



# **BE THE HELP UNTIL HELP ARRIVES**



**When emergencies happen, 95% of first help comes from family, friends and neighbors.** Learn to be the help when needed. Emergencies can happen any day – accidents, fires, floods, heart attacks, power failures. Learn to stay safe, stop the bleed, provide support, and get help.

**Community Emergency Response Training (CERT)** prepares you for emergencies and disasters in your home or community. Practice first aid & triage, using fire extinguishers, and basic search & rescue in a casual atmosphere. Build your own evacuation and shelter kits. Class is for ages 15 and up, with 20 hours in one weekend, and breaks for meals. It may be the best \$10.00 you've ever spent.



## **Dates and Location:**

- **Friday, Oct. 11 from 1 – 8pm; Saturday, Oct. 12 from 9am – 5pm; and Sunday, Oct 13 from 9am – 4pm.**
- **All classes at Mary MacDonald Center, Rm 22, in Silver Bay**

**Register** at [www.ISD381.org](http://www.ISD381.org). Click on COM ED / Adults / Register / Silver Bay / Health & Safety.  
**Or call** 226-4437, ext. 8137 to reach the Silver Bay Community Education office.  
For course information, contact BJ Kohlstedt, Lake County Emergency Manager, at [bj.kohlstedt@co.lake.mn.us](mailto:bj.kohlstedt@co.lake.mn.us) or 218-226-4444.

***Trained volunteers make a difference every day.  
So can YOU.***