



After a natural disaster or large-scale emergency, communities often need help. Rebuilding and recovery take a lot of time and effort, and resources often run short leading to greater complications. Here are some things you can do to help your community with recovery efforts:



Join a Community Emergency Response Team (CERT)

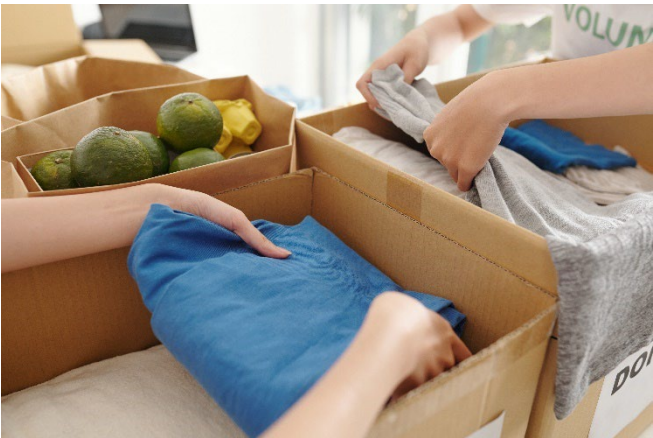
CERTs practice and promote emergency preparedness and resiliency in their communities. Members are trained in basic disaster response skills, respond to local emergencies, and provide assistance when first responders are unavailable.

- [Beaverton CERT](#)
- [Hillsboro CERT](#)
- [Tigard CERT](#)
- [Find a CERT on Ready.gov](#)



Volunteer

Consider volunteering with a recognized organization, a local nonprofit, or faith-based organizations involved in disaster response and recovery. They are often looking for assistance with specialized skills, but any help can go a long way during a disaster.



Donate Money or Goods

Donating money or goods can help with the rebuilding process. Make sure you donate to a credible organization and if you donate goods, be sure they are needed or part of a list of donatable items. Dealing with unnecessary goods can be costly and time consuming for relief efforts.



Give Blood

Giving blood is one of the best ways to help save lives following a disaster. There is an increased demand for blood after disasters and due to the short shelf life, hospitals can't store large amounts for long periods of time. [Visit the Red Cross Website to donate.](#)



How is your emergency kit coming along? We want to see it. Send pictures of your progress to communications@tvwd.org. We will feature customer photos in future publications.



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