



CITY OF HUNTINGTON BEACH CERT NEWSLETTER

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HB CERT HIGHLIGHTS

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CLASS 1

It's Not Too Late!

By Carol Burtis

It is not too late for you to pass out the flyer (in this newsletter) to your friends and neighbors and bring them to the special May 19, 2018 four-hour training! They will have at least some of our basic CERT training and will be able to help you out should we have a disaster. Hopefully they will have so much fun at the mostly "hands on" training that they will be interested in taking our 20 Hour CERT class in the fall.

To sign them up for the class, just email me a list of their names and email addresses by the deadline of May 14. If you need copies of the flyer, I can make them for you to pick up at City Hall, just send an email to carol.burtis@surfcity-hb.org with the number needed. Please let me know if you have any questions. I look forward to seeing you May 19!

CERT Facebook Page

By Phil Burtis

Based on results of the 2018 CERT database update survey, it turns out that about a third of the respondents don't use Facebook at all. Another 25% or so use Facebook but have no idea we have a Facebook CERT group.

So if you are in that latter category, and would like to join the group, next time you're on Facebook just go to the search bar and type in "Huntington Beach CERT." Then you can click on the link that pops up. It is a closed group (because it was decided we only wanted actual CERT members to post there), so click on the button that is a request to join the group.

We don't monitor it every day, but certainly within a few days you should be accepted. Then you can check in from time-to-time to see recent news related to either disaster information or HB-CERT specifically (like meetings, events and such).

Kidde Fire Extinguisher Recall

By Cynthia Goebel

November 2, 2017 – In conjunction with the U.S. Consumer Product Safety Commission (CPSC), Kidde announced a voluntary recall to replace certain Kidde fire extinguishers. The potential safety issues are 1) certain fire extinguishers can become clogged or require

excessive force to activate, posing a risk of failure to discharge and 2) the nozzle can discharge with enough force to pose an impact hazard.

The product recall involves two styles of Kidde disposable fire extinguishers: plastic handle fire extinguishers (134 models) and plastic push-button fire extinguishers (8 models). This product recall is on-going. Approximately 37.8 million units of these models were manufactured between 1973 and 2017. See the Kidde Fire Extinguisher Recall website for the detailed Recall Identification Guide and how to return your affected fire extinguishers and receive replacements.

<https://www.kidde.com/home-safety/en/us/support/product-alerts/recall-kidde-fire-extinguisher/>

In our home we found four of our fire extinguishers were on the recall list. After filling out the online form to report this to Kidde, fairly promptly, we received new replacement extinguishers and labels to return the recalled ones.

From My Red Cross Desk

By Richard Batistelli

As of this writing, the American Red Cross is set to begin its annual campaign of "Sound the Alarm," a nationwide endeavor to install over 100,000 free smoke alarms in over 100 cities with low income households across the United States.

Partnering with area fire departments and local community organizations, Red Cross teams have dedicated their time by crisscrossing selected neighborhoods, installing new and/or replacing existing alarms. In the three years since its inception, these volunteers have visited over one million homes, installed a like number of alarms and provided home evacuation plans and important life saving fire protection information to at-risk families. As a result, it has been estimated that some 416 lives have been saved due to their combined efforts.

The current program begins April 28 and goes through May 13, so get the word out: "Sound the Alarm," – Save a Life.

You can find more information at: <https://www.redcross.org/ns/site/index.html>

A Message from Alex Tardy Warning Coordination Meteorologist Skywarn Program

<https://weather.gov/SanDiego>

Hi Weather Spotters!

I wanted to share an updated full weather spotter training module for Southern California. In the past there was some confusion with the quiz and problems with running the training on Apple. This version is on YouTube so everyone should be able to view. You can step through at your own pace and focus on sections as a refresher. The full training video is 1 hour 50 minutes. There are many photos of the weather and hazards that you can enjoy, as well as learn some meteorology while understanding National Weather Service (NWS) operations. Thanks for your support in the Skywarn program. New spotters would still have to sign up at the links provided toward the end of the training. If you took the prior online training this new version has updated links and weather events.

