

How Can I Join?

Come to our next meeting:

Souhegan CERT meetings are held:
2nd Thursday of each month, 7 p.m.
Amherst Fire Rescue
177 Amherst St
Amherst, NH 03031

Prospective CERT members attend the 20-hour CERT Training Course. CERT Members attend training throughout the year. Topics include:

- First Aid
- Search and Rescue
- Incident Command
- Communications
- Emergency Preparedness
- Sheltering
- And many more!

Disaster Can Strike Any Time!

Souhegan CERT is here to help your family and the community be ready!



Emergency Preparedness Tips!



How Can I Donate?

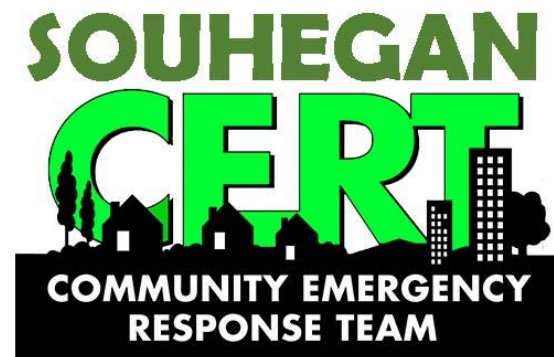
Souhegan Civil Defense Corp. is an IRS designated 501(c)(3) non-profit organization with the mission of preparing the citizens and governments of our towns for catastrophic disasters. We support Souhegan CERT by raising money to get them the equipment they need to serve our towns.

You can make a tax-deductible donation to Souhegan Civil Defense on our website:
<https://SouheganCivilDefense.org/>

By mail, make check payable to Souhegan Civil Defense Corp. and mail to:

Souhegan Civil Defense Corp.
P.O. Box 155
Amherst, NH 03031-0155

Emergency Preparedness Tips!



Building a Culture of Preparedness in Southern New Hampshire

Who We Are:

We are a group of citizens – your neighbors and co-workers – who are trained to respond 24 hours a day if any of our towns need help. Police and Fire Departments can call us up for scene traffic control, search and rescue, mass casualty incidents or any other emergency where additional personnel are needed.

We also teach emergency preparedness, build disaster resilience and prepare our communities for catastrophic disasters.

Communities We Serve:

Amherst, NH
Mont Vernon, NH
Milford, NH
Lyndeborough, NH

Souhegan CERT - Emergency Preparedness Tips

The Survival Subjects

In a long-term power outage or national scale disaster, the federal government says that we could be on our own for a long time – perhaps weeks or months. These are the items that both family and community preparedness plans must cover. We need backup plans for:

1. Food
2. Water
3. Shelter
4. Security



Food

Backup plans:

1. Store Food
 2. Produce food
- Canned goods (rotate in pantry)
 - Non-perishable boxed or bagged goods like pasta, beans, rice (rotate in pantry)
 - Non-perishables stored in Mylar bags with oxygen absorbers can be good for decades
 - Learn to garden and grow food
 - Learn to preserve food from garden.
 - Buy seeds in the fall instead of the spring. Seeds will store in freezer for up to:
 - **1 year:** onions, parsnips, parsley, salsify, and spinach
 - **2 years:** corn, peas, beans, chives, okra, dandelion
 - **3 years:** carrots, leeks, asparagus, turnips, rutabagas
 - **4 years:** peppers, chard, pumpkins, squash, watermelons, basil, artichokes and cardoons
 - **5 years:** most brassicas, beets, tomatoes, eggplant, cucumbers, muskmelons, celery, celeriac, lettuce, endive, chicory

Water

(Note: You need a minimum of one gallon of water per person per day, for drinking and sanitation). Backup plans:

1. Store Water
2. Identify Alternate Water Sources
3. “Bailer Bucket” (water from well off-grid)

Methods to purify water

- Boiling for at least 1 minute
- Microfiltration system
- Plain Bleach

Volume of Water	Amount of 6% Bleach to Add†	Amount of 8.25% Bleach to Add†
1 quart/liter	2 drops	2 drops
1 gallon	8 drops	6 drops
2 gallons	16 drops (1/4 tsp)	12 drops (1/8 tsp)
4 gallons	1/3 tsp	1/4 tsp
8 gallons	2/3 tsp	1/2 tsp

† Bleach may contain 6 or 8.25% sodium hypochlorite

- Granular calcium hypochlorite (pool shock).
 - 1) Make a chlorine solution by adding one heaping teaspoon (approximately ¼ ounce) of high-test granular calcium hypochlorite (HTH) to two gallons of water and stir until the particles have dissolved.
 - 2) To disinfect water, add one part of the chlorine solution to each 100 parts of water you are treating (2 ½ TBSP per gallon).
- Iodine. Five drops of 2% per quart of water.

Security

“We are not preparing for the world we live in; we are preparing the world we find ourselves in.” Home and community security plans are critical.

Shelter

- Generator w/ sufficient fuel (stabilized)
- Solar Generator w/ battery charger
- Solar Lawn Lights
- Cold Weather Sleeping Bags
- Camping Stove / Fuel
- Lighters / Matches
- Alternate Heat source w/ sufficient fuel (Wood, propane, pellets, etc.)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Battery operated CO and smoke detectors
- Fire Extinguishers
- Flashlights, LED lanterns, extra batteries
- Medical and first aid supplies
- Extra prescription medications and glasses
- Plastic sheeting, dust masks and duct tape to shelter-in-place
- Sanitation supplies: TP, plastic bags
- Personal hygiene items / Feminine items
- Local maps
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents in a waterproof, portable container
- Cash (w/ some small bills and change)
- Emergency reference books such as a first aid, homesteading skills, edible plants, etc.
- Extra tools & homesteading supplies
- Home security items

More Info: <https://SouheganCivilDefense.org/>