

5 Ways to Get Prepared

Here are some things you can do to be ready for disasters.

1. Sign up for SMC Alert at SMCAAlert.info. You can choose to receive alerts about disasters, road closures, severe weather and other emergencies by text, email or voice recording to your mobile device, home or business phone for the cities you choose.

2. Program emergency numbers into your cell phone. To reach Burlingame police and fire quickly, add the 10-digit equivalent of Burlingame's 911 number:

650-692-0310. The county's emergency center number is 650-363-4911. Add ICE (in case of emergency) contacts, too, such as: ICE-Husband, (650) 555-5555.

3. Register for emergency training. The Central County Fire Department offers three types of training:

Cardiopulmonary resuscitation (CPR). Experienced staff from the Central County Fire Department will train you how to give cardiopulmonary resuscitation (CPR) to an adult, child or infant; use an automated external defibrillator (AED); and help someone who is choking. Your training could save a loved one. Classes are scheduled October 24 (Note: date change from October 18), November 13 and December 13. The cost is \$40 residents and \$50 nonresidents. Preregistration is required at: <http://www.ccfdonline.org/community/cpr/>

Get Ready classes. This basic three-hour disaster preparedness class will teach you how to prepare yourself, your family, home and workplace for a major disaster. It's free for Burlingame residents. The next class will be scheduled soon at:

<http://www.ccfdonline.org/community/disaster-preparation/>

Community Emergency Response Team (CERT) training. This comprehensive training will provide you with all the basic skills needed to respond to your family's and your community's needs in the aftermath of a disaster, when emergency services are not immediately available. The next class will be held on Thursdays from 6:30 to 9 p.m. from January 23 through March 5, with a final Skills Practice Session on Saturday, March 14. It's free for Burlingame residents, but pre-registration is required. Register this class and learn about future ones here:

<http://www.ccfdonline.org/community/disaster-preparation/>

4. Become a Ham. Ham radio operators are usually the first to learn details of disasters. They play an important role in our annual drills, when we test a communications network that provides vital links to the outside world. **You can earn a HAM radio license in one day.** A new class will be posted soon on Bay Area Educational Radio Society website at baears.com. Click on "Upcoming Sessions" at the top to register. The cost is \$35.

5. Learn to operate Zello. Download the free [Zello](https://www.zello.com/) app from the app store on your cell phone and connect with family, friends and neighbors before a disaster. This simple app allows you to communicate instantly with anyone just about anywhere in the world. It's a great way for families to check in with one another. Neighborhood leaders can also use it to communicate with one another. A Zello tutorial created by Suzanne Tateosian can be downloaded here:

<http://burlingamenetwork.org/wp-content/uploads/2019/10/Zello-tutorial.pdf>

