

CITY OF HUNTINGTON BEACH

CERT NEWSLETTER

February 2018

SINCE 1991

HB CERT

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CLASS 1

From the Red Cross Desk By Richard Batistelli



For those of you able to attend the CERT general membership meeting in January, you were rewarded with a very informative and educational presentation of the

important role played by the Huntington Beach Fire Department in the Canyon 2 Fire in Anaheim Hills and the Thomas Fire in central California.



I followed with a coextensive Powerpoint of my deployment with the Red Cross into some of the same devastated neighborhoods as these firefighters, providing post

disaster pictures of the same fire-consumed homes in the Canyon 2 Fire and the efforts of the Red Cross to assist those displaced homeowners. I also included slides of my Red Cross deployment to Sacramento in support of CalFire's efforts in the equally destructive fires in the Wine Country of Napa and Santa Rosa and the Red Cross mission to assist those residents ravaged by wildfires.

But, I would be remiss if a very significant common thread binding these important conversations concerning local disasters were overlooked. Throughout the discussions of the terrible fires, the CERT audience was told of the varied emergency calls for assistance by homeowners, and also, communications by fire crews dispatched by radio to control the spread of flames. I, in my own small way, also used a radio to communicate from the El Modena High School evacuation center with the Emergency Operations Center at the Red Cross Headquarters.

After that meeting in January, several people reached out by way of Facebook concerning radio communications and a need to learn more about the subject. Therefore, I find it very

apropos to have invited Dr. Mark Chung, KK6SMD, to discuss disaster radio communications. He is the Disaster Communications Lead for the American Red Cross from the Long Beach Chapter.

Please welcome him next Thursday, February 8, at our monthly CERT general meeting at Room B8, Huntington Beach Civic Center.

CERT Activity Survey

By Phil Burtis

In reviewing or planning CERT activities, some of the questions that come up every couple of years are things like:

"Is the database up-to-date?"

"Does person X still want to be active?"

"How many members read this newsletter?"

"How many people ever visit the website or the Facebook page?"

To try to answer some of those questions, we will be posting a survey relatively soon that will have a short set of questions to help us ascertain the state of CERT as of the first quarter of 2018. When you get an email asking you to take the CERT survey, we kindly request that you do so quickly and answer everything fully.

CERT and Neighborhood Watch Partnership

By Phil Burtis

In her role as CERT coordinator, Carol had a meeting with her new counterpart in Neighborhood Watch. After some really good discussion, they agreed it would make sense to try to coordinate talks and/or materials since both organizations have public safety, awareness, and preparedness as underlying themes.

So, as this plan moves forward in 2018, the hope is that CERT speakers/meetings can have some Neighborhood Watch materials to hand out and likewise the reverse. Perhaps we can get a preparedness column in their monthly newsletter and something from theirs into ours. This should be a great way to engage the public in a way we've not been able to in the past. So please keep your eyes open as 2018 unfolds for updates on this partnership.

CERT Monthly Meeting January 11, 2018

By Raji Shunmugavel and Phil Burtis

The theme of the first 2018 CERT Monthly Meeting was real-life experiences in disaster response. The first part of the evening was a presentation by our Huntington Beach (HB) firefighters and their response to the 2017 wild fires in Ventura and Orange County; the second part was our own CERT members (who are also Red Cross volunteers) presenting their stories of deployment to Sacramento and Texas.

First up was the HB Engine 45 crew, led by Captain Travis Ponder with Engineer Glenn Pavlovsky, EMT Shawna Parkinson and Firefighter Ryan Cooke. They had been dispatched under Mutual Aid Agreement to battle the devastating Thomas Fire in Ventura. They had pictures and stories of their deployment that were amazing and, in some cases, a little scary. One picture was a photo of the sun at noon with so much smoke it was barely visible in the sky.

Their deployment was for about two weeks and during that time they were mostly on structure protection. They were able to save many of the structures assigned, but some were already too far gone. They even had one case where the home owner had not yet evacuated, and stated he had no insurance. He had several expensive cars in the garage he was hoping they could save.

