



# HEARTLAND FIRE & RESCUE

SERVING THE CITIES OF EL CAJON, LA MESA AND LEMON GROVE

We should all be prepared before an emergency occurs, but knowing what to do during a disaster can mean the difference between life and death.

## Stay Informed:

- Register your cell phones with Alert San Diego ([www.readysandiego.org](http://www.readysandiego.org)) to receive reverse 911 calls during emergencies.
- Sign up for official information (Twitter, Facebook, etc).
- Visit the Heartland Fire website for information: [www.heartlandfire.org](http://www.heartlandfire.org)
- Register you mobile phone with the county's reverse 9-1-1 system, Alert San Diego, <http://www.readysandiego.org/alertsandiego/>
- Listen to AM 600 KOGO radio for official emergency information.
- Be informed on how to respond to minor medical emergencies, sign-up to take a first aid and CPR class.
- Dial 2-1-1for community and non-emergency, disaster information
- Upload any or all of the following apps to your smart phone
  - San Diego County Office of Emergency Services, <http://www.readysandiego.org/SDEmergencyApp/>
  - American Red Cross, <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html>



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One of the best ways to stay informed and up to date is to participate with one or more disaster relief groups.

## Get involved:

- Join our East County Community Emergency Response Team (CERT) and become trained to help your community during an emergency, <http://www.heartlandfire.org/east-county-cert---free-disaster-preparedness-classes.html>
- Get involved with the Neighborhood Watch Program, <http://www.cityoflamesa.com/200/Neighborhood-Watch>
- If you are a faith-based or civic organization, consider partnering with Heartland Fire with the following opportunities to serve:
  - **Open** your facility as a shelter during times of disaster
  - **Host** a Preparedness Event at your facility for the community or your members
  - **Train** members to learn how to work in a shelter or how to deliver Community Emergency Preparedness presentations to the community
- There are many disaster relief agencies that focus on either local or national disasters that you can become involved with. Do some research and find the one that suits you best *and then get involved.*

(For information on partnering opportunities, or regarding East County CERT please contact Andy McKellar, [amckellar@heartlandfire.net](mailto:amckellar@heartlandfire.net) )