

CERT NEWSLETTER

SINCE 1991

February 2013



President's Message By Peter Petrelis

All CERT members are invited to attend and participate in the "State of CERT" general meeting on Thursday, February 7, 2013 at 6:30 pm in the Huntington Beach City Council Chambers.

Mayor Connie Boardman and Fire Chief Patrick McIntosh will attend. Brevyn Mettler, Huntington Beach Emergency Services Coordinator, will present the program which includes CERT plans and classes for 2013, and the Induction of Fire Department Volunteer graduates of 2011 and 2012. CERT will be recognizing and awarding our outstanding volunteers. As an active CERT member, you should have received a mailed invitation letter from Chief McIntosh. If you didn't receive an invitation, then we may not have your current mailing address in the database. Email me at pgpworks@verizon.net to update your information.

CERT members are invited to the monthly management and general member meetings. Effective in March 2013, we are changing the meeting night to the SECOND Thursday of the month and the location to B7 / B8 (next to the council chambers) so that we can accommodate more members. We are also changing the format of the meeting to include invited speakers or special training. The meetings will start at 6:00 pm with 30 minutes devoted to management followed at 6:30 pm by special training or a speaker.

At the Thursday, March 14 meeting Chris Merkle will discuss his first-hand experience working on-site cleanup after Super Storm Sandy as a member of Team Rubicon, a veterans' organization that unites the skills and experience of military veterans with first responders to rapidly deploy emergency response teams. Chris, who is a 2011 CERT graduate, shared his experience in last month's newsletter. Please come at 6:00 pm to participate in the management meeting and hear about Chris' experiences.

There are many lessons we can learn from Super Storm Sandy. Now is a good time to review and update your own emergency preparedness plan and replace expired emergency supplies. Remember to check the operation of your flashlights and emergency

radios and other electronic devices.

NEW FORMAT for CERT CLASSES: The former "Save-A-Life Saturday" four classes are now scheduled over four weekday evenings from 6:30 to 9:30 pm (April 10, 17, 24, and May 1) plus one Saturday, May 4, 8:00 am to 4:00 pm. Urge your friends and neighbors to sign up for the free classes at the CERT website, www.huntingtonbeachca.gov/cert

Upon completion of these classes, participants will receive a completion certificate signed by the mayor, and be better prepared to help their family and neighborhood in the event of a disaster. With completion of more training, participants can become CERT Fire Department Volunteers and participate in city-wide CERT activities outside their neighborhood. CERT Fire Department Volunteers, by taking Red Cross Shelter training, can become members of the County Mutual Aid Program (CMAP.)

The Importance of Neighborhood Network By Judy Ann Morris

In a disaster, the people that surround you – your neighbors – will be the ones you and your family turn to for immediate help. And, very likely, they will turn to you.

The greater the devastation, the more you will need each other.

Emergency responders such as firefighters, utilities and healthcare providers will have more calls than they can handle. In some cases, the facilities housing them may have been damaged. In others, travel response times may be increased due to debris blocking the routes.

Emergency responders may not be able to reach everyone who needs help in the first few hours, or even days.

A neighborhood that is educated in the proper emergency response procedures will suffer fewer serious injuries, less loss of life and reduced property damage.

Recent events around the world have taught us the importance of connecting with your neighbor. It is key to survival.



HB CERT

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CLASS 1

The Worst Flu Season in a Decade

By Anna Pinter

The Centers for Disease Control (CDC) says, "This is the worst flu season in a decade, and it has now reached epidemic proportions." Many people think the stomach bug that's being spread this winter is the same as Influenza (flu). They are two totally different viruses.

No one likes getting sick, especially with the flu. But, unfortunately, it's a risk we all take every time we walk outside.

Friday, January 25, 2013, the Centers for Disease Control (CDS) declared the Influenza (flu) outbreak an epidemic. Across the country hospitals are overcrowded, and in some cities, like Chicago, at capacity.