Next up were Battalion Chiefs (BC) Jeff Lopez and Marty Ortiz. They had been deployed as Mutual Aid Battalion Chiefs to the Anaheim fires. They did not have Huntington Beach resources with them; instead they managed an Anaheim Strike Team. One of the tough stories they told was about having to make a decision on what to save upon arrival. One house was fully engulfed with little chance to save it; another had obvious fire in the roof and was in imminent danger; but a third had what looked like a manageable fire trying to get started in the roof. They decided they could save that one and put the resources there. It was hard to have to stand and watch two go down but, as we say in CERT, you have to do the most good for the most people. They had little to no chance on two of them, but by focusing resources on the third, it was left fully standing with minor damage and a small hole in the roof. Again, some of their pictures were both fascinating and spooky at the same time. As a side note, it is a testament to the Mutual Aid Programs and the ICS/SEMS programs that two BCs can show up in Anaheim and direct five engines - with crews they've never met - to successfully fight the fires while managing the safety of everyone.

Our first CERT speaker was Richard Batistelli who was deployed by The American Red Cross (ARC) to both the Anaheim Hills area and the Sacramento area fires. He does logistics for Red Cross and did shelter

duty in Anaheim and food acquisition in Sacramento. Some of his pictures of the shelter with cots everywhere were quite amazing. The other pictures that were interesting were of all the donations people bring. We always hear on the news that donating cash is preferred to stuff, but people bring stuff anyway. But the truth is the Red Cross cannot really use donated clothes, foodstuffs, and other items. In reality, it becomes a logistics distraction to have to take away what can't be used to donate it to the Salvation Army or other organizations. Of course, in the meantime, you need to be courteous and thankful to the people who bring household items because they're trying to help. For those who took the Shelter class last year, you will recall similar stories and proper procedures mentioned by those speakers.

Lastly, Larry Jones gave us a short presentation on his ARC 21-day deployment to Texas after Hurricane Harvey. Larry worked in "Mass Care" which includes shelter, sleeping, feeding and registration. He had stories similar to Richard's about life in a shelter and dealing with evacuees. We wish we had more time and hope we can have him share some of his pictures and more details at a future meeting.

Thanks to all our presenters and the large number of attendees for this very interesting evening. We hope it was the beginning of a great 2018 year for CERT.

Active Shooter Drill Jan 29, 2018 By Raji Shunmugavel

An Active Shooter Exercise was conducted at the Honda Center in Anaheim on Jan 29, 2018. Volunteers were requested to participate in the drill which was intended to simulate the response to an active shooter incident within the City of Anaheim. Several of our Huntington Beach CERT volunteers participated as well as members from Anaheim, Brea and Orange. City employees were used to simulate injured victims.

Each of the volunteers was given a role to play such as *victim, witness, or bystander*. The bystanders were to scream hysterically while victims were acting as if they had been hit. This helped create a realistic environment allowing first responders to better assess their capabilities and be prepared for real world incidents.

Because of the noise, everyone was given ear plugs to use. Police were brought in by the 1st wave, 2nd wave and 3rd wave to respond to the shooter incident. Then firefighters responded by triaging and then rescuing the victims.

Participation in this drill gave me some insight into what could happen in real life.

CERT in Action!

By Susan McClaran

I just got a call from student Chad Wood (he attended our last CERT class), who just put his CERT training into action. It was his first day back from winter break and he was coming out of class when he noticed a waist-high fire outside of the Chemistry classroom. His initial thought was that the class was doing something but, as he got closer, he realized...no, this was not right. A motorized skateboard was on fire. He walked inside the classroom and grabbed a fire extinguisher as another guy who had been filming the fire ran past him to grab another one.

When Chad walked up to the fire, he saw a security guard had arrived but he had no extinguisher and was just watching the fire. Holding the fire extinguisher, Chad

looked at the guard and asked if he minded, and the security guard said, "Oh no, go ahead!" So Chad pulled the pin and started to put it out. He instructed the other guy to aim at the bottom where the source is, as he had learned in the CERT class.





The guy that owned the skateboard was bummed out and said he had built it with a lithium battery. Perhaps that was the cause of the fire.

Chad was so excited that he had used his CERT training; he called me to tell me all about it. I thought I would share too!

Go CERT!

Protect Yourself Against the Flu By Anna Pinter

Despite the late date, the Center for Disease Control (CDS) and World Health Organization (WHO) recommend a yearly flu vaccine for everyone 6 months or older as a first step in protecting against the serious current flu season.

Does this year's flu shot work?

Its H3N2 component has been a bad match for the circulating strain of this year's seasonal flu. More people fell ill in 2009 "swine flu", but this was a new virus. This year's dominant virus, H3N2, has been circulating around the world for 50 years. In 1968 it came on the world scene as the "Hong Kong flu", H3N3 has emerged for bad flu seasons in 1997-1998 and 2003-2004. Outbreaks happened in 2009 and 2005-2016. This strain of virus has proven to be very dangerous to the young and the elderly. However, this season has an unusual

target. Those between the ages of 50 to 64 have been second behind the elderly over 65 to have this flu.

