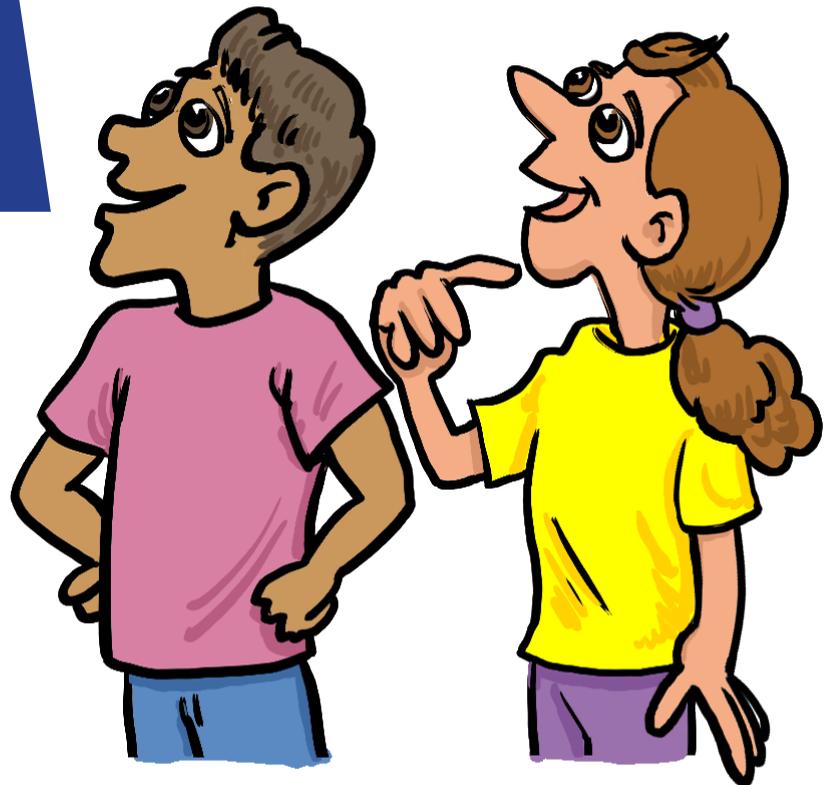




# EVERYONE HAS A ROLE



Youth Community Emergency Response Guide (CERG)

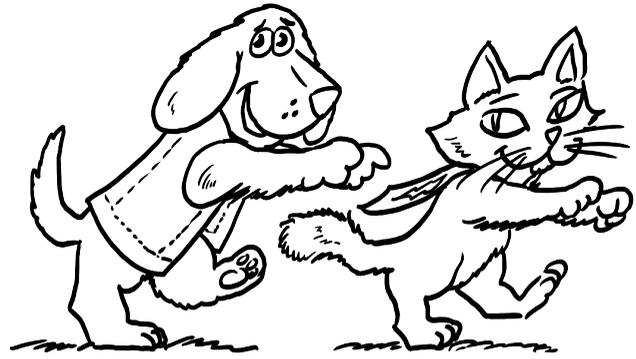


# Words to Know

## Introduction

As we go through the book, we will learn about some of the emergencies or disasters that could affect us and what we can do before, during, and after.

- **Disaster:** An emergency that causes great harm to people or an area.
- **Emergency:** A time when something serious happens and immediate help is needed.
- **Hazard:** A danger or risk.



## What Can We Do?

### Before, During, and After an Emergency:



- **Prepare** (before): Prepare means to get ready for emergencies and disasters. To prepare, you can learn about what could happen, what you would do or where you would go, and even put together an emergency kit.
- **Respond** (during): Put your plan into action, like seeking shelter during a tornado. If an emergency is happening, listen to grown-ups for directions about what to do.
  - **Safe Place:** Sometimes you might be safer to stay where you are. Where would you go indoors? A small room on the lowest floor with no windows or doors.
  - **Evacuate:** When an emergency happens and you need to leave where you are, listen to a grown up and follow them to a safe place.
  - **Lockdown:** Refers to securing or protecting individuals from an immediate threat of violence, like an active shooter.
- **Recover** (after): Rebuild like fixing your house or help your family and community clean up after a disaster.

