

CERV Middlesex: MAKE A DIFFERENCE!

CERV Middlesex stands for Community Emergency Response Volunteers, which is a county-wide program to improve safety and security in our communities – large or small, urban or rural.

Operating at the grassroots level, **CERV Middlesex** trains volunteers to help within their own communities by preparing for emergencies based on local risks. **CERV** volunteers meet the challenge when an emergency strikes, be it a flood, a severe storm, a major power failure or another unexpected hazard.

CERV Middlesex volunteer training includes:

- Emergency & disaster response skills
- Volunteer health & safety
- Basic fire safety & prevention
- Emergency First Aid & CPR-C, plus use of a Public Access Defibrillator
- Reception Centre Operations
- Registration & Inquiry Service training
- Introduction to severe weather
- Personal emergency preparedness
- Verbal De-escalation & Personal Safety
- Safe Food Handling
- N-95 Respirator Fit Testing
- Participation in emergency exercises



Pack the contents of your 72 Hour Emergency Kit in an easy-to-carry duffel bag or a suitcase on wheels. Store your kit in a place that is easy to reach, and ensure that everyone in your family knows where to find it. Keep a small emergency kit in your car.

Essentials:

- Food (non-perishable and easy-to-prepare items, enough for 3 days) and a manual can opener
- Bottled water (4 litres per person for each day)
- Medication(s)
- Flashlight + extra batteries
- Radio (crank or battery-run)
- First-aid kit— take a first aid/CPR course!
- Candles in sturdy containers and matches/lighter
- Hand sanitizer or moist towelettes
- Personal hygiene items (toothbrush, soap, etc.)
- Copies of important documents (identification, contact lists, prescriptions, insurance, etc.)
- Extra car keys and cash
- Whistle (to attract attention, if needed)
- Zip-lock bags (to keep things dry)
- Garbage bags

Special Considerations:

- Items for babies & small children—diapers, formula, bottles, baby food, comfort items
- Prescription medication
- Medical supplies and equipment
- Pet food and supplies
- Any other items specific to your family's needs

Check and refresh your kit twice a year—when the clocks shift to/from daylight savings time is a good time. Check all expiry dates and replace food and water with a fresh supply. Check batteries and replace as needed.

If your family is safe and self-sufficient in the first 72 hours, it frees up emergency workers to help others who may be injured or in danger.



The **CERV Middlesex** Program will hold interviews in late October 2019, and those volunteers selected for the program will begin training in November. When Middlesex County recruits new **CERV** volunteers, special skills are not the first priority, just a willingness to learn new skills and meet the challenge when members of our community need help.

**CERV Middlesex Volunteers really do
MAKE A DIFFERENCE!**

For more information the **CERV Middlesex** Program, please contact:

Bettina Weber,
Community Emergency Management
Coordinator (CEMC)
Middlesex County
Cellular: 519-319-4906
E-mail: bweber@middlesex.ca
Website: www.middlesex.ca



CERV

Community Emergency Response Volunteers

MAKE A DIFFERENCE!



Application for 2019 CERV Middlesex Program

YES!

I want to make a difference by becoming a *CERV Middlesex* volunteer in 2019.

Name: _____

Address: _____

Home Phone: _____

Mobile Phone: _____

E-mail: _____

Please answer this quick checklist:

I am at least 21 years of age, have a valid Ontario Driver's License and use of a vehicle: Yes

I am a resident of a Middlesex County community (not London): Yes

I agree to provide a criminal record check with vulnerable sector query: Yes

I want to better prepare myself and my family for emergencies: Yes

I am willing to make a three-year volunteer commitment to assist in emergencies anywhere in Middlesex County: Yes

Thank you for your interest in the CERV Middlesex Program. The deadline for applications for the 2019 CERV Team is October 15, 2019.

Please fax, mail or e-mail this application form to:

CERV Middlesex Program

Attention: Bettina Weber, CEMC
Middlesex County
399 Ridout St. N.
London, ON N6A 2P1
Fax: 519-434-0638
E-mail: bweber@middlesex.ca

CERV Middlesex capitalizes on local volunteers' knowledge of their area, and on the "can-do" spirit and compassion which Ontarians demonstrated during the Ice Storm in 1998, the Blackout in 2003 or the Highway 402 Snow Storm in 2010. By focusing on communities, it allows ***CERV*** Team Members to best meet local needs and maximize the potential for quick deployment and efficient and organized response in an emergency.

Middlesex County began training ***CERV*** volunteers in 2007; at the same time, the Middlesex-London Health Unit founded the ***CERV MLHU*** Team, for volunteers who reside in the City of London.

Well-trained ***CERV*** Volunteers will be a great help to our County & municipal staff when emergencies strike. ***CERV*** Team members also help to promote local emergency preparedness and provide assistance at major community events.



What are the requirements of a CERV Middlesex Volunteer?

1. ***CERV*** Team Members must be at least 21 years of age and have a valid Ontario Driver's License. Access to a vehicle is necessary.
2. ***CERV*** Team Members must reside in a Middlesex County community (not the City of London.)
3. ***CERV*** Team Members will be interviewed, and agree to undergo a criminal record check with vulnerable sector screening.
4. ***CERV*** Team Members agree to prepare themselves, their homes and their families for emergencies.
5. ***CERV*** Team Members are willing to make a three-year commitment to the program, to assist as volunteers anywhere in Middlesex County during emergencies.
6. ***CERV*** Team Members are expected to attend approximately 45 hours of training in the first year, and 25 hours of training per year during the next two years.
7. ***CERV*** Team Members understand that training will begin in November 2019, and will take place in various locations within Middlesex County.
8. Access to e-mail and use of a cell phone is very important for ***CERV*** Team Members.



Helpful Emergency Information for Middlesex County residents:

If you have a computer or cell phone that still has battery power, use your time on the internet to find helpful information on these sites:

Power outage information by area -

- www.hydroone.com/power-outages-and-safety
- www.entegrus.com/outages
- www.londonhydro.com/site/#!/outages/outage_map

Weather information -

- www.weather.gc.ca

Emergency preparedness tips -

- www.getprepared.gc.ca
- www.emergencymanagementontario.ca/english/beprepared/beprepared.html

Information on health concerns, food and drinking water safety -

- www.healthunit.com/emergency

Use a battery operated or crank radio, or the radio in your car, to listen to local news reports. Be safe, follow the directions of local authorities.

For emergency information on the situation, possible road or school closures, evacuation routes, location of warming/cooling or reception centres, availability of gas and other supplies, please call 211 in any community emergency.