Even though the vaccine is only 30 percent effective this year, experts recommend if you have not had a flu shot to do so now. Being vaccinated may save you from dying of the flu.

The second protection against catching the flu is to wash your hands to protect transmission of the flu. Wash often with soap and water. If soap and water are not available use alcohol-based hand rubs. The third is do not touch your face. The fourth is to cover your mouth and nose into a tissue when you cough or sneeze. (Throw the tissue in the trash after each use). Alternatively, cough or sneeze into your sleeve.

Plain common sense is to practice good health habits, exercise regularly, eat healthy food and get plenty of sleep. Most important and the hardest of all is to avoid contact with sick people.

Do not hesitate to visit your doctor when you have flu symptoms such as: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Pneumonia is a serious side effect of the flu.

The CDS and WHO have websites with information on the current widespread flu season.

Why Stephanie Deagle Donates Platelets



Platelets are cells in your blood that form clots and stop bleeding. For millions o f Americans, they are essential t o surviving and fiahtina cancer. chronic diseases. traumatic and injuries. Every 30 seconds someone in the U.S. needs platelets. And

because platelets must be used within five days, new donors are needed every day.

Platelets give cancer patients the strength they need to keep fighting. While cancer patients undergo treatment, a major side effect is low platelet count. Without a platelet transfusion, cancer patients face life-threatening bleeding because platelets help blood to clot. With her donation, Stephanie was able to help two cancer patients.

You may donate platelets every 7 days, up to 24 times a year. If you're interested, call **1-800-RED CROSS** to learn more and schedule an appointment, or complete this short form and they will contact you! You can also download the free Blood Donor App

The Preparedness Test

Taken from Backdoor Survival by Susan McClaran

With the start of the New Year, everyone may have made a resolution....or maybe not. I think we all should start our new year off by taking a little quiz to see how well we are doing and what may need improvement. Make it your goal to have all "No's" on this list turned into "Yes's"....sooner, rather than later, but for sure by next year!

The Preparedness Test

- Has your family rehearsed fire escape routes from your home?
- 2. Does your family know what to do before, during, and after an earthquake or other emergency situation?
- 3. Do you have heavy objects hanging over beds that can fall during an earthquake?
- 4. Do you have access to an operational flashlight in every occupied bedroom? (use of candles is not recommended unless you are sure there is no leaking gas)
- 5. Do you keep shoes near your bed to protect your feet against broken glass?
- 6. If a water line was ruptured during an earthquake, do you know how to shut off the main water line to your house?
- 7. Can this water valve be turned off by hand without the use of a tool? Do you have a tool if one is needed?
- 8. Do you know where the main gas shut-off valve to your house is located?
- 9. If you smell gas, do you know how and would you be able to shut off this valve?
- 10. Gas valves usually cannot be turned off by hand. Is there a tool near your valve?
- 11. Would you be able to safely restart your furnace when gas is safely available?
- 12. Do you have working smoke alarms in the proper places to warn you of fire?
- 13. In case of a minor fire, do you have a fire extinguisher that you know how to use?
- 14. Do you have duplicate keys and copies of important insurance and other papers stored outside your home?
- 15. Do you have a functional emergency radio to receive emergency information?
- 16. If your family had to evacuate your home, have you identified a meeting place?

IF AN EMERGENCY LASTED FOR THREE DAYS (72 HOURS) BEFORE HELP WAS AVAILABLE TO YOU AND YOUR FAMILY:

- 17. Would you have sufficient food?
- 18. Would you have the means to cook food without gas and electricity?
- 19. Would you have sufficient water for drinking, cooking, and sanitary needs?
- 20. Do you have access to a 72 hour evacuation kit?
- 21. Would you be able to carry or transport these kits?
- 22. Have you established an out-of-state contact?
- 23. Do you have a first aid kit in your home and in each car?

- 24. Do you have work gloves and some tools for minor rescue and clean up?
- 25. Do you have emergency cash on hand? (During emergencies banks and ATMs are closed)
- 26. Without electricity and gas do you have a way to heat at least part of your house?
- 27. If you need medications, do you have a month's supply on hand?
- 28. Do you have a plan for toilet facilities if there is an extended water shortage?
- 29. Do you have a supply of food, clothing, and fuel where appropriate: For 6 months or for a year?

