



COLLETON COUNTY CERT

November 2018

Table of Contents

Stop the Bleed	1
Pictures	2
Fight The Flu	3
Christmas Dinner	4

NEXT MEETING

Tuesday, November 20th

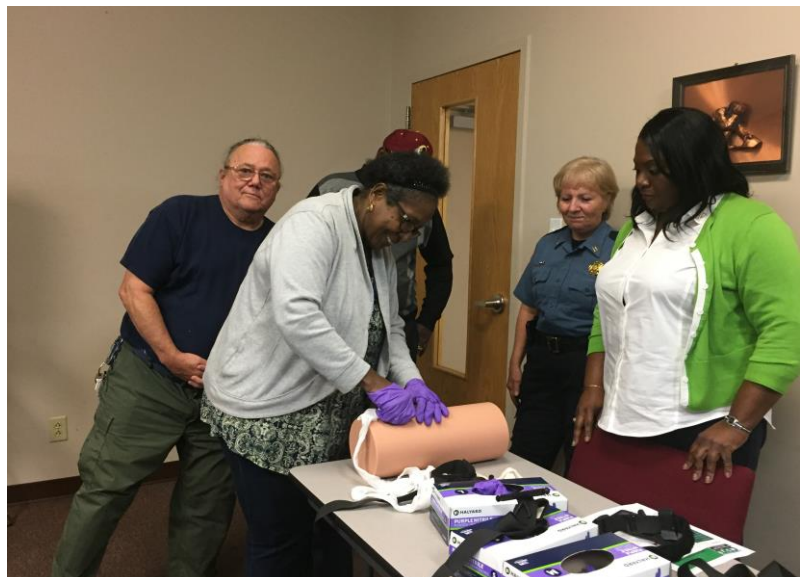
We will meet at Colleton County Fire-Rescue Headquarters located at 113 Mable T. Willis Blvd., Walterboro, SC.

STOP THE BLEED

On October 23, 2018, CERT and the Explorers held a joint training program on Stop the Bleed. Dr. David Greene conducted the training. He began the class by showing a video and giving training on Run-Hide-Fight, which explains how to react when involved in an Active Shooter situation. Dr. Greene then conducted the training on Stop the Bleed.

Here are some quick tips:

- Ensure your own safety
- ABCs of Bleeding
 - A – Alert – call 9-1-1
 - B – Bleeding – find the bleeding injury
 - C – Compress – apply pressure to stop the bleeding by:
 1. Packing (stuffing) the wound with gauze or a clean cloth and then applying pressure with both hands, OR
 2. Using a tourniquet.



