Interesting Videos to Watch

From Brevyn:

I encourage you to take 20 minutes to watch the FEMA Prep Talk. The Prep Talk by James Gore is entitled, "Forging Resilient Community Through Imperfect Relentless Progress." In his PrepTalk, Gore shares his experience supporting his community in the aftermath of the 2017 Tubb’s Fire in Sonoma County. He urges elected representatives, government officials, and everyone who will listen to wake up and build resilience now.

From Phil:

We attended the 2019 CERT conference in San Diego. Here's a link for the History of CERT video that screened at the Conference. https://vimeo.com/337442182.

Also, a Los Angeles Fire Department member gave an amazing talk. It can be found here: https://vimeo.com/339907085

From Carol:

The Los Angeles Fire Department CERT Program: A Journey Within https://vimeo.com/336195660

Hansen Dam CERT Search and Rescue drill https://vimeo.com/307411831

Citizens Corp CERT Exercise by Phil Burtis

On Saturday, June 8th, twelve of our HB CERT folks participated in a county-wide Citizen Corps exercise. Multiple CERT programs came to the event (probably eight - ten, I didn’t get a full count), and each program could bring up to ten people (preferably relatively new graduates). The goal was to test how well we train and how well we interact with other CERT groups. By design, everyone was split into groups so you were with other people, not your home CERT.

We had nine people performing the skills and classes while three of us were teaching and/or evaluating.

The day was broken into morning and afternoon sessions. In the morning, there were four hands-on activities that everyone rotated through in 40 minute time slots:
- lifts, drags, and carries
- damage assessment
- patient triage
- an Incident Command System (ICS) tabletop

The lifts, drags, and carries consisted of (1) having to team-carry a full-size CPR mannequin down a course laden with debris and not cause further injuries to the patient or get a carrier hurt (2) a blanket drag relay to go back and (3) a chair carry in between.

The damage assessment consisted of a dozen or so scenarios where participants looked at a picture of a house and read some notes describing what was happening. They then had to fill out a form and decide what course of action would be appropriate for each.

Patient triage consisted of a short instructional lecture on assessing victims: ‘30-2-can do’ is an acronym for 30 respirations/minute-2 seconds capillary refill-can patient follow directions. Then each team went out and performed a head-to-toe assessment on a volunteer ‘victim’.

The ICS tabletop was a management exercise. Each table had a box with cards having lists of:
- situations
- available resources
- available people

The idea was for each group to form a command post team with an Incident Commander (IC), planner, logistics etc. and use ICS to plan out the situations with priority, what is needed, who is needed, and completely manage the incident. Most of the CERT training is focused on doing things; this was focused on managing a CERT team as you might have to do in a neighborhood.

After lunch, the afternoon had two sessions with several options to participate in such as splinting, stop the bleed, ham radio, fire watch and some others. I was teaching part of the ham radio portion and didn’t get to the other sessions. (Continued on Page 2)
Citizens Corp CERT Exercise (continued)

Probably the most interesting part of the day was that in the morning, when everyone arrived, they were with their home CERT. But once everyone was split up and worked as a team with others all day, at the closing session and evaluation, people were sitting with their teams rather than their home CERTs. Just that aspect alone of being able to work together, no matter the jurisdiction, was a fantastic result. I hope we can do more events like this in the future.

CERT General Meeting June 13, 2019 – Mosquitoes
By Priscilla Atkinson and Cynthia Goebel

The speaker for our meeting was Mary Joy Coburn, Public Information Officer of the Orange County Mosquito and Vector Control District (OCMVCD).

It is the mission of OCMVCD to protect the people of Orange County from the dangers of vector-borne diseases. A major component of the program is to educate the public about the shared responsibility of vector control. OCMVCD staff work year round to ensure protection for you and your community from mosquitoes and the diseases they carry.

Of the known 3,500 species of mosquitoes in the world, there are 53 species in California and 26 species in Orange County.

Mosquitoes get diseases from biting infected birds and other fur covered animals, and spread the disease when biting humans and other animals during their 10 day life cycle.

We in OC are at high risk for West Nile Virus (WNV). The virus was first identified in OC in 2004. Eighty percent of victims have no symptoms. There is no vaccine or treatment for WNV. Between 2014 and 2018, more than 400 OC residents were infected resulting in 22 fatalities.

Preventing mosquito bites is key. OCMVCD recommends:
- Apply mosquito repellent to exposed skin before going outdoors, reapply as recommended. For children, follow application instructions carefully.
- Wear repellent containing DEET, Picaridin, IR 3535 or oil of lemon eucalyptus.
- Wear loose fitting long pants and long sleeve shirts from dusk to dawn.
- Dress children in clothing that covers arms and legs.
- Close all unscreened doors and windows to prevent mosquito entry. Repair broken or damaged screening.