The CDC says, "Those who received the flu vaccination this year are 60% less likely to go to the doctor for Influenza." Medical officials are urging people to get vaccinated, if they haven't already done so. No vaccine is 100% effective, but if flu strikes, vaccination often results in milder illness, the agency said.

The flu and the common cold are caused by different viruses. A common cold and flu can have some of the same symptoms and are both respiratory illnesses. It can be difficult to tell the difference between a cold and the flu. When you have a cold you may have a stuffy or runny nose, sore throat, headache, cough and body aches. When you have the flu, the symptoms are more severe and can include extreme fatigue, fever and a dry cough. Unfortunately, there is no cure for the common cold. However, lots of rest, staying home, and drinking lots of water are always recommended. Medical advice is sometimes necessary.

When you ask a person for symptoms you usually hear, "Oh, I have the flu." Their symptoms are vomiting, abdominal cramps, diarrhea, fever, and/or chills. Symptoms of stomach flu, also called viral gastroenteritis, are inflammation of the stomach and intestines. This is not Influenza. The Rotavirus is responsible. Rotavirus is more common in young children and infants. Dehydration, loss of body fluids due to severe vomiting or diarrhea, is very dangerous. The Norovirus is more common in adults, but both groups can be infected by either virus. Both viruses are contagious.

Rotavirus spreads easily. Children can spread the virus both before and after they become sick with diarrhea. The virus can spread to family members and other people with whom they have close contact. The Rotavirus passes from one person into the environment through the fecal-oral route. This means that the virus must be shed by the infected person and then enter another person's mouth to cause the infection. Rotavirus is spread by fecal matter on contaminated hands, objects, food and water. Groups of individuals more susceptible to Rotavirus infection are children, older adults, adults who take care of small children and adults who are traveling. Since

2006 a vaccination has been available.

The Norovirus is a new strain detected in Australia in 2012. It is currently responsible for most Norovirus outbreaks in the United States. Dr. Davis Brown, director of the Virology Reference Department at the Health Protection Agency (HPA), says that the emergence of a new strain does not mean it causes more serious illness. He said, "There is no specific treatment for Norovirus infection other than let the illness take its course, with symptoms lasting around two days. Keeping hydrated (by drinking water regularly) is very important and you can take over-the-counter medicines to relieve headaches, aches and pains."

Noroviruses are a group of related viruses which affect the stomach and intestines and cause gastroenteritis (inflammation of the stomach and intestines). Other germs and flu can cause food poisoning. Norovirus is not related to the flu (Influenza), which is a disease of the respiratory system caused by the Influenza virus.

Symptoms of the infection are usually diarrhea, vomiting, nausea, and stomach cramping. Dehydration can happen when a person does not drink plenty of fluids to replace fluids lost due to vomiting and diarrhea. There is no vaccine to protect against the Norovirus infection.

Norovirus is easily spread:

- Cover your mouth and nose when sneezing or coughing.
- Do not touch your face, or put your fingers in your mouth.
- Do not eat food prepared by someone who is sick.
- Be careful not to touch contaminated surfaces.
- The best prevention is frequent hand washing with soap and warm water for 20 seconds.
- Individuals who are sick should stay home to avoid spreading the illness.
- Remind children to practice healthy habits.

Pertussis, a respiratory disease commonly called whooping cough, is a very contagious illness caused by bacteria. The CDC reports that whooping cough is at a 60-year high. If you think whooping cough went away with other 19th.century diseases you are mistaken. Pertussis is found only in humans and the disease is spread by coughing or sneezing while in close contact with others. Many infants are infected by older siblings, parents or caregivers who might not even know they have the disease.

