



# HEARTLAND FIRE & RESCUE

SERVING THE CITIES OF EL CAJON, LA MESA AND LEMON GROVE

We should all be prepared for emergencies. Knowing what to do in advance can mean the difference between life and death.

## **Stay Informed:**

- Register your cell phones with Alert San Diego ([www.readysandiego.org](http://www.readysandiego.org)) to receive reverse 911 calls during emergencies
- Sign up for official information (Twitter, Facebook, Nixle, etc.)
- Visit the Heartland Fire website for information: [www.heartlandfire.org](http://www.heartlandfire.org)
- If you or someone in your family has any situation that requires additional planning, make sure that you take that into consideration when developing your disaster plan/supplies. Stay informed on what additional supplies are recommended or how you need to plan
- Identify how local authorities will notify you during a disaster and how you will get important information
- Listen to **AM 600 KOGO** radio for official emergency information
- Be informed of how to respond to minor medical emergencies, sign-up to take a first aid and CPR class.
- **Dial 2-1-1** for community and non-emergency, disaster information

## **Get involved:**

- Email [amckellar@heartlandfire.org](mailto:amckellar@heartlandfire.org) for the following opportunities:
- Join a **Neighborhood Watch** or **CERT Team** and become trained to help your community during an emergency
- If you are a faith-based organization, consider partnering with Heartland Fire with the following opportunities to serve:
  - **Open** your facility as a shelter during times of disaster
  - **Host** a Preparedness Event at your facility for the community or your members
  - **Train** members to learn how to work in a shelter or how to deliver Community Emergency Preparedness presentations to the community
- If you are a licensed medical professional consider joining the Medical Reserve Corps
- Volunteer with the Human Society to help animals during disasters
- If you are interested in volunteering during a disaster, **please note that untrained, spontaneous volunteers may not be utilized, so get involved today!**