

A MESSAGE FROM GUEMES CERT (Community Emergency Response Team)

Help with Essential Activities During Coronavirus "Stay Home, Stay Healthy"

Guemes Island is divided into 35 CERT Neighborhoods, each with a Volunteer Leader, an Alternate and a Radio Team Member in order to provide communications and assistance during a possible disaster. While a pandemic wasn't exactly the disaster we had in mind, it is certainly an opportunity to work as neighbors to help one another.

The network of 35 CERT Neighborhoods on Guemes Island is based on the "Map Your Neighborhood" program. Helpful resources are available for everyone to view and download at <https://myguemes.org/cert/>.

Now is the time to help each other as our community responds to COVID-19. The Governor's direction on Monday, March 23 to "Stay Home, Stay Healthy" should be taken seriously. Those most vulnerable to the virus, who *must* stay home, can use our *careful* help.

This message is for people in two groups:

- Those who need help from their neighbors with "essential activities" in order to stay safe and comfortable in their homes
- Those in a low health risk category willing to help the first group

Please contact your Neighborhood Leader or one of the CERT Leaders below if you or someone you know needs help with these outside-the-home "essential activities":

- Grocery shopping
- Obtaining take-out food
- Picking up medical prescriptions
- Going to an essential medical activity that is NOT COVID-19 related

Neighborhood Leaders and residents, please do not go to houses unless invited and then only if you can adhere to the social distancing recommendations. Please make phone calls or send emails or text messages to anyone who might need assistance or reassurance. If you are concerned about anyone and you think a welfare check is needed, please call Gerry Francis, Guemes Island Fire Chief at 360-395-8047.

The CERT Leaders are working to update the Neighborhood Leader Lists and Phone Tree. We know much work is needed in order to provide our volunteers and residents with the information and resources to better serve our community in times of emergency. Because looking out for others comes naturally to most of us, you may have already contacted your neighbors or you may have received a call from someone concerned for your wellbeing. Thank you for reaching out and don't be afraid to ask for assistance.

Keep calm and wash on!

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