

# MENLO PARK FIRE PROTECTION DISTRICT

***“GET READY  
be prepared”***

## Disaster Preparedness Class

This **FREE** one-to-two hour class covers the basics of what to do before, during, and after a major emergency.

### You will learn how to:

Create a family/office disaster plan  
Assemble home/office and portable disaster kit  
When and how to shut off your gas  
Learn to use a fire extinguisher  
Fire Safety

Now is the time to schedule a **FREE** presentation for your group of 15 or more!  
Please contact Menlo Park Fire Protection District Emergency Services Specialist  
**Carol Parker at (650) 688-8415 or email [carolp@menlofire.org](mailto:carolp@menlofire.org)**

"Are You Ready?" is a great lead-in to our CERT training program. After completing Menlo Park Fire Protection District "**GET READY**" class, you and/or your group may be interested in our CERT training. This 20 hour, training session will engage you with in-depth coverage of topics including Disaster Preparedness, Search and Rescue, Disaster Medicine, Disaster Fire Suppression, Communications and Command and Control. The CERT series is also **FREE!**

The success of Menlo Park Fire Protection District's disaster preparedness program depends on you - your neighborhood and community will need your help in the event of disaster! We urge you to become a part of our citizen-based disaster response team, and to encourage your friends and neighbors to become involved in the "**GET READY**" and CERT programs.



**Menlo Park Fire Protection District**  
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