

January 2008

Helping Minneapolis families prepare themselves, their homes and their neighborhoods for emergencies.

Click [here](#) to learn more from **codeReady** about how to get prepared. Then share what you learned with your family and friends.

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Are you ready for winter?

Three easy ways to improve your health.

Get training so you know what to do in a disaster.

Winter is here... are you ready?



Every year in Minneapolis, people get hurt or lose property from extremely cold weather, freezing rain and snow. We deal with icy roads and dangerous driving conditions, frostbite from cold air, overexertion from shoveling snow, and isolation at home because of heavy snowfalls and icy sidewalks. Our use of wood, kerosene and space heaters greatly increases the probability of residential fires this time of year. But the good news is that everyone in Minneapolis can prepare for winter hazards to protect ourselves, our families and our homes. Check out

www.winterweather.state.mn.us to learn how to keep your family safe this winter. If you are on or near water in the winter, you should also look at: <http://www.exn.ca/video/?Video=exn20020325-icewater.asx>

This video may save our lives with the information within. Share it with others.

3 Three easy ways to improve your health



New research confirms old wisdom: washing our hands, covering our coughs and getting flu shots are important ways to improve our health.

Now each of these has a twist you might not have known about.

We already know that hand washing is important to help protect us and the people near us from getting sick. We also know that it's important to use warm water and soap. It is also important to wash for about 15 to 20 seconds to really get rid of germs – that's as long as it takes to sing Happy Birthday or the ABC song two times. Don't bring those germs home or to work. Get in the habit of washing often, while singing!



Covering our coughs is an important and easy way to keep germs out of the air that we all breathe. By using an elbow instead of our hands to cover our coughs, we can keep our hands clean. We can also cover our coughs with a tissue and throw away the tissue, but using our elbow to cover our coughs is best because it keeps our hands clean.

Get a flu shot. It helps protect us from an illness that kills about 36,000 Americans every year. It helps others because if we don't catch it, we won't spread it to them. We help protect young children and elderly family members. We protect our friends and co-workers. For years, the elderly, the young and people with health concerns have been encouraged to get annual flu shots. Now even healthy adults are urged to get annual flu shots!

Protect yourself and those you love: Sing your way to health while washing your hands, cover your coughs with your elbow and get a flu shot every year.

Would you know what to do in a disaster?



Minneapolis police and firefighters are prepared for everyday emergencies, and they are normally the first to respond. A disaster, however, can overwhelm first responders. Would you know what to do if that happened in your community? The City of Minneapolis has a disaster preparedness course to train you for hazards that may impact your community. The course is designed to help you protect yourself, your family, your neighbors and your neighborhood in an emergency.

The Community Emergency Response Team (CERT) Program teaches the public about disaster preparedness and trains people in basic disaster response such as fire safety, light search and rescue, and medical skills. With the training, CERT members can take active roles in preparing their communities before an emergency and help others

in their neighborhoods or workplaces after an emergency. CERT is a realistic approach to emergency and disaster situations where members of the community may initially be on their own and their actions can make a difference.

People naturally respond to others in need; without training they can endanger themselves and worsen the situation. One goal of the CERT program is to help people respond effectively and efficiently without placing themselves in unnecessary danger. In the CERT training, members of the public learn about the following topics:



- **Emergency preparedness:** learn what hazards are most likely to affect our homes and community, the role CERT members play in an immediate response, and steps to take to be prepared for disasters.
- **Fire safety:** learn to identify and reduce fire hazards in our homes and workplaces, practice team work to apply basic fire suppression strategies.
- **First aid:** learn and practice how to use basic first aid techniques to open airways, control bleeding and shock, and to treat various wounds.
- **Search and rescue:** learn techniques for safely searching a structure, removing debris and protecting rescuers doing search and rescue.
- **Terrorism:** learn the definition of terrorism, terrorist goals, weapons that pose the greatest threat and clues that help identify when a terrorist attack has occurred or may be imminent.



CERT program coordinator Susan Ude is available to attend neighborhood association meetings and events to share information about the Minneapolis branch of this nationwide program.

For more information about CERT training in Minneapolis, contact Susan Ude at susan.ude@ci.minneapolis.mn.us or (612) 581-9624 or go to the Minneapolis CERT Web site: www.ci.minneapolis.mn.us/emergency/CERT_Home.asp.

Attention. If you want help translating this information, call 612-673-3737

Atención. Si desea recibir asistencia gratuita para traducir esta información, llame 612-673-2700

Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjamadda macluumaadkani oo lacag la' aan wac 612-673-3500

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no rau koj dawb, hu 612-673-2800

Sign Language:
TTY 612-673-2626



City of Minneapolis
Emergency Preparedness

www.codeready.org