# Activity 1

Plan to host a family meeting where you can talk about the steps to preparedness. Develop a checklist of what you are going to talk about and what you will need. Don't forget your fillable emergency plan template!



- Step 1:** Make an emergency plan (plan template)
- Step 2:** Practice your plan
- Step 3:** Make an emergency kit (kit checklist)
- Step 4:** Stay informed (how will you get emergency information)
- Step 5:** Get involved (Boy Scouts / Girl Scouts; neighborhood event)

## Emergency Plan Template

### Why Write Down Phone Numbers?

You might think having phone numbers saved in your phone is enough, but what happens if it is lost or dies? First, add a battery pack or charger to your kit. Write down your emergency contacts, like your parents or neighbor. Keep this list in a safe place, and make copies for your emergency kit.

<p><b>Emergency Service</b></p>  <p><b>911</b> 703-691-2131 (Non-emergency)</p>	<p><b>Hospital</b></p> 	<p><b>Veterinarian</b></p> 
<p><b>Doctor</b></p> 	<p><b>Neighborhood Meeting Spot</b></p>	<p><b>Out of Area Meeting Spot</b></p>

### Emergency Contacts (If you can't reach us):

Name _____	Name _____
Relationship _____	Relationship _____
Cellphone _____	Cellphone _____

# Everyday Emergencies

## Fires

### Key Terms

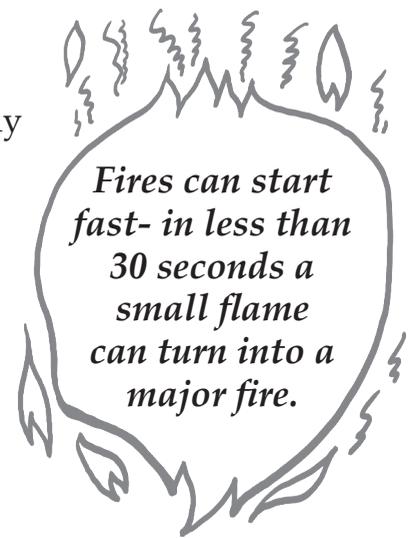
- **First Degree Burn** (superficial) is a superficial burn that produces redness.
- **Second Degree Burn** (partial thickness) is a partial burn that produces blistering.
- **Third Degree Burn** (full thickness) is a full burn that kills nerve endings and burns flesh.

### Before

- Make an escape plan with TWO ways out.
- Pick a meeting place outside of your house.
- Make sure you have a working smoke alarm on every floor of your house and test it monthly.
- Don't play with matches or fire.
- Test your escape plan.

### During

- If a fire starts, get out and stay out. Grab your emergency kit (only if it is safe.)
- Use the escape route that is away from the fire and smoke.
- Crawl on your hands and knees under the smoke. Cover your mouth and nose with clothing if possible.
- Don't open doors if you can see smoke or where the doorknobs or walls are hot.
- Meet at your outside meeting place and call 9-1-1.



### After

- Make sure your emergency kit is ready to go in case you need it again.

## Medical

### Key Terms

- **CPR** is an emergency procedure. It is used to maintain circulation when the heart has stopped pumping on its own.
- **First Aid** is basic injury-treatment and life-saving skills.

### Before

- Know how to call for help (9-1-1).
- Make a first aid kit for your home.
- Put together a list of emergency contacts.

### During

- Stay calm and call 9-1-1. Give the call taker as much information as possible.
  - Address of where you are
  - Give your name
  - Telephone number
- Stay on the phone until help arrives.
- If you are hurt, tell an adult and listen to directions.

**Learn CPR**  
<https://www.redcross.org/take-a-class/cpr/performing-cpr/cpr-steps>

### After

- Follow your doctor's directions.
- Make sure your emergency kit is ready to go in case you need it again.