<https://www.youtube.com/watch?v=NydrhHhOBXo>

CERT Awards

By Phil Burtis

At our April 12 meeting, it was our pleasure to thank everyone for their volunteerism in 2017. Every hour contributed is important to us as CERT and to you as someone willing and able to serve your community. In 2017, 47 volunteers logged hours and awards were divided into three categories:

Bronze	25 - 50 hours	13 recipients
Silver	51 - 99 hours	9 recipients
Gold	100 - up hours	10 recipients (and three of those were over 200 hours!)

We officially reported 2,641 hours for our yearly status update to the Fire Department Administration, but after we again reminded some of you to enter hours, we actually were over 3,000 hours. That's the equivalent of three half-time people for a year! Thank you!



April 12, 2018 General Meeting *By Virginia Petrelis*

Since it was Volunteer Appreciation Week, The Huntington Beach Fire Department provided very special refreshments for us during our April General Meeting.

Jane Cameron, the Fire Medical (FireMed) Coordinator, spoke about the program benefits for residents and how the revenue helps provide much needed special life saving equipment for the fire department.

Jane is also a television program host for local cable productions focusing on public safety and municipality functions. She interviews city government leaders, community and business members, and emergency service personnel in field environments.

Jane was open to answering any questions we had about the FireMed program and we all enjoyed her presentation.

Here is information about the FireMed program, directly from the city website:

FireMed Paramedic Subscription Program



FireMed, an official program of the Huntington Beach Fire Department, is a voluntary membership program that improves the quality of emergency medical services right here in our own community. As a FireMed member you receive:

- No out-of-pocket cost* for paramedic and emergency ambulance service provided by the Huntington Beach Fire Department.
- Coverage for your entire household, anywhere in the City of Huntington Beach (emergency ambulance transportation is allowable to hospitals outside of the City).
- Umbrella coverage for visitors who suffer an emergency medical incident at a FireMed household.
- The Medical Information Program - a vital information resource used by paramedics in an emergency.
- Free American Heart Association CPR Classes.

*Those members without insurance at the time of the emergency medical incident will receive a 20% discount on the total bill. Discounts are not given to non-FireMed members.

Since it began in 1990, the FireMed Program has provided funding for additional paramedics, advanced training, and emergency medical equipment. Funding from this program has placed paramedics in all eight Huntington Beach fire stations, and enhanced emergency transportation with the Ambulance Operator Program. Your membership helps firefighters and paramedics respond as quickly as possible to save lives.

All residents of Huntington Beach are eligible to join. Your \$60 annual membership fee covers you and all the people who live at your residence. By joining FireMed, you and your entire household can save money while helping to improve the quality of paramedic service right here in Huntington Beach. Support a program that is saving the life of your neighbor, your loved one, or even your own!

April 12, 2018 General Meeting (continued from page 2)

For further information regarding the FireMed Program, call (714) 374-1598 or visit our [FireMed Frequently Asked Questions](#) page. You can also click here for the [FireMed Fact Sheet](#).

To join FireMed, complete a [membership application](#). You can also e-mail us at [FireMed Program](#).

Note: Medi-Cal plans may provide "payment in full" coverage for non-FireMed members if a share of the cost is not required. However, those covered by Medi-Cal may still wish to join the FireMed Program for coverage provided to others in their household or for other FireMed benefits.

To download the FireMed brochure, see: https://www.huntingtonbeachca.gov/files/users/fire/firemed_brochure.pdf



Orange County CERT Mutual Aid Program (CMAP) *By Phil Burtis*

On April 14, 2018 we hosted a CERT-Huntington Beach / CMAP Responder Course at City Hall. Over 30 people took the course which is intended to give graduates additional information on how we would respond to an actual callout event in the City or as mutual aid to the County.

The CERT basic class is geared towards developing skills needed, but doesn't go too much into details on how or what you might really be doing. The Responder course is geared towards explaining how that process would work.

