

# RUOK?



Sign up to receive a regular phone call to make sure you are OK

## What is RUOK?

During the COVID19 Stay-at-Home requirement this program is a **free service** for Cambria and San Simeon residents, sponsored by the Cambria CSD Fire Department and Community Emergency Response Team (CERT). It establishes a prearranged time for participants to **receive a regular phone call inquiring about their welfare**. During the call, participants are asked “Are you ok?” If their answer is “yes” they may simply want to say “goodbye” and continue with their day or chat with the caller for a few minutes. If a concern is expressed, the CERT volunteer caller will determine the nature of the concern and if some sort of response is necessary. Unanswered calls or busy signals are called back. If there is still no response, the volunteer caller may request that a neighbor or responder be dispatched to the location for a safety check.

To register for this service, go to the Cambria CSD 24/7 Emergency Preparedness site and sign up: <https://www.247ncep.com/covid.html>

If you have questions about signing up for this service, email [CambriaCERT@gmail.com](mailto:CambriaCERT@gmail.com)

### 3 EASY STEPS:

1. GO TO <https://www.247ncep.com/covid.html> (CLICK ON THE COVID-19 TAB)
2. FILL OUT THE ONLINE FORM
3. WAIT TO HEAR FROM A CERT VOLUNTEER