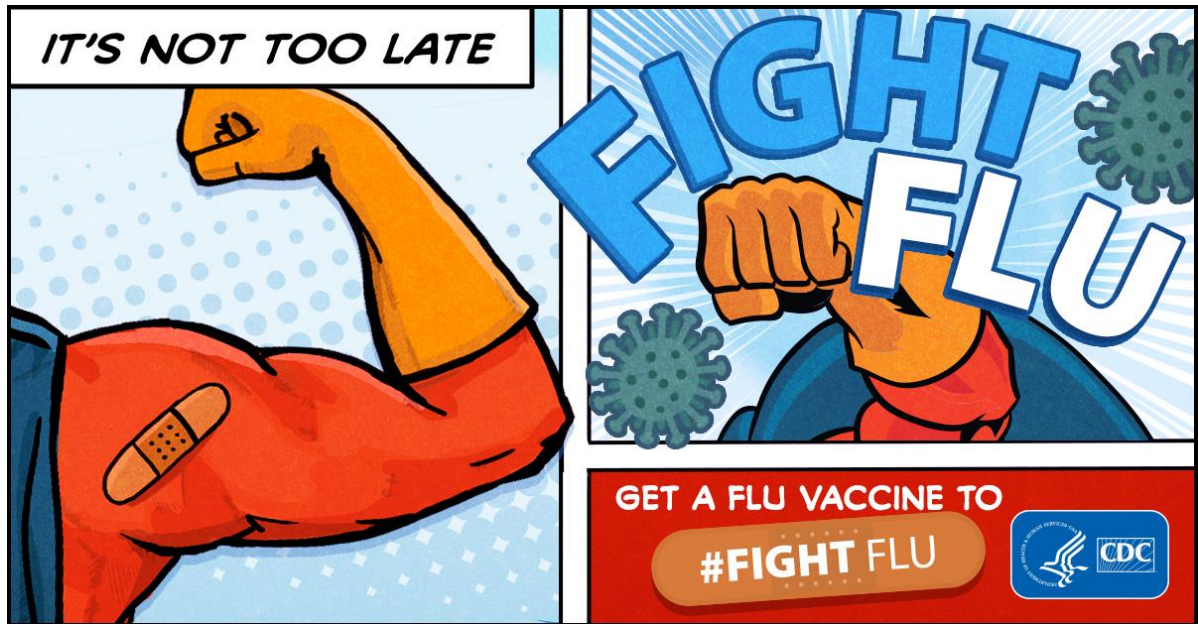


COLLETON COUNTY CERT





COLLETON COUNTY CERT



Flu Season is just around the corner! Did you get your flu vaccine? The flu can affect people of all ages, even those in good health. Protect against the flu by getting a flu shot, and use these tips to stay healthy during flu season:

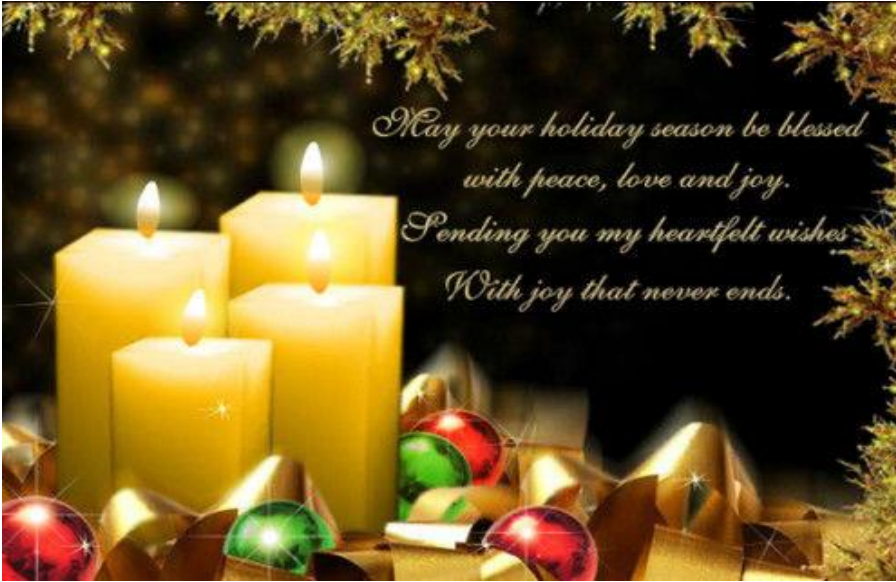
- The CDC recommends getting a flu vaccine by the end of October.
- It takes about two weeks after you get the vaccine to be fully protected.
- Get a flu vaccine before the virus spreads in your community.

Did you know?

Thanksgiving is the peak day for home cooking fires.



COLLETON COUNTY CERT



The annual Christmas Dinner for Colleton County Fire-Rescue, including volunteers and CERT members, will be held on **December 8, 2018, at 5:00 p.m.**, at the **Colleton County Middle School**, 1379 Tuskegee Airmen Drive off of Jefferies Highway north of Walterboro. Awards will be presented and you will have a chance to win door prizes. There is a link on the Colleton County Fire-Rescue website (www.colletonfire.com) so you can easily sign up for the dinner. When you bring up the website, the link is on the upper left side under the Fire-Rescue emblem. It is labeled "2018 Christmas/Holiday Dinner Signup". Please enter your name and mark "1" if you are attending alone or "2" if you plan to bring a guest. If you don't have access to a computer, just call Headquarters at (843) 539-1960. We look forward to enjoying an evening with you.

COLLETON COUNTY FIRE-RESCUE EMERGENCY MANAGEMENT DIVISION

Contact Us

Colleton County Fire-Rescue Emergency Management Division
113 Mable T. Willis Blvd.
Walterboro, SC 29488
843-549-5632
colletonfire.com/em