In actual CMAP events in which we have participated, the tasks we've been asked to perform have not utilized classical CERT training. Instead of first aid, search & rescue, cribbing or fire extinguishing, we were asked to do traffic control, make & serve coffee, serve meals, do paperwork and other ultimately important tasks.

Although that sounds simple enough, figuring out how to do that when other County CERT members are dispatched with you can be challenging. Different agencies have slightly different approaches. If some people are more assertive than others, conflicts may arise. So a big part of the Responder course is aimed at conflict resolution and setting expectations on what you might be asked to do, keeping in mind we are volunteering for a mutual cause.

Of the attendees, eight have now completed all the requirements to become CMAP responders and received a CMAP backpack. Congratulations to all!

"Nightmare" Bacteria

By Virginia Petrelis

You may have heard about "nightmare" bacteria on the news recently. Over 200 cases of this new breed with new or rare antibiotic-resistant genes have been found in 27 states, according to the Center for Disease Control (CDC.) These bacteria are virtually untreatable and capable of spreading genes that make them unaffected by most antibiotics.

These "nightmare" bacteria are particularly deadly in the elderly and people with chronic illnesses. Up to 50% of the resulting infections are fatal, according to Dr. Anne Schuchat, the CDC's principal deputy director.

Schuchat said at a news conference that the CDC was working to get "in front of them before they do become common." "We have data showing an aggressive approach works to halt the spread of these new threats." About 2 million Americans get sick from antibiotic-resistant bacteria each year and 23,000 die, the CDC reported.

For more important information on "nightmare" bacteria, go to the following websites:

<http://www.foxnews.com/health/2018/04/03/nightmare-bacteria-cases-seen-in-27-states-cdc-reports.html>

<http://abcnews.go.com/Health/cdc-focused-finding-nightmare-bacteria-preventing-spread-report/story?id=54236528>

<https://www.livescience.com/62209-unusual-nightmare-bacteria-antibiotic-resistance.html>

<http://thehill.com/policy/healthcare/public-global-health/381458-cdc-finds-nightmare-bacteria-spreading-across-the>

Our Credit Card Was "Skimmed"

By Virginia Petrelis

Imagine our shock and dismay when we opened up a gasoline credit card bill to find someone had charged \$1,400 worth of gas and diesel fuel to our account during the past month! We immediately contacted the gasoline company and were assured that our card would be cancelled, they would start a fraud investigation, and we did not have to pay the bill. It never had occurred to us that our credit card information was not safe at a gas pump, but apparently our case was not that unusual. Searching the internet, I found the following information on credit card fraud at gas stations.

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Our Credit Card Was “Skimmed” (continued from page 3)

Seven Ways to Protect Yourself From Credit Card Fraud at Gas Stations

By Jennifer Calonia April 28, 2016

Consumers typically worry about credit card fraud when making purchases online or conducting ATM transactions, but over the past few years, fraudulent credit card activity has taken the form of gas station scams that use technology to victimize patrons. The key to staying safe is understanding how to protect yourself from identity theft and credit card fraud.

By practicing these security measures before swiping a credit card at the gas pump, you can protect yourself from identify theft and credit card fraud.

1. Beware of Gas Station Credit Card Skimmers

Gas station credit card skimmers are external devices that thieves attach over a real credit card slot at a gas station pump. As customers swipe their cards into the skimmer, the device saves and stores card information immediately.

What to look for: If a credit card slot looks different from the other card readers at the station, it might be a setup for a credit card skimming fraud.

What to do: Skimming devices are meant to be placed temporarily for a matter of hours or just a day. For that reason, they are attached using only double-sided tape, so thieves can easily remove them. Before sliding a credit card through the machine, tug on the reader to ensure it is securely attached; skimmers will easily pop off with little effort.

Contact the police to file a police report if you find a credit card skimmer; this is a necessary step so that the device can be placed safely in the hands of authorities.

2. Look for Tamper-Evident Stickers

Criminals usually infiltrate credit card mechanisms through the front panel of gas pumps. They implant devices internally, and these devices then capture the credit card information from within once customers swipe their cards.