Eliminating mosquito breeding sources from your property. OCMVCD recommends:
- Eliminate standing water around your house.

- Treat fountains with pellets of IR3535.
- Dump and drain containers or saucers filled with water at least once a week.
- Clean and scrub bird baths and pet water bowls weekly.
- Clean rain gutters of leaves. Mosquito larvae will feed on decaying vegetation.
- Ponds and pools are breeding grounds for thousands of mosquitoes.

OCMVCD has Mosquito Fish for pickup at the District office. Mosquito Fish are introduced into a body of water to control larvae.

For more information, go to www.ocvector.org or call 714-971-2421.

July 11, 2019 CERT General Meeting
Stop the Bleed: Bleeding Control for the Injured
By Virginia Petrelis

Our very knowledgeable and interesting guest speaker was Ben Hansen, one of our own Huntington Beach CERT members. He taught us how to “stop the bleed.” You can read about Ben at: https://www.benhansen.com/meet-ben.html.

Uncontrolled bleeding is the number one cause of preventable death from trauma. You can save a life by knowing how to stop bleeding if someone, including yourself, is injured.

The primary principles of Trauma Care Response are:
First—Ensure your own safety
Then—follow the ABC’s of bleeding
A – Alert – Call 9-1-1
B – Bleeding – find the bleeding injury
C – Compress – apply pressure to stop the bleeding by:
- Covering the wound with a clean cloth and applying pressure by pushing directly on it with both hands, OR
- Using a tourniquet, OR
- Packing (stuffing) the wound with gauze or a clean cloth and then applying pressure with both hands.

To find the source of the bleeding, open or remove clothing over the wound so you can clearly see it. Look for and identify “life threatening” bleeding which is:
- Blood that is spurting out of the wound
- Blood that won’t stop coming out of the wound
- Blood that is pooling on the ground
- Clothing that is soaked with blood
- Bandages that are soaked with blood
- Loss of all or part of an arm or leg
- Bleeding in a victim who is now confused or unconscious

(continued on page 3)
If you don’t have a trauma first aid kit: apply direct pressure to the wound by covering it with a clean cloth and pushing directly on it with both hands.

If you do have a trauma first aid kit: for life threatening bleeding from an arm or leg and a tourniquet is available, apply the tourniquet.

For life-threatening bleeding from an arm or leg and a tourniquet is not available, or for bleeding from the neck, shoulder or groin: pack (stuff) the wound with a bleeding control (also called a hemostatic) gauze, or a clean cloth and then apply pressure with both hands.

At the meeting we practiced using tourniquets on ourselves and on a partner. We found that tourniquets, when properly applied, are painful because they must be tight enough to stop the circulation in the limb. We tested if it was tight enough by feeling for a lack of pulse in the limb. We also practiced stuffing the wound with gauze on a “dummy.”

Among his many endeavors, Ben Hansen also has a business, AVS Active Violence Solutions, website: www.violenceresponse.com offering protective clothing, gear and training.

It’s Not IF an Earthquake will Happen But WHEN!
By Ada J. Hand

Earthquakes strike without warning so it’s important to be prepared ahead of time. Most casualties result from falling objects and debris or collapsing structures. Go on YouTube to watch “Bracing for a Quake” to learn how to be prepared. Below are tips after it happens:

Stay Calm. Count to 50 slowly while the rolling goes on. Think through the actions you will take, based on the plan you previously prepared and practiced.

Where to Go. If you are in bed, stay there while the shaking goes on. Put a pillow over your head. Or go under a sturdy table, desk or bed and hold on so it doesn’t move away from you. Stay away from tall furniture that could topple or glass doors or windows. If you are outside, stay outside. If you are in a moving vehicle, stop in the best place as soon as is safe. Stay in your car. Don’t stop on an overpass or bridge, or where buildings can fall on you. If you are near fallen electrical wires, stay far away. If they fall on your car, stay in the car and don’t touch metal.

Check for Damage. Get a flashlight – don’t light matches, cigarettes or the electrical lights. Put on heavy shoes and a hard hat. Protect your face with a blanket or towel. Check for trapped people or injuries in your home. Do not try to move seriously injured people unless they are in immediate danger – use a rope to pull them (around the shoulders and armpits). Check for fires, fire hazards, and toxic fumes from chemicals. Check utility lines and appliances for damage. If there is smoke or sparks, turn electricity off at the main control panel. If you smell or hear gas hissing, turn off the gas meter valve, open the windows and leave the house. Put phone receivers back on their cradles.