Whooping cough appears 7-10 days after infection, and shows as mild fever, runny nose and a cough. The cough develops into a violent attack of coughing followed by a whooping sound. Serious side effects can occur such as: pneumonia, seizures, and coughing lasting for long periods of time. The recent rise in outbreaks started in July 2012 and currently is in 46 states. There is a vaccination that can be given to most people. (continued next page)

The Worst Flu Season in a Decade (continued)

By Anna Pinter

Germs can spread to the hands by sneezing, coughing, or rubbing the eyes and then can be transferred to other family members or friends. Simply washing your hands can help prevent such illnesses as the common cold or eye infections.

Newest information suggests alcohol-based hand wipes and gel sanitizers do not work as well against some of these contaminants. Bleach-based products are more effective. The best way to help prevent Norovirus is to practice proper hand washing and general cleanliness.

For more information on Orange County, California and the recent flu epidemic, see the following websites:

www.cdc.gov/flu/spotlights/flu-activity-update.htm
<http://ochealthinfo.com/phs/about/dcepi/epi/schools>
www.cdc.gov/flu/school

How to Wash Your Hands

<http://coldflu.about.com/od/prevention/ht/handwashing.htm>

Hand washing is the single most important step in preventing the spread of diseases. Since your hands come in contact with nearly any bodily fluid that you might have, not to mention other sources of germs, it is extremely important to wash them often. We all use our hands much more frequently than we realize and they come into contact with millions of germs a day.

So, do you think you wash your hands enough? Are you doing it properly? This step-by-step guide will show you how to wash your hands effectively so you know that you are minimizing your risk of catching and spreading illnesses.

Difficulty: Easy

Time Required: 20 seconds

Here's How:

1. Turn on water, preferably to a warm, comfortable temperature.
2. Use approximately a dime sized squirt of liquid hand soap (or according to manufacturer's instructions).
3. Lather and rub hands together for at least 20 seconds (Sing the "Happy Birthday" song twice).
4. Be sure to wash well between fingers and under nails, although using a nail brush is not necessary.
5. Rinse all soap off hands.
6. Using two paper towels, dry hands completely.
7. Turn off faucet with paper towels, and then discard towels in garbage can.

Tips:

1. Hot water is not necessary.
2. Hand washing is most effective at washing away germs, not necessarily killing them.
3. [Antibacterial soaps](#) have not been proven to be more effective than regular soap, so use what you like.

4. Getting hands completely dry is essential in the hand washing process. Wet hands are more likely than even dirty hands to carry germs.
5. Be sure to use the towels to turn off the faucet. Remember, you just turned it on with your dirty hands!

What You Need:

- Water
 - Soap
 - Paper Towels
-

Huntington Beach Flood Protection Information

By Cynthia Goebel and Virginia Petrelis

If you live in Huntington Beach, your property is located in or near a flood plain. Although flood control improvements have been and continue to be made, flooding still occurs today as a result of rainfall and storm surge. Flooding can occur by the river and the many channels and the Pacific Ocean. Most floods occur when the flood waters leave the river or channels; abnormally large waves from the ocean may create flooding near the coastline.

In Huntington Beach, many of our floods are urban floods. As areas go through the process of urbanization, there are increased flood risks that result. Urban floods are floods that happen in a relatively short period of time and can inundate an area with several feet of water. The main problem with urban floods is that they occur in highly populated areas. Although not as severe as a flash flood, the property damage and death toll can be significant as surface water runoff is controlled and managed by humans in a concrete world.

In a flood, just six inches of fast moving water can sweep adults off their feet. If you think you are safe in your truck or sports utility vehicle, think again. It takes only two feet of water to carry away most vehicles. Practice safety and never drive through water in intersections as it is impossible to evaluate the depth of the water.

There are several ways you can protect your property from flood damage. One way is to keep water away by installing a drainage system in your yard to allow excess water to flow into the storm drain. Another approach is to make your walls waterproof and place water-tight closures over the doorways. These measures are called flood proofing or retrofitting.