Eight First Aid Essentials for Car or Purse Susan McClaran

Below is a list of helpful items for your mobile First Aid Kit, courtesy of WEB MD. Remember, this list is intended for you and your family/friends.

As CERT First Aid Volunteers at events, we do not use medications, ointments, creams, etc. We only use water to clean wounds and offer tweezers to the injured to pick out their own splinters, etc.

1. Tweezers

Tweezers are an essential part of any first aid kit, particularly if you enjoy hiking or other outdoor activities. The safest way to remove a splinter or a tick is with a clean pair of tweezers. Disinfect the tweezers with alcohol well before and after each use.

2. Hydrocortisone Cream

For itchy bites, consider carrying two small tubes of 1% hydrocortisone cream. This topical steroid provides quick relief from itching and reduces inflammation.

3. Hand Sanitizer and Gloves

If you or a friend gets injured on the go, the last thing you want to do is tend the wound with dirty hands. Alcohol-based gel or wipes can sanitize your hands when soap and water aren't readily available. Sanitize before, slip on a pair of latex or non-latex exam gloves, and sanitize again after treating the wound.

4. Pain Relievers

No first aid kit would be complete without medication to relieve pain and bring down a fever. Aspirin, acetaminophen, and ibuprofen are popular over-the-counter pain relievers. Aspirin should not be given to anyone under age 18 because of the danger of Reye's syndrome.

5. Gauze and Tape

For cuts and scrapes, you can use gauze pads to apply pressure to small wounds until the bleeding subsides. When used with tape, gauze can also serve as a bandage to cover and protect wounds. Adhesive bandages of different sizes can also help protect minor cuts and scrapes.

6. Wipes or Solution for Cleaning a Wound

Before you bandage, you'll want to clean scrapes or wounds. Antiseptic wipes or sprays are handy for cleaning injuries when there's no clean water nearby. Sterile water or saline, such as contact lens saline solution, is good to have for flushing out eye injuries and can be used on other wounds. Available in small bottles, it can also be easy to pack.

7. Antibiotic Cream

An antibiotic cream or ointment has several key uses. It can help protect minor wounds from infection. It can keep the area moist, which may promote healing. And it can prevent the wound from getting stuck to a bandage.

8. Allergy Medications

Be ready to counter a mild allergic reaction with antihistamines. People with serious allergies should carry injectable epinephrine. It can save a life in the case of anaphylaxis -- a severe and potentially deadly allergic reaction to triggers such as insect stings or food.

Creating Your Kit

Once you've gathered the essentials for your mobile first aid kit, you'll need a way to keep them clean and dry. You don't have to buy a fancy medical bag. A water resistant makeup bag, tool kit, or fanny pack can work well.

Emergency Care for People with Behavioral or Emotional Problems

Taken from Boeing Vital Measures SELF-CARE GUIDE by Raji Shunmugavel

Last year we had several speakers come and talk about Autism and Alzheimer's in our monthly management meetings. This Boeing Vital Measures Self Care Guide discusses ways to help responders give the best care in a shelter environment.

EMOTIONAL CARE FOR BEHAVIORAL OR EMOTIONAL PROBLEMS

Sudden changes in behavior or mood can constitute a medical emergency. Extreme disorientation, confusion, or violent, aggressive, or threatening behavior requires prompt attention especially when these symptoms put the individual or others in danger. Reasons for this kind of behavior can range from drug or alcohol use, to a reaction to a severe stress, or an existing mental illness such as schizophrenia. Physical problems such as high fever or an insulin reaction can also be to blame. Whatever the reason, this type of frightening, sudden behavior change requires immediate attention.

Unpredictable, Aggressive, or Threatening Behavior

If you find yourself faced with a situation where a person is exhibiting bizarre or threatening behavior, remember that your own safety is of primary importance. Do not do anything that would put you or others in additional danger. You can try the following steps to help the situation

Talk to the person in a calm tone, speaking more slowly than usual, and reassure him or her that you are trying to help. As much as possible, try to reassure the person that you can be trusted and that you do not pose a threat.

Make sure you and the other person are both safe. Look around for potentially dangerous items or weapons within the person's reach.

If you see any kind of potentially lethal weapon, move away from the person and call 911 immediately.

Do not try to restrain a person who is displaying aggressive or threatening behavior. Individuals in an agitated state are unusually strong and can become violent very quickly.