Help / Okay Signs. Put the appropriate sign in your front window to alert first responders.

Get Supplies Ready. Unplug any electrical appliances that were on. Confine pets in their crates. Turn on battery or car radio to get disaster instructions. Put medications in your grab bag. If there’s time, take “after” photos to compare later to the “before” ones you took previously. Gather your supplies, bags, important papers, chargers, phone, computer, keys. Be careful opening cupboards & closets.

Clean Up Spills. Because of danger, clean up spilled medicines, chemicals, broken glass and other hazardous materials, if there is time.

Be Careful Outside. Keep streets clear for emergency vehicles. Look for stress in yourself and others: flashbacks, anxiety attacks, and hyperventilation. Inspect your home outside for structural damage. Do not go indoors unless you are sure it is safe. Aftershocks may further damage the home.

Notify Others. If you decide to evacuate, leave a sign on your home stating your name and phone number and where you are going. If a designated meeting place is safe, meet there. If it is not, consider a Red Cross shelter or another location away from danger. Let your in-state and out-of-state contacts know where you are going. Cooperate with police, fire fighters, and CERT volunteers.

These tips are from “Earthquake Preparedness” by the City of Huntington Beach Emergency Management & Homeland Security Office.

A note about “self-deployment”:

After you have responded to help yourself, family and neighbors, do not self-deploy to the City, County or other organizations until help is requested. If you are a member of a volunteer organization such as CERT, RACES or Red Cross, report to a designated staging area.

Did you feel it? Check out this interesting website:
Real Time Interactive Earthquake Map from the Berkeley Seismology Lab
https://seismo.berkeley.edu/seismo.real.time.map.html
Earthquake Preparedness for CA Pet Owners

Here are some tips on how to keep your furry friends safe before and after an earthquake.

By Emily Holland, Patch Staff https://patch.com/users/emily-holland

CALIFORNIA — In the last few weeks, California’s been shaken up with hundreds of foreshocks, aftershocks and every kind of earthquake in between. While the Golden State continues to brace itself for “The Big One,” preparing for earthquakes is key. It’s important to include your furry friends in your disaster preparedness plan.

Aimee Gilbreath, Executive Director of Los Angeles based Michelson Found Animals Foundation developed a list of tips to make sure pets are reunited with their owners if they are separated after an earthquake:

1. Make sure your pet is wearing an ID tag with current information, and that he wears his collar/ID tag all the time, even when indoors.

2. Double check that your pet’s microchip is registered and contains the correct name and your current phone number and address, otherwise there’s no easy way to reach you if they’re found! If your pet is chipped but not registered, you can register for free here.

3. Vaccinate to reduce their risk of sickness and disease in unknown conditions during an emergency.

4. Have a pet emergency kit with gauze, bandages, food, immunization records, microchip information and vet and emergency contact information.

Healthy Paws Pet Insurance also recommends a crate or carrier, blankets, a food and water bowl, current photo of your pet, medical records, medication, kitty litter or poop bags and basic cleaning supplies.

If you find a lost pet after a disaster, approach the animal with extreme care and check for an ID tag. Post a description and photo of the animal on Nextdoor, Facebook, Craigslist and Petfinder to try to find the owner. Then take the animal to your local shelter to get them scanned for a microchip – if the pet is chipped and the registry information is up-to-date, they have the best opportunity to be quickly reunited with their pet owner, Gilbreath said.

If you lose a pet after a disaster, don’t endanger yourself trying to find your animal in a disaster situation. Instead, check sites like Nextdoor, Facebook, Craigslist and Petfinder and then visit local shelters as soon as you are able.

Annual Sunset Beach Disaster Expo, July 13, 2019

By Richard Batistelli, Contributing Reporter

In the fortnight since the earthquakes of July 4th and 6th, this CERT and Red Cross volunteer had the opportunity to both experience the shakings and subsequently discuss them at the annual Sunset Beach Disaster Expo and Breakfast.

As an invitee of Paul Pudenz, a prominent native of this community and naval veteran, I was asked to set up shop, with EZ-Up, table, banners, and disaster literature from both CERT and the American Red Cross. I was soon joined by members of Huntington Beach Police and Fire Departments. We all enjoyed the local hospitality of food, discussions and displays of our respective fields of expertise.