# Everyday Emergencies

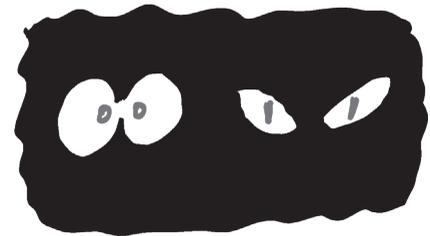
## Power Outage

### Key Terms

- A **Power Outage** is a state of electric power loss in a given area or section of a power grid. It could affect a single meter (house or building), a block, a circuit, or a system, depending on the extent of the damage and the root cause of the outage.
- A **Brownout** is indicated by voltage dropping in the system. It is characterized by the lights dimming.
- A **Blackout** is the total loss of power in a given area.

### Before

- Have a flashlight and radio to listen for official information.
- Charge cell phones and battery powered devices often and keep them fully charged.
- Have back up chargers and batteries.
- Have extra money (cash in small bills) in an emergency kit in case debit or credit cards don't work.



### During

- Always report your own power outage. Remind adults to make the call!  
**Northern Virginia Electric Cooperative (NOVEC): 703-335-0500**  
**Dominion Energy: 866-366-4357**
- Use a flashlight for emergency lighting.
- Never leave a burning candle unattended. Try to use battery powered candles when possible.
- Keep track of how long your power has been out because food may become spoiled.
- If your family has a generator, make sure it is only used outside.

### After

- Don't leave your house if you don't have to, traffic lights may be out.
- Stay away from downed power lines.
- Throw away any food that has been above 40 degrees or above for two or more hours. When in doubt, throw it out!



### *When was the last time you backed up your data?*

Imagine if you lost your phone or computer. You can replace the hardware, but the data (all your photos, information, documents) would be gone! Back up on a regular basis and keep the backups in a safe place, ideally in a different location.

# Natural Disasters



## Flooding

### Key Terms

- A **Flood Watch** means there is a possibility of flooding or a flash flood in your area.
- A **Flood Warning** means a flood is occurring or will likely occur soon. If you are advised to evacuate, do it immediately.
- **Flash Flood** means a flood that can happen in a few minutes or hours of heavy rainfall, dam/levee failure, or drains overflowing.
- **Levee/Dam** is a structure to contain or prevent water from overflowing and flooding an area.

PLAN AHEAD  
TO STAY SAFE!



### Before

- Know where to evacuate if you need to leave your house.

### During

- If you see rising water, move to higher ground right away.
- Do not play around rushing or flowing waters such as rivers or even streams at any time without supervision, especially if it is raining heavily.
- Do not drive through flooded roadways or drive around barricades. Turn around, don't drown!

### After

- It is never safe to play in bodies of water after a flood due to the potential presence of unstable surfaces, sewage or other toxic chemicals, or unseen objects which can cause injuries.

## Thunderstorms

### Key Terms

- **Thunderstorm Watch** means there is a possibility of a thunderstorm in your area.
- **Thunderstorm Warning** means a thunderstorm is occurring or will begin soon.

### Before

- Monitor the weather.
- Sign up for Fairfax Alerts.
- Identify your safe place locations wherever you go.

### During

- If you see lightning or hear thunder, go indoors until you don't hear thunder for at least 30 minutes.
- If you cannot get inside or reach a safe building, avoid high ground, tall or isolated trees, poles and masts, and large metal objects (including fences and bleachers).
- If you are in a pool or water, get out right away.

### After

- Wait indoors for at least 30 minutes after the storm ends.
- Stay away from downed power lines.



# Natural Disasters

## Earthquake

### Key Terms

- **Aftershocks** are another earthquake that happens after the first earthquake. These are usually smaller than the first earthquake.
- **Epicenter** is the center of an earthquake. Vibrations are sent from the epicenter in many directions.
- **Fault Lines** are cracks in the rocks below the earth's surface.
- **Seismic Activity** is another word for earthquakes, along with tremors, quakes, and shakers.
- **Seismograph** is a machine that measures an earthquake.

### Before

- Know how to drop, cover, and hold on. Find a safe place, such as under a table or desk, to shelter under. This will help keep things from falling on you.