What to look for: Survey the gas pump's edges — especially the hatch surrounding the credit card unit. If it looks battered, as if someone tried to pry it open, or if the lock itself is broken, it might be compromised. Some gas stations, like Shell stations, apply a tamper-proof seal across the opening of the credit card door. When a door is broken into, the sticker is lifted revealing the words “VOID” on the sticker.

What to do: Before using a gas pump, find out whether the pump has a tamper-evident sticker. If it has one that is placed on the unit correctly — across the opening of the door — and it reads “VOID,” move on to the next pump or station. You might want to inform the gas attendant if you see a voided sticker — and you should definitely contact the local authorities to report the gas station scams in the area. If enough reports of gas station credit card fraud are forwarded, this might get an investigation started.

3. Block View of Pinhole Cameras

These inconspicuous cameras are so small that

cardholders really have to be paying attention to spot them. They are sometimes used in conjunction with credit card skimmers to capture footage of customers entering their PIN numbers on debit cards. With this added information, criminals can commit debit card fraud and withdraw funds directly from bank accounts, as well as make fraudulent credit card purchases. For this reason, it's always better to use a credit card at a gas station rather than a debit card.

What to look for: Again, search for anything on the face of the gas pump that looks different compared to the other pumps. Pinhole cameras are often situated above the keypad area.

What to do: For extra precaution, use two hands when paying for gas at the pump. Use one hand for the transaction, and place the other above the credit card screen to shield the keypad from view of lurking cameras above.

4. Beware of Electronic Pickpockets

Among the most dangerous tools used to steal credit card information are electronic pick pocketing devices. If you have a radio frequency ID (RFID) chip implanted in your credit card, you are susceptible to these electronic pick pocketing devices. These chips are easy to scan and allow customers the convenience of tapping — instead of swiping — their cards to make a purchase. Criminals conceal the device discreetly while walking past their victims, and use the device to scan victims' “chipped” credit cards.

What to look for: Know whether your credit cards have the RFID chip; MasterCard PayPass and Chase Blink credit cards are among those that feature the chip. No contact is needed for the device to scan credit cards — thieves only need to be a few inches away.

What to do: Chase and other banks have already started to phase out this feature. Those who still own a RFID-capable card can do two things to protect themselves:

- Be wary of anyone who walks too closely to you at the pump and remain aware of your surroundings and the electronic devices that might be in others' hands.

- Wrap your RFID cards in aluminum foil. It sounds funny, but it's proven to be more effective in protecting credit card information than expensive RFID-specific wallets on the market, according to Consumer Reports.

5. Use the Pump Closest to the Cashier

If you have a choice of pumps, choose the pump closest to the cashier. Criminals are less likely to apply credit card skimmers or other criminal tools so close to the attendant. Of course, you should still be wary of credit card skimmers, tamper-evident stickers and pinhole cameras even if you do get a pump close to the cashier.

6. When in Doubt, Use Cash

While credit cards lend convenience, if a situation just doesn't feel right, go with your instincts and just use cash. It saves the hassle of disputing a credit card charge in the future and eliminates the chance of putting yourself at risk of long-term credit damage.

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Our Credit Card Was “Skimmed” (continued from page 4)

7. Pay the Gas Station Attendant Instead

If cash isn't a possibility, cardholders also have the option of handling the transaction with the gas station attendant. Customers do still take on a small risk — as there is no guarantee that the employee isn't using a credit card skimmer behind the counter — but can avoid the risks of pinhole cameras and gas-pump credit card readers that have been tampered with.

What to Do If Your Credit Card Is Skimmed

It's always good practice to check your bank or credit card statements to make sure the charges are correct. After filling up your car at a gas station, it's prudent to check your accounts. If you review your statements or accounts and find that your credit card has indeed been skimmed, call your credit card or bank immediately to let them know about the fraudulent charges and to protect yourself from further criminal activity on that card.

