safe holiday season.

ACTION ITEMS for December.

1. Put a fire extinguisher in your kitchen.
2. Build a support network. Please talk with your neighbors about their needs and yours.
3. Discuss disaster plans with household members, family, and caregivers. If you or a household member has special needs, plan for skilled helpers to assist with evacuations.
4. Share keys with trusted friends to rescue your pets.

Stay Kit GROCERY LIST (11 of 11)

- ◆ four 16-oz cans fruit
- ◆ four 13-oz cans ready to eat meat
- ◆ four 14.5-oz cans vegetables
- ◆ four 20-oz cans ready to eat soup
- ◆ four 16-oz cans ready to eat beans

Preparedness Calendar is for a family of 4 and 1 pet. - adjust to your needs.

- ⇒ Choose decorations that are flame-resistant or flame-retardant. CERT Basic Training
- ⇒ Replace any string of lights with worn cords. Check for indoor or outdoor use.
- ⇒ Make sure that indoor holiday trees do not block exits and are at least three feet from any heat sources such as fireplaces, radiators, space heaters, candles, or vents.
- ⇒ Ask smokers to smoke outside.
- ⇒ Keep matches and lit candles away from children and pets.
- ⇒ Use clips, not nails, to hang cords so the cords do not get damaged.
- ⇒ Always sleep with your bedroom door closed. This simple act may buy you and your household time to escape a fire.

In less than 30 seconds, a small flame can turn into a significant fire. “Today, with the prevalence of synthetic materials in the home, occupants have roughly 2 to 3 minutes to get out. Plan– what are your escape routes out of your home? Practice using them.