If flooding is likely, and time permits, move your valuable furnishings and essential items to the upper floor of your home or higher off the floor. Educate yourself in the placing of sandbags (see sandbag flyer) to protect your property and divert flood water. There are flood protection references available at the Central Library, Main Street Branch, Graham Street Branch, Banning Avenue Branch, and the Planning and Building Department at City Hall.

PHOTOS FROM THE OCTOBER 27, 2012 SANDBAG TRAINING





SANDBAGS

FREE

To Huntington Beach & Sunset Beach Residents

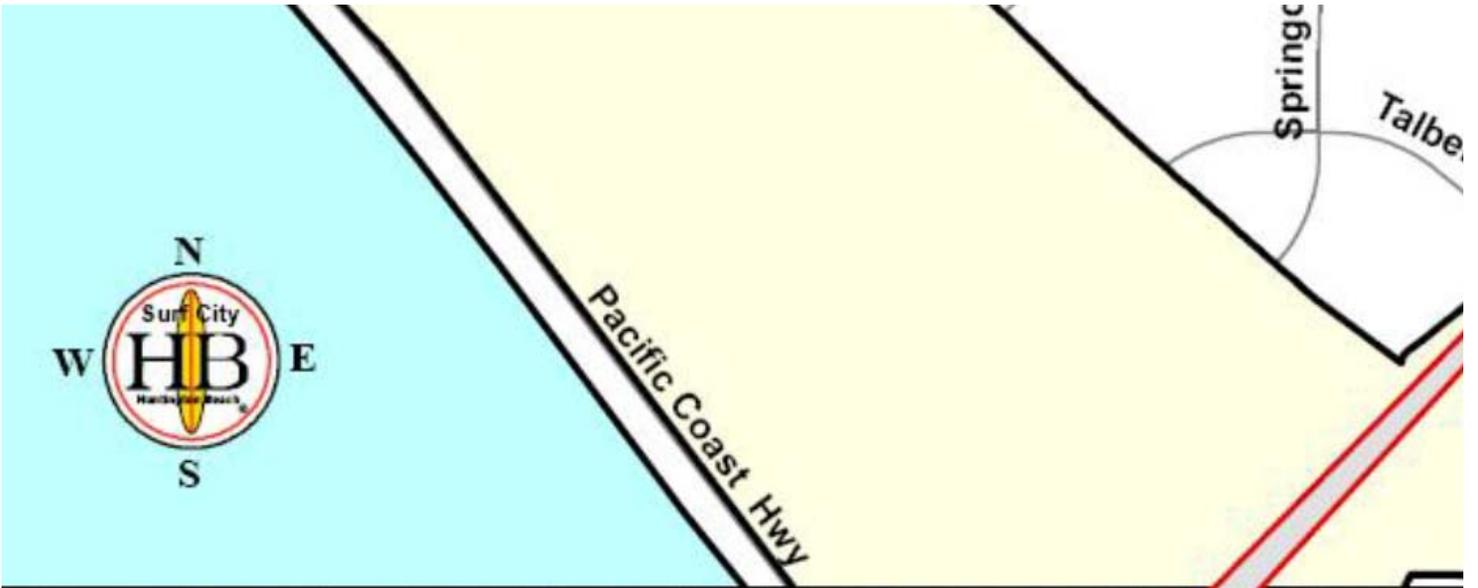
Identification Required – Please Bring ID/Driver License & Current Utility Bill.

City of Huntington Beach Corporate Yard
17371 Gothard Street (See Map On Reverse)
West Side of Gothard Street, Between Warner & Slater Avenues
7:30 AM - 4:00 PM Monday-Friday
(714) 960-8861

*The Corporate Yard is closed weekends and major holidays.
Hours may be extended during extreme weather conditions.*

-  Bags are for residents only – no businesses, please.
-  There is a limit of 20 bags per residence.
-  The City provides the sand and sandbags. Bring a shovel and be prepared to fill your own sandbags.
-  City staff cannot fill bags or place bags in private vehicles.
-  Resident is responsible for lawfully disposing of sand and sandbags after use.
-  Elderly and disabled residents may call the HB Fire Department CERT Message Line at (714) 536-5974 to arrange for free sandbag delivery. Resident must sign a waiver of liability when sandbags are delivered.
-  For information on flood preparedness, call the HB Fire Department Emergency Management & Homeland Security Office at (714) 374-1565.