Threats of Suicide or Self-Injury

All threats of suicide or self-injury should be taken seriously. When confronted with someone threatening harm to him or herself, you can help in the following ways:

Try to engage the person in conversation and build rapport. Talk in a calm tone, speaking more slowly than usual, and assure him or her that you are trying to help. As much as possible, try to reassure the person that you can be trusted and that you do not pose a threat.

Do not try to restrain or subdue a person who is threatening suicide or self-injury. Individuals who are in an agitated emotional state behave unpredictably. Sudden attempts at subduing a violent individual can prompt the person into carrying out the threatened action. It could even lead to violence to others.

Call 911 or have someone else call as soon as possible.

As a CERT volunteer, before responding to emergency situations, one must assess your own health in order to provide good care. If you are not really ready you can always delegate your duty of care to a capable and ready volunteer. By being prepared we will serve our community better.

CERT General Membership Meeting, Firefighters Presentation, January 11, 2018









CERT General Membership Meeting, Firefighters Presentation, January 11, 2018 (Continued)

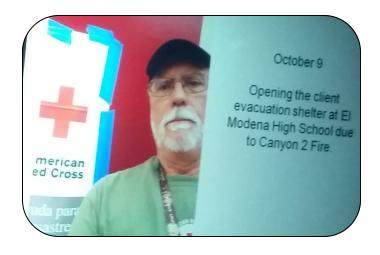




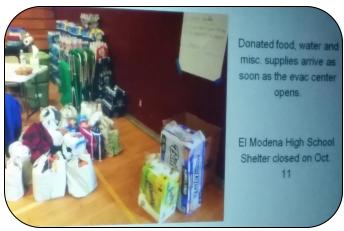




January 11, 2018 CERT General Membership Meeting, Richard Batistelli's Red Cross Deployment

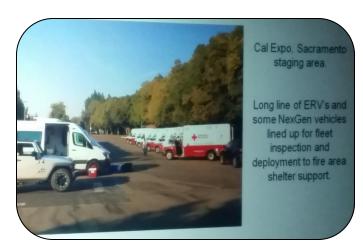




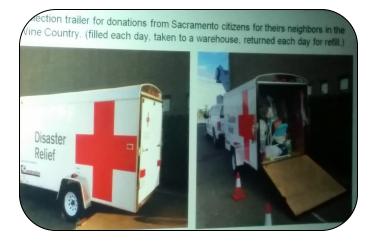








January 11, 2018 CERT General Membership Meeting, Richard Batistelli's Red Cross Deployment (Continued)















Potential impact of a 7.8 earthquake on the San Andreas Fault

What is CERT?

CERT (Community Emergency Response Teams) is a FEMA endorsed training program that prepares you to help yourself, your family, your neighbors and your community in the event of a disaster. During an incident, emergency response personnel could become overwhelmed and resources will be limited. By becoming CERT trained, you will gain the skills to help emergency responders save lives and property. Once you have completed the training, you have the opportunity to become a Fire Department CERT volunteer.



CLASS

Emergency Management & Homeland Security Office 2000 Main Street Huntington Beach, CA 92648

What Will I Learn?

By taking CERT you will learn:

- How to prepare your home and family for a disaster
- How to perform basic first aid and CPR
- How to safely search a building for trapped victims and rescue them
- How to put out small fires using a fire extinguisher
- How to survive outdoors if you cannot return to your home because it is unsafe
- How to use all these skills to create a Neighborhood CERT Team



What do CERT Volunteers do?

CERT volunteers are trained to prepare for and respond to a disaster until first responders arrive. You will be taught to manage a disaster in your home, work, neighborhood or school. After taking care of your home, family and neighborhood, you will help the city with duties such as providing damage assessment information, sandbagging, sheltering, helping in the Emergency Operation Center (EOC), and providing support to the Fire Department and Police Department.



Huntington Beach Fire Department A Class1 Fire Department

CLASSES ARE FREE BUT YOU MUST REGISTER ONLINE AT

www.huntingtonbeachca.gov/cert

FOR MORE INFORMATION CALL Carol Burtis @

714-536-5979 or email carol.burtis@surfcity-hb.org







The CERT Basic Series consists of nine units that build on each other and end with a disaster drill where you can practice what you have learned. Unit topics include:

Disaster Preparedness & Terrorism

Learn what threats Huntington Beach residents face, how the City will respond in a disaster, and how you can get your home, family, neighborhood, school and/or business prepared to respond to emergencies.