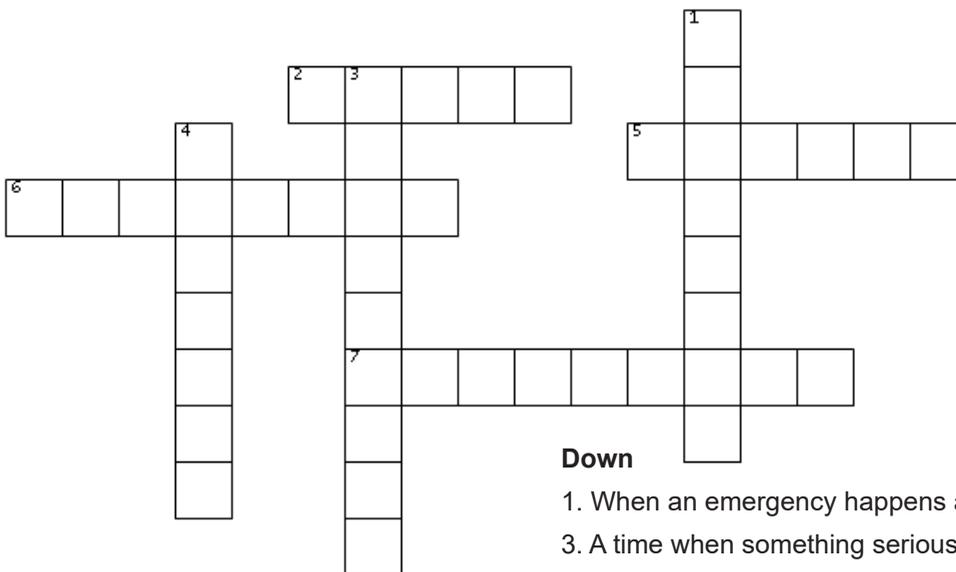
### During

- Drop, cover, and hold on. Cover your face, head, and neck with your arms and hold on.
- Stay away from glass, windows, outside doors, walls, and anything that could fall and hurt you.
- If you are outside, find a clear spot away from tall buildings and drop to the ground until the shaking stops.
- If you are inside, stay there until you are told it is safe to go outside.

### After

- There might be aftershocks, so be prepared for more shaking.
- Open cabinets slowly because items may have shifted during the shaking.
- Don't go near downed wires or other debris until it is considered safe.

## Activity 2 "Quake Crossword"



### Across

2. A structure to contain or prevent water from overflowing and flooding an area.
5. A danger or risk.
6. The emergency is occurring or will likely occur soon.
7. The center of an earthquake.

### Down

1. When an emergency happens and you need to leave where you are.
3. A time when something serious happens and immediate help is needed.
4. An emergency that causes great harm to people or an area.

# Natural Disasters

## Winter Storms

### Key Terms

- **Winter Weather Watch** means a storm is possible (within 36-48 hours).
- **Winter Storm Warning** means a storm is expected (within 24 hours).

### Before

- Charge your electrical devices and keep them fully charged.
- Make sure your emergency kit is updated and has weather appropriate clothing.
- If you drive, make an emergency kit for your car, including a snow shovel and blankets in case you get stranded.

### During

- Wear multiple thin layers to keep warm and change your clothes if they get wet.
- Limit time outside as much as possible.
- Stay home unless you absolutely need to travel. If you have to travel, don't crowd the snow plows.
- Listen to the radio or TV for up to date information from authorities.

### After

- It is still going to be cold, so dress warm in light layers.
- Salt surfaces and watch for black ice.
- Watch for signs of hypothermia or frostbite.

1. Adopt a fire hydrant.
2. Help older neighbors shovel.



## Extreme Heat

### Key Terms

- **Heat Exhaustion** when people in a hot, humid place lose body fluids through sweating.
- **Heat Stroke** (or "sun stroke") a life-threatening condition—the victim's temperature-control system stops working. Heat stroke victims require immediate medical attention.

### Before

- Make sure you drink plenty of fluids (water, not soda) and hydrate throughout the day.
- If you have an air conditioner, use it!
- Dress in loose-fitting, light colored clothing.