I was prepared to elucidate on all matter and form of disaster preparation but, while this years’ neighborhood event was larger than previous gatherings, fewer residents visited my presentation. There is always next year.
Heat Safety for Pets

Quick tips:

- Never leave your pet in a parked car, even for “just a minute”:
  - On an 85-degree day, the temperature inside a car with the windows opened slightly can reach 102 degrees in 10 minutes!
- Don’t travel with pets in a poorly ventilated vehicle
- Watch the humidity:
  - If the humidity is too high, dogs are unable to cool themselves by panting and may overheat.
- Limit exercise on hot days
- Keep pets off hot pavement
  - When the air temperature is 77, asphalt has been measured at 125 degrees!
- Ensure that your pet has access to clean water and shade
- Learn to recognize the signs of heatstroke in dogs!

Signs of Heat Exhaustion in dogs:
- Heavy panting and excessive drooling
- Rapid or irregular heart rate
- Wobbly “drunken” gait and/or muscle tremors
- Frequent breaks lying down
- Glazed eyes

How to cool down an overheated dog:
- Let them stand in cool water or soak feet in cool water
- Put cool water on your dog’s chest
- Allow the dog to rest in shade and provide cool water to drink

Online Resources
Humane Society of the United States: Keep Pets Safe in the Heat
http://owl.li/KHXGP

Adopt a Pet: Summer Heat Safety for Pets:
http://owl.li/KHXSn
Huntington Beach July 4th Parade
By Raji Shunmugavel, KG6CCB and Richard Batistelli KI6TJI

The annual July 4th Parade presented by the City of Huntington Beach is a well planned and organized community event. An important part of this planning is the communication, “health and safety” function, provided by the City’s Radio Amateur Civil Emergency Service (RACES) volunteers.

RACES leadership, Jim Hansen, KD6ZDP, the CRO, Chief Radio Officer, Greg Turlis, K6GAT, and Roy Lothringer, N6SLD, created and developed an operational plan based on prior parades, noting issues with security, emergencies, safety of float participants or breakdowns of vehicles, etc.

Accordingly, the need for ham volunteers and their placement along the parade route is of prime importance to proper functioning. These ham radio volunteers help City leadership in “Real Time” with all activities happening at the varied locations along the parade route. Using a “Net Control Operator” as the pivot point for this communicated information from the field to command central, quick and effective City response to any emergency can be properly controlled and contained.

Our assigned route location was near the termination of the parade, near Main and Clay Streets. Also, at this location, the CERT First Aid station was set up to receive and provide for any minor medical issues. As in past parades, this medical aid function was quite ably staffed by Susan McClaran, CERT Medical Lead, Mimi Irvin, and their great team of CERT volunteers. As the day was cool and drizzly, our only excitement of note was the earthquake which many in the parade luckily did not feel. So, all in all, it was a very beautiful parade and I hope more of my Ham friends will assist our team next year.

We experienced all kinds of weather-- rain on Friday night, then cloudy, cool and windy on Saturday. We saw the sun only on Sunday morning. The communicators were well prepared with warm clothing and rain gear.

It was a real practice for disaster preparedness--setting up antennae (our RACES communicators have traditionally set up antennae by using sling shots and throwing a wire on top of a tree for long distance communication), dismantling them and getting stations to work. The RACES members worked diligently to get everything functioning properly.

Several beach visitors stopped by with questions about the event. They enjoyed looking at the trailer (Volunteer Command Vehicle) and working the radios.

Brevyn Mettler, (Emergency Services Coordinator) supported our team by providing good meals enabling the communicators to focus on their stations and visitors.

As a CERT member, I have spent three consecutive years participating in Field Day events. In my personal opinion, no matter how much we practice our radio skills, tent setup skills must be maintained also. During a disaster, tents are going to be home for ourselves and our radios.

Disaster Preparedness and Hoarding
By Raji Shunmugavel

On May 15, 2019 at Anaheim Marriott Hotel, Anaheim, CA, The Mental Health Association (MHA) of Orange County held its 25th Meeting of the Minds Mental Health Conference, “25 years of Building Community where Every Mind Matters”.

From the workshops presented, I chose to attend the workshop by Orange County (OC) Task Force on Hoarding and First Responders which discussed challenges faced during emergencies and natural disasters. It also provided an overview of Hoarding Disorder and strategies for working with clients exhibiting hoarding behaviors.

According to the speaker, Ravi Sharma of American Red Cross (ARC), hoarding behavior combines a persistent difficulty that includes both strong urges to save items and distress associated with discarding them. Hoarding disorder is also associated with the term “Anosognosia” related to mental illness. Its definition is the inability of a person to recognize his or her own illness or handicap. This is distinguished from denial, which is a psychological defense mechanism. This denial will hinder a person's preparedness for a disaster.