Surf City Escape Triathlon -- April 22, 2018

By Raji Shunmugavel

The inaugural Surf City Escape Triathlon was held in Huntington Beach on April 22, 2018. The Triathlon was an Olympic distance: one mile open water swim, a 24.8 mile bicycle course, and a 6.2 mile distance run.

Road closures along Pacific Coast Highway (PCH) allowed athletes plenty of room for a safe, fast ride and for spectators to capture all the action. Pedestrians and non-participant bicycles were prevented from entering PCH while the race was in progress.

As a CERT communicator, my assignment location was PCH & Warner on the bicycle course. I arrived at 5:40 am in time for the RACES Radio net to begin at 6 am. I was there to observe and report when the first bicyclist reached my location to turn around and return to the finish line. The race staff made sure the bicyclists reduced their speed to make a safe turn and resume the course.

To me, it was a spectacular day watching the competitors maneuvering with good riding skills. Even at my remote location, at the far end of the course, I felt as if I was also riding with them.

The efficient operation of the RACES net helped me to be a part of the team. I was able to follow the progress of the race and hear them loud and clear.

When the last bicyclist finished the turnaround, I was relieved of my duty at 10:20 am.

The Sprint Run in the Surf City Escape Triathlon *By Steve Darden, Spring 2018 CERT Class Graduate*

I was a participant in the 3.1 mile sprint run on Sunday, April 22nd. It was a perfect day for the run. I met several runners from all over the world. The ones I remembered the most were Bob Jones and Mike Ferritt from Australia.

I was one of the few who finished in front of the pack and recommend this sprint for anyone who enjoys running, having fun and meeting new friends. The volunteers were very helpful and kept everyone happy with water and snacks.

The First Aid Corner

By Susan McClaran

April showers bring May flowers.....and allergies!! Here are some reminders regarding allergic reactions. Some excerpts from yours truly and some are courtesy of WebMD and the Red Cross.

****Note**: Because we as CERT do not give medications, I have worded the article for “Mild Allergy Symptoms”, with the intent that the person in need may be able to take any medications themselves.**

So how does it work and what are allergies?

Our immune systems help to keep us healthy by fighting harmful pathogens that can cause disease. Sometimes our immune systems overreact to try to fight off ordinary things that are not usually harmful like certain foods, grass or pet dander.

During a reaction, your immune system releases antibodies. These are proteins that deliver a message to cells: Stop that substance! The cells then send out histamine, which causes blood vessels to expand, and other chemicals, and these trigger the allergy symptoms.

A person can have an allergy to almost anything

Common allergens (allergy triggers) include:

- Venomous insect stings
- Peanuts, tree nuts, shellfish, milk, eggs, soy, milk and wheat
- Animal dander
- Plant pollen
- Medications like penicillin and sulfa drugs
- Latex

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First Aid Corner (continued from page 5)

An allergic reaction can range from mild to very severe. A person who is having a mild to moderate allergic reaction may develop a skin rash; a stuffy nose; or red, watery eyes.

The skin or area of the body that came in contact with the allergen usually swells and turns red. Care for a mild to moderate allergic reaction may include: Monitoring and caring for the person's signs and symptoms.

- For mild allergy symptoms, such as hay fever or hives, the person may take an over-the-counter (OTC) antihistamine.
- For stuffy nose, an OTC decongestant.
- For itchy, watery eyes, use allergy eye drops.
- For itchy allergic rash, apply cold compresses and an OTC hydrocortisone cream.

Watch for worsening symptoms, including signs of anaphylaxis

A person who is having a severe, life-threatening allergic reaction (called anaphylaxis) may develop signs and symptoms within seconds or minutes of coming into contact with the allergen and needs to be cared for immediately.

If a person with a severe allergy comes into contact with an allergen, the body releases an excess of certain internal chemicals called histamines. Those chemicals released in the body can lead to all sorts of problems, such as difficulty breathing, shock and even death.