### During

- Wear sunscreen.
- Drink plenty of water to stay hydrated.
- If it is extremely hot, stay inside as much as possible.
- Exercise indoors or during the cooler parts of the day.
- If you don't feel good, go inside. Ask for help or call 9-1-1.
- Don't leave children or pets in the car unattended.

### After

- Continue to drink water.



## Activity 3 “Youth CERG Scenario”

It’s the beginning of September in Fairfax County, school is back in session and the normal hustle and bustle is back in full swing. The weather is still hot. The news stations are talking about strong storms moving through the area this afternoon, right around the time schools let out and rush hour starts. As you are leaving school, you can see dark clouds rolling in. As you are almost home, you and your friend see lightning, followed by a clap of thunder. It is not raining, but your cell phone starts going off, indicating a flash flood warning. Once you reach the front door, the sky opens, and it starts pouring. Before you know it, it is thundering and lightning, winds are howling, the rain is coming down harder than you have ever seen and then the power goes out.

*What is your next move?*

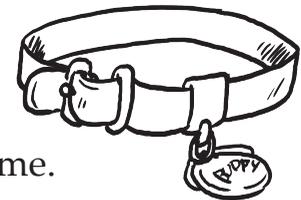
*What actions would you take if you were in this scenario?*

### Pet Preparedness:

Does your family include a cat, dog, or other furry or feathered friend? You’ll need to consider their survival during an emergency as well!

#### Make a Plan

- Always take your pets with you if you evacuate!
- Create a buddy system with neighbors in the event you’re not home.
- Prearrange an evacuation site outside of your immediate area, for your family including pets.
- Document your pets’ info, including medical conditions and medications.
- Ensure your pet is wearing a collar with up-to-date information and get them microchipped.
- Practice your plan and familiarize your pet with the process of leaving your home urgently.



#### Make a Kit

- Have two weeks’ worth of food and water for your pets. Pack bowls, leashes, treats, a familiar bed or blanket and a toy for comfort, and a photo of your pet.
- Have cleaning supplies, such as dog waste bags or a litterbox and litter.
- Make sure to include vet records and any medications, too!
- Include a pet first aid kit.
- Create a list of pet-friendly hotels and/or boarding facilities, and keep it in your pet’s emergency kit.

# Disaster Research Project

Pick a disaster you are interested in learning more about. You can either pick a disaster that you know happened or one that you don't know much about. Next, research what happened, what the science is behind the disaster, and what the impacts were to the community. Use the questions and resources below to help you.

**Resources:** <https://www.ready.gov/kids/disaster-facts>

**Disaster:**

**Type:** Manmade or Natural (circle one)

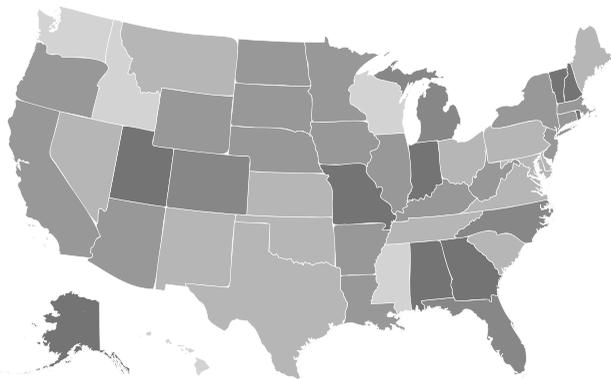
**History:**

What is the history of the disaster?

Where has it happened before? When?

**Where:**

Where can the disaster occur? In a specific region?  
Low-lying areas? Coastal communities?  
Indicate on the map where the disaster has occurred.



**Facts:**

Identify five facts or interesting trivia about the disaster.

- 1.
- 2.
- 3.
- 4.
- 5.

**How:**

How does the disaster happen?

What is the science behind it?

**Impacts:**

What impact does the disaster have on humans?

The environment?

**What To Do:**

Identify three things you can do before, during, and after the disaster.

Before:

- 1.
- 2.
- 3.

