



CERT and YOU: Neighbor Helping Neighbor

What is CERT? The Community Emergency Response Team (CERT) is a program that helps empower community members with skills and training that can make them important contributors to any area's disaster preparedness.

What do CERT members do? CERT members receive basic training on disaster preparedness, the extinguishing of small fires, first aid, search and rescue, and much more, all while keeping an emphasis on the safety of CERT members and first responder personnel. This allows CERT members to not just be spontaneous volunteers during an emergency, but to be specially trained volunteers that can be an important resource for disaster response and recovery in their community!

How can I help? Get involved with your community's CERT program. Contact the CERT program in your area. Learn important skills to not only help your community during a disaster, but how you can better prepare yourself and your family.

Who do I contact about CERT? Visit www.ReadySanDiego.org and click on the CERT logo on the lower right side, or contact the CERT Program in your area directly:

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|--|---|---|--|
| Alpine 619-445-2635 | Borrego Springs 760-767-5436 | Carlsbad 760-931-2137 | Chula Vista 619-409-5482 |
| City of San Diego 619-533-4353 | Coronado 619-522-7374 | De Luz 760-728-3300 | Deer Springs 760-749-8001 |
| Del Mar 858-755-1522 | East County 619-667-1472 | Elfin Forest/Harmony Grove 760-744-2186 | Encinitas 760-633-2800 |
| Escondido 760-839-5411 | Imperial Beach 619-423-8223 | Inland Valley 760-742-1632 | Julian-Cuyamaca 760-310-0976 |
| Lakeside 619-390-2350 | Mountain Empire 619-478-5310 | National City 619-336-4556 | North County 760-451-2378 |
| Oceanside 760-435-4100 | Palomar Mountain 760-807-6923 | Pine Valley 619-390-2350 | Poway 858-668-4466 |
| Ramona 760-788-2222 | Rancho Santa Fe 858-756-5971 | San Diego Rural 949-616-4226 | San Marcos 760-744-1050 |
| San Miguel 619-670-0500 | Solana Beach 858-720-4412 | Valley Center 760-715-7523 | Vista 760-310-0217 |
| Warner Springs 760-782-3560 | | | |

Preparedness Starts with YOU!

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