**Don Kiser Municipal Yard
(City Corporate Yard)
17371 Gothard St.**



Become a Fire Department Volunteer

Get Your Home and Family Prepared

In most disasters, the victim or bystander is the first to respond. Do you know what to do?

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.



What Will I Learn?

In the **CERT Basic** course, you will learn:

- How to prepare your home and family for a disaster
- How to perform basic first aid
- 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



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.

Emergency Management
&
Homeland Security Office
2000 Main Street
Huntington Beach, CA 92648
714-374-1565



Huntington Beach Fire Department

**CLASSES ARE FREE
BUT YOU MUST
REGISTER ONLINE AT**

www.Huntingtonbeachca.gov/cert

**FOR MORE INFORMATION
CALL**

714-374-1565



The CERT Basic Series consists of several modules that will help you prepare for a culminating drill at the end of the course. The modules include the following.

Disaster & Terrorism Preparedness

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.

The Fire Department will be conducting this class series in a different format than previous classes. This is being done to try and improve the quality of the training. You will receive class locations after you register. Class size is limited to 40 students.

Class dates are as follows:

- Wednesday, April 10 - 6:30PM to 9:30PM
- Wednesday, April 17 - 6:30PM to 9:30PM
- Wednesday, April 24 - 6:30PM to 9:30PM
- Wednesday, May 01 - 6:30PM to 9:30PM
- Saturday, May 04 - 8:00AM to 4:00PM



Neighbor Helping Neighbor

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.

CPR Classes

Fire Med customers can take CPR classes for free and non-FireMed customers can take classes for a fee. Dates are listed below:

- Saturday, February 9th - 10 AM to 1 PM
- Wednesday, February 27th - 6 PM to 9 PM
- Saturday, March 16th - 10 AM to 1 PM
- Wednesday, March 27th - 6 PM to 9 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.

Upcoming Events

- February 7, 2013 6:30pm State of CERT: Recognition of 2011 and 2012 CERT Fire Department Volunteers, Awards, and General meeting in the Council Chambers
- March 14, 2013 6:00pm Management and General meeting 6:30 pm with guest speaker in B7 / B8.
- April 11, 2013 6:00pm Management and General meeting 6:30 pm with in B7 / B8.
-

CERT Database

Fire Department Volunteers (CERT members) have the opportunity to be added to the new CERT database by contacting Peter Petrelis at pgpworks@verizon.net to update their information.

HB CERT Newsletter Staff

Proof Reading / Editing Team:

Anna Pinter	Judy Ann Morris	Peter Petrelis	Virginia Petrelis
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Attention! If you want something placed in the Upcoming Events, e-mail Judy Ann at jamorris189@yahoo.com

Disaster Preparedness Speakers Available

It is time to schedule a Disaster Preparedness Presentation for your neighborhood, business, school, civic organization or church. This is a perfect way to introduce our "Save-A-Life" Classes to the residents of Huntington Beach. It is easy and it is FREE!

Five Simple Steps:

- Find a place to host an hour-long presentation given by a trained HBFD CERT Volunteer Speaker.
- Choose a convenient date and time for your group.
- Call the CERT Message Line (714-536-5974) or log on the CERT website at www.huntingtonbeachca.gov/cert (click on left column "schedule disaster presentation"). Please give us at least three weeks notice and we will do our best to accommodate your group.
- CERT will provide a flyer to distribute to your neighborhood or group.
- Host to provide simple refreshments to be enjoyed at the end of the meeting. Our CERT Speaker will provide all printed material and even bring a door prize for your guests.

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!)