Have someone call 911 now if the person has had severe reactions in the past or has any of these symptoms:

- Difficulty breathing or wheezing
- Tightness in the throat or a feeling that the airways are closing
- Hoarseness or trouble speaking
- Swollen lips, tongue, or throat
- Nausea, abdominal pain, or vomiting
- Fast heartbeat or pulse
- Anxiety or dizziness
- Loss of consciousness
- Other symptoms of a severe allergic reaction (anaphylaxis)

Help the person use medication (if requested) for the emergency treatment of anaphylaxis, and then call 9-1-1 or the designated emergency number.

****NOTE:** If you are aloneTreat first, and then call 911.

Reminder points to remember in case the person forgets:

- The EPI Pen MUST belong (be prescribed) to the individual in need.
- The injection site is the outside middle of a thigh, through the clothing.

- The tip of the auto injector should be held at a 90-degree angle to the thigh.
- The medication is administered by quickly and firmly pushing the auto injector tip into the thigh until a click is heard or felt.
- The auto injector should be held in place for the recommended amount of time (5 to 10 seconds, depending on the device).
- After the medication is administered, massage the injection site.
- Place the used auto injector with the needle pointing down in its carrying case or other rigid container and give it to EMS personnel when they arrive for proper disposal.
- If the person is still having signs and symptoms 5 to 10 minutes after administering the first dose of epinephrine and emergency responders have not arrived, the person should administer a second dose.

Do CPR if the Person Stops Breathing

How To Use EpiPen®

Blue to the sky. Orange to the thigh

The EpiPen® Auto-Injector is a disposable, pre-filled automatic injection device that administers epinephrine in the event of a severe allergic reaction.

Remove the EpiPen® Auto-Injector from the carrier tube and follow these 2 simple steps:



Hold firmly with orange tip pointing downward.

Remove blue safety cap by pulling straight up.

Do not bend or twist.

Swing and push orange tip firmly into mid-outer thigh until you hear a 'click'.



Hold on thigh for several seconds.

Built-in needle protection.

After injection, the orange cover automatically extends to ensure the needle is never exposed.

Call 911 after using EpiPen®.

CERT Awards and General Meeting, March 12, 2018



CERT Awards and General Meeting, March 12, 2018 (continued)