During:

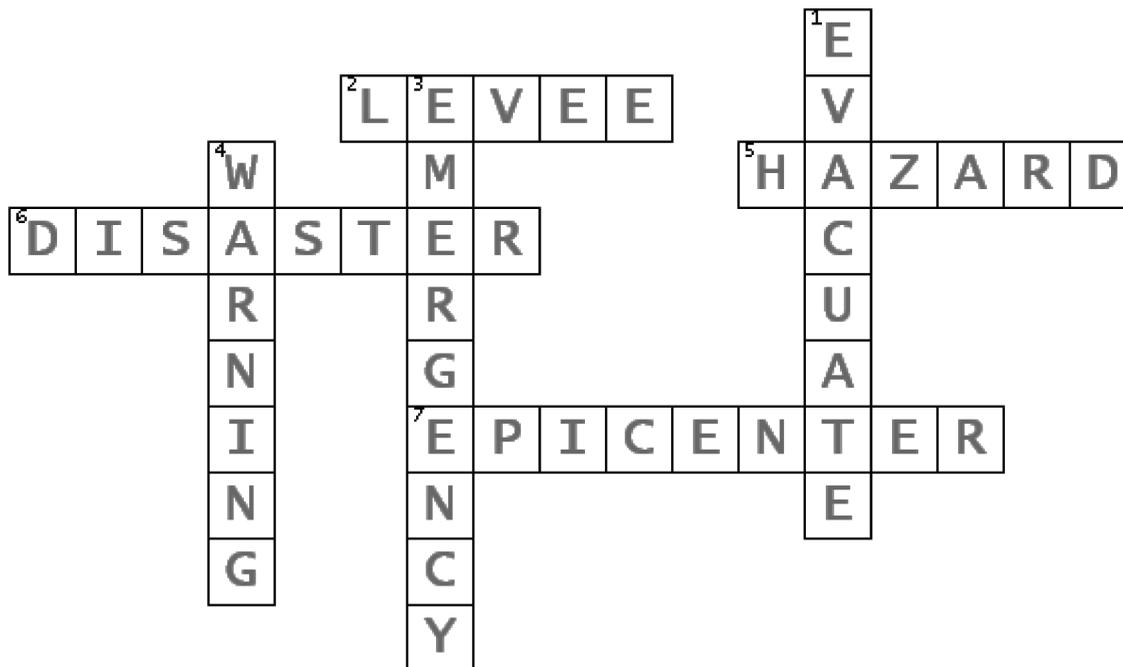
- 1.
- 2.
- 3.

After:

- 1.
- 2.
- 3.

# Answers

## Activity 2



## Activity 3

1. Stay Calm
2. Thunderstorms
  - a. Stay indoors. Being inside a building is the safest option. If a lightning strikes a building, it will follow the available paths to the ground. The building and its occupants remain unaffected.
  - b. Know the 30/30 rule. When you see a lightning flash, start counting. If you don't make it to 30 before hearing the thunder, head indoors. Wait 30 minutes after a storm to resume activities to be sure the threat has passed.
  - c. Do not use a corded telephone. Lightning may strike exterior phone lines.
  - d. Stay away from windows and doors and stay off porches.
3. Flooding
  - a. Avoid water. It's a great conductor of electricity, so do not take a shower, wash your hands, wash dishes, or do laundry.
  - b. Monitor the NOAA Weather Radio, or your favorite news source for vital weather-related information.
4. Power outage things
  - a. Turn Off Your Appliances - When power returns, there will be a surge of electrical energy that could damage sensitive equipment like computers, laptops, or televisions.
  - b. Plan for batteries and other alternatives to meet your needs when the power goes out.
  - c. Keep freezers and refrigerators closed. Even though you might be hungry limit the amount of time you open the fridge or freezer.
  - d. If safe, go to an alternate location for heat or cooling.
  - e. Check on your neighbors.

# READY FAIRFAX



1. Download the CERG from [www.fairfaxcounty.gov/emergencymanagement/CERG](http://www.fairfaxcounty.gov/emergencymanagement/CERG)
2. Sign up for Fairfax Alerts at [www.fairfaxcounty.gov/alerts](http://www.fairfaxcounty.gov/alerts)
3. Follow the Emergency Blog at [www.fairfaxcounty.gov/emergency/blog](http://www.fairfaxcounty.gov/emergency/blog)