American Radio Relay League (ARRL) Field Day 2019
By Raji Shunmugavel

The American Radio Relay League (ARRL) conducts a Field Day event yearly on the third weekend of June. This event helps Amateur Radio Operators (aka Hams) practice their skills by making as many contacts as possible with other Hams globally.

For this event, Huntington Beach RACES and CERT members camped out at the beach on Pacific Coast Highway (PCH) and Goldenwest St. Before entering the area, the communicators used their radios on the two meter frequency to call for a traffic helper to guide their cars along the bike path (filled with bikers, walkers, skaters, dogs, etc) to the camping area. We had three tents and two camper vehicles.
Disaster Preparedness and Hoarding (continued)

Individuals with hoarding disorder represent all socio-economic and educational backgrounds. Many have advanced degrees and responsible jobs. Additional challenges may include: physical limitations, depression, social phobia, general anxiety, cognitive processing problems and aging.

Criteria of Animal Hoarding:

- Failure to provide minimal standards of sanitation, space, nutrition, and veterinary care for the animals
- Obsessive attempts to accumulate or maintain a collection of animals in the face of progressively deteriorating conditions
- Inability to recognize the effects of this failure on the welfare of the animals, human members of the household, and the environment
- Denial or minimization of problems and living conditions for people and animals

The police officers at the exhibit mentioned that during a disaster evacuation First Responders will find and assess a hoarded house and report it to the authorities who will take care of the problem.

An ARC speaker at the workshop mentioned during the training that when we talk to a hoarder, the best approach is "I am concerned, how will you get out in a disaster?" Regarding the escape routes in a hoarded house, at least two are necessary to keep it clear in order for the authorities to help.

CERT volunteers are First Responders. By learning about hoarding, I gained some valuable information and I feel prepared to speak to people about the problems hoarding causes an individual during evacuation from their house after a disaster.
HEAT EXHAUSTION

- Faint or dizzy
- Excessive sweating
- Cool, pale, clammy skin
- Nausea or vomiting
- Rapid, weak pulse
- Muscle cramps

OR

HEAT STROKE

- Throbbing headache
- No sweating
- Body temperature above 103°
- Red, hot, dry skin
- Nausea or vomiting
- Rapid, strong pulse
- May lose consciousness

CALL 9-1-1

- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses
- Take immediate action to cool the person until help arrives
Resources on www.ocvector.org

INVASIVE MOSQUITO ALERT
ALERTA DE MOSQUITO INVASOR
CAIM DE MOSQUITODE A LAS ARGAS

Found in 28 Cities
- Anaheim
- Brea
- Buena Park
- Costa Mesa
- Corona
- Cypress
- Fountain Valley
- Fullerton
- Garden Grove
- Huntington Beach
- Irvine
- La Habra
- La Palma
- Laguna Hills
- Lake Forest
- Los Alamitos
- Mission Viejo
- Newport Beach/ CDM
- North Tustin*
- Orange
- Placentia
- Rossmoor*
- San Clemente
- San Juan Capistrano
- Santa Ana
- Seal Beach
- Stanton
- Tustin
- Villa Park
- Westminster
- Yorba Linda

Aedes as of 2019

NEW! Species in Orange County
Yellow Fever mosquito
Aedes aegypti
Asian Tiger mosquito
Aedes albopictus
Australian Backyard mosquito
Aedes notoscriptus

Invasive Aedes
- ¼ inch long
- Not native to California
- Black and white bands across body
- Aggressive day-time biters
- Breed indoors and outdoors
- Capable of transmitting:
  - Zika
  - Dengue fever
  - Chikungunya fever
  - Yellow fever
  - West Nile virus
  - Dog Heartworm
ARRL JUNE FIELD DAY
4th of JULY PARADE CERT 1st AID BOOTH
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

- No CERT General Meeting in August
- CERT General Membership Meeting, September 12, 2019, 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, August 10, 10:00 am – 1:00 pm
- Wednesday, August 28, 6:00 pm – 9:00 pm
- Saturday, September 14, 10:00 am – 1:00 pm
- Wednesday, September 25, 6:00 pm – 9:00 pm
- Saturday, October 12, 10:00 am – 1:00 pm
- Wednesday, October 23, 6:00 pm – 9:00 pm
- Saturday, November 9, 10:00 am – 1:00 pm
- Wednesday, November 20, 6:00 pm – 9:00 pm
- Saturday, December 14, 10:00 am – 1:00 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), Richard Batistelli, Anna Pinter, Cynthia Goebel, Carol Nehls, Rajarajeswari (Raji) Shunmugavel, Cathy Stanfill

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!)