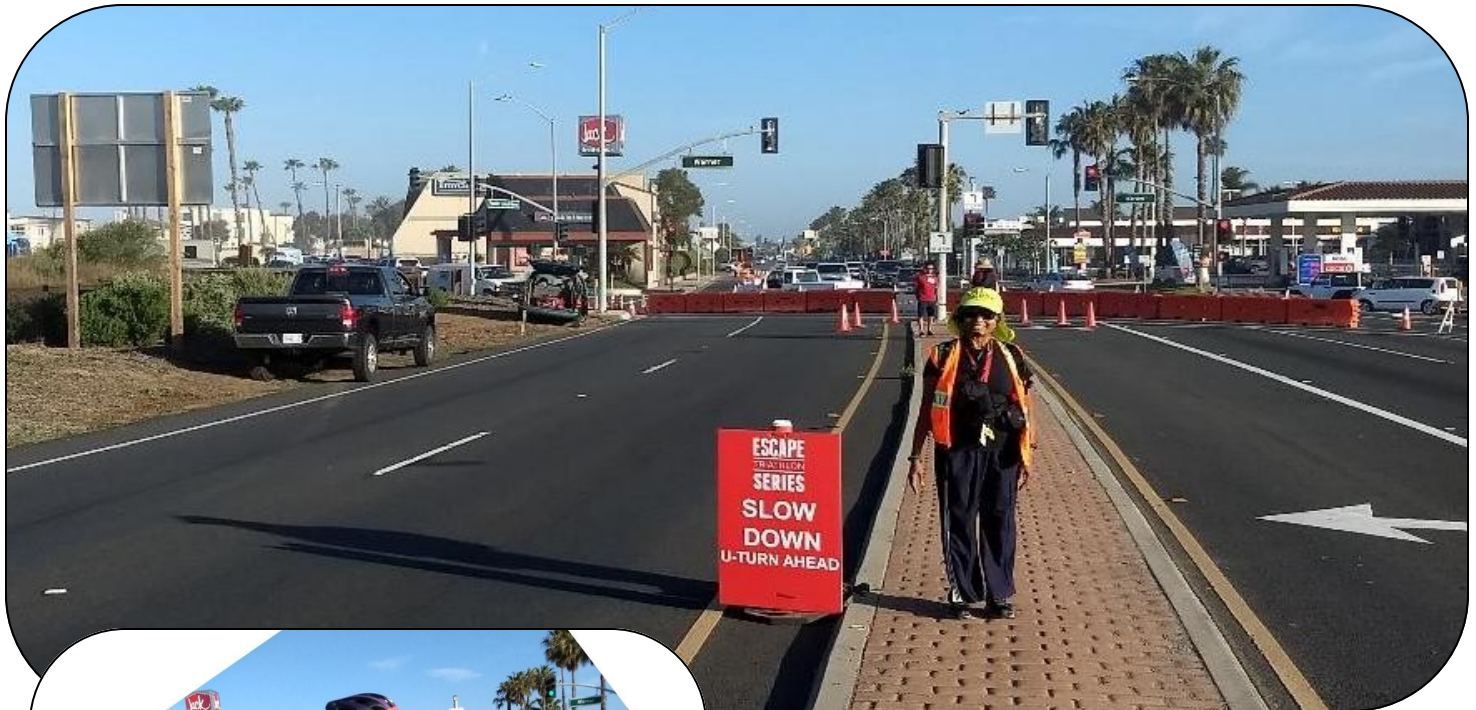




CERT Awards and General Meeting, March 12, 2018 (continued)



SURF CITY ESCAPE TRIATHLON, April 22, 2018





Special Neighborhood Disaster Training Class

May 19, 2018

Provided by the Huntington Beach Fire Department CERT Program

Class Topics

- CERT Team Functions
- Basic First Aid
- Fire Extinguisher Use
- Light Search & Rescue

Class Date/Time

- Saturday, May 19
- 4 Hours 8 AM - Noon

HB CERT Link

<https://www.huntingtonbeachca.gov/government/departments/fire/cert>

This is a link to HB CERT

Contact HB CERT

Carol Burtis – CERT Coordinator
carol.burtis@surfcity-hb.org
(714)-536-5979



Preparing Our Neighbors for Disasters

Greetings! I am one of your neighbors and I have taken a class put on by our Huntington Beach Fire Department's Community Emergency Response Team (CERT) program. I have learned many things including how to become better prepared for any potential disaster and how best to respond should one occur.

I would like to offer you a very special opportunity to join me in a short 4-hour Saturday morning class. You will learn some very basic topics such as How a CERT Team Functions, Basic First Aid, how to use a fire extinguisher and an introduction to Light Search and Rescue. These simple skills are extremely useful in everyday life and even more so should some emergency or disaster occur.

How Do You Sign Up?



This is a special invitation-only event. I have provided you with my email below. If you would like to participate in this fantastic 4-hour class, please email me a note (see my email below). I will then set up the group reservation for our neighborhood.

My Goal for the Class



First aid and fire extinguisher usage are handy skills for everyday situations. Beyond that my goal is to ensure our neighborhood can take of ourselves in a disaster. This short and informative class is a first step towards ensuring we can help each other. Please join me and take advantage of this class. It's free, fun, and fantastic.

Your Neighbor

My email is

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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, May 10, 2018 6:30 PM in B8
- Special Neighborhood Disaster Training Class, May 19, 2018, 8 AM to Noon
- CERT General Membership Meeting, June 14, 2018 6:30 PM in B8

CPR Classes

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

- Saturday, May 12, 10:00 am – 1:00 pm
- Wednesday, May 23, 6:00 pm – 9:00 pm
- Saturday, June 9, 10:00 am – 1:00 pm
- Wednesday, June 20, 6:00 pm – 9:00 pm
- Saturday, July 14, 10:00 am – 1:00 pm
- Wednesday, July 25, 6:00 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!)