Disaster First Aid (Medical Ops I & II)

Learn creative first aid solutions to common injuries resulting from an earthquake, or other disasters, and the ABC's of disaster first aid. Additional topics include splints, slings, treating burns, impaled objects and shock. Learn how to triage disaster victims.

Light Search & Rescue/Fire Suppression

Learn how to do a safety size-up, lift 1000+ pounds using simple leverage techniques, properly search for trapped victims, shore up an unsafe structure, and safely move the injured. Learn to use a fire extinguisher and put out a live fire, fire safety and prevention, how to shut off utilities and secure items that may cause injuries in an earthquake. Finish the class with a disaster drill that will test your newly acquired skills.

FREE classes are available for March 2018.

Class Dates/Times

Friday, March 9; 6:00pm to 10:00pm Saturday, March 10, 8:00am to 5:00pm Sunday March 11, 8:00am to 5:00pm

You must attend all 3 classes to graduate

www.huntingtonbeachca.gov/cert Neighbor Helping Neighbor





SPONSORED BY LDS EMERGENCY RESPONSE, ORANGE COUNTY COMMUNICATIONS UNIT



WHERE? LDS Yorba Building

Orange Stake Center

674 South Yorba St. Orange, CA 92869-5042 (Yorba north of Fairhaven)









WHEN?

Section 1 (Ch.1-7) SATURDAY, March 10^{th} from 8:30 am to 2:30 pm Section 2 (Ch.8-14) SATURDAY, March 17^{th} from 8:30 am to 2:30 pm Section 3 (Ch.15-20) SATURDAY, March 24^{th} from 8:30 am to 2:30 pm

Please note that this is ONE class with THREE sessions. Please plan to attend all three.

THE CLASS WILL START PROMPTLY ON TIME - WE WILL START WITHOUT YOU IF YOU ARE LATE!

There is NO COST for the class

However <u>each student</u> must obtain their own copy of Gordon West's <u>Technician Class License Manual</u>, (July 2014 to June 2018 edition) available for \$20.95, locally at Ham Radio Outlet (HRO) 933 N Euclid, Anaheim, CA, or on-line from W5YI. http://www.w5yi.org/catalog_details.php?pid=69

IN ORDER TO ATTEND, YOU MUST REGISTER - SEATING MAY BE LIMITED!

When you register, you will receive by return e-mail at copy of the PRE-CLASS Study Q&A and an information sheet about Ham Radio Equipment. Complete the PRE-CLASS Q&A before class.





There is NO registration deadline, but seating may be limited!

To register, please contact:

Bill Burbridge W6VKO
LDS Emergency Response Team
W6VKO@ARRL.NET



CITY OF HUNTINGTON BEACH CERT

Neighbors-Helping-Neighbors

MISSION STATEMENT: The mission of the Community Emergency Response Team (CERT) Program is to provide information and training on disaster preparedness; provide leadership and coordination during an emergency, and assistance to help victims recover from an emergency.

Upcoming CERT Events & Activities

- CERT General Membership Meeting, February 8, Guest Speaker from Red Cross, Mark Chung, on Radio Communications, 6:30 PM February 8, 2018 in B8
- CERT General Membership Meeting, March 8, 6:30 PM February 11, 2018 in B8
- CERT Basic Training Class, March 9, 10, and 11. See flyer

CPR Classes

Fire Med customers can take CPR classes for free and non-FireMed customers can take classes for a fee.

- Saturday, February 10, 9:30 am 1:30 pm
- Wednesday, February 21, 5:30 pm 9:00 pm
- Saturday, March 10, 9:30 am 1:30 pm
- Wednesday, March 12, 5:30 pm 9:00 pm
- Saturday, April 13, 9:30 am 1:30 pm
- Wednesday, April 25, 5:30 pm 9:00 pm

To enroll in CPR classes, call 800-400-4277 or 714-556-4277. Class location is in the HB area and exact location given at time of enrollment.

CERT NEWSLETTER STAFF: Virginia Petrelis (Editor), Peter Petrelis (Publisher), Anna Pinter, Cynthia Goebel, Carol Nehls, Rajarajeswari (Raji) Shunmugavel, Barbara Scott

IMPORTANT ANNOUNCEMENT!

CERT Website: www.huntingtonbeachca.gov/cert CERT Contact: CERT@surfcity-hb.org

CERT Message line 714-536-5974 (THIS IS A MESSAGE LINE ONLY!)