



CITY OF HUNTINGTON BEACH CERT NEWSLETTER

SINCE 1991

February 2020

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CERT 2019 - Year in Review

By Phil Burtis

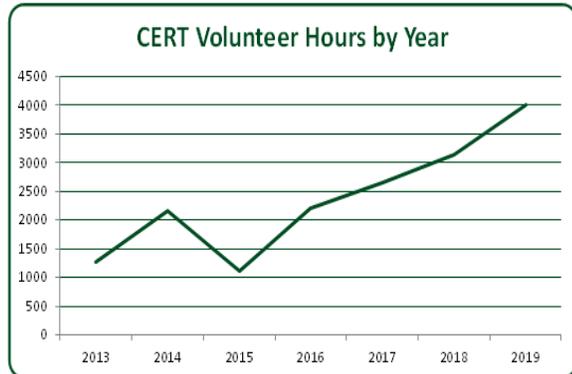
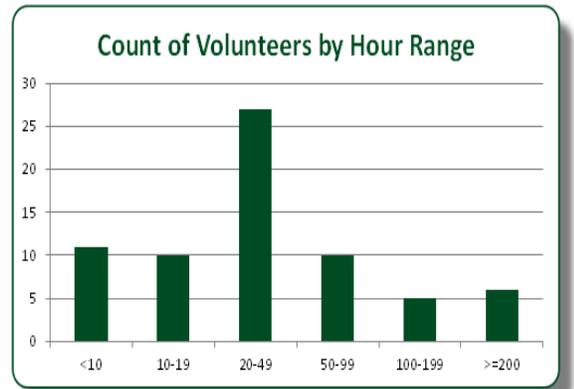
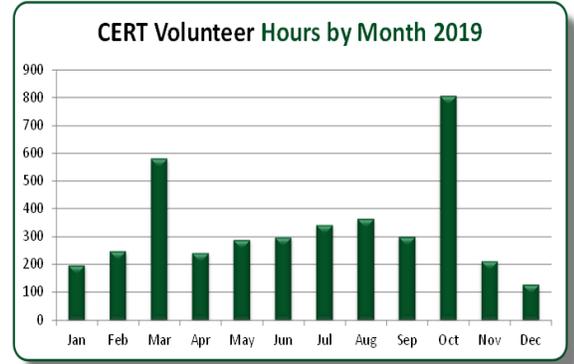
2019 was a busy year for Huntington Beach CERT. A total of 4,014 hours were reported by 69 individual volunteers. Those hours contributed towards the 20 different events we supported. We also made 36 residential sandbag deliveries totaling 575 sandbags, with 126 of those being delivered just in November and December.

The spring and fall CERT Basic Training classes graduated 85 people in 2019. Monthly general meetings averaged around 30 attendees.

Our first aid team handled 288 incidents total among the 4th of July, US Open of Surfing, and the Great Pacific Airshow. Out of those, only five required additional EMT support. Statistics over the last few years indicate that on an average day at a beach event, we can expect about 30 incidents at a first aid tent.

Something new in 2019 was a Citizen Corps event in June and a tri-City "marathon" training exercise in August. Both of those gave the participants a chance to demonstrate skills and learn new ones. We'd enjoy having more people involved.

The following charts show how the hours in 2019 were distributed. Eleven individuals recorded 100 or more hours for the year which is just fantastic. Every hour volunteered by an individual is a blessing to this organization and the City as a whole. There were several people who didn't log their hours (actually I know who you are!), so next year it may go even higher.



CERT Monthly Meetings

By Carol Burtis

Our next CERT meeting is Thursday, February 13 at 6:30pm in room B8 at City Hall. At this meeting we will talk about how to form and maintain a CERT program in your neighborhood. This meeting will be the first in a series of meetings from now through June and possibly July (with April being the exception for our CERT awards evening) that will cover our CERT Disaster Living class. If you attend all of the meetings designated as part of the Disaster Living class, you will receive credit for the class.

Our March 12 meeting will talk about sanitation and fresh water.

We hope to see you at our next meeting in February!

HB CERT Facebook Group

By Phil Burtis

It was noted at the January general meeting not everyone understood we have a Facebook group. We do, and it's called Huntington Beach CERT. This is a closed group, so we can keep posts related to things of interest for HB CERT and avoid some of the nasty trolling that goes on elsewhere. If you are an active HB CERT member and want to join, you can request access to the group and, once approved, you can read, post and comment.

Relevant topics that are of interest to all CERT members are welcome on the CERT Facebook site.

Updated FEMA Curriculum

By Phil Burtis

FEMA has now released the updated CERT Basic Training curriculum. You can get the participant guide here: <https://www.ready.gov/cert>

Scroll down to 2019 and everything is there: PowerPoint, manual, and the instructor guide. Going over the material may act as a good refresher for you. We will be rolling this out as the course material for the Spring 2020 class in just a few weeks.

In general, not a lot has changed. The biggest changes are in the medical area. Some things were taken out - as example, the word "triage" appears in only four bullet points now, and stop-the-bleed was inserted. The order is slightly different.

But nothing should surprise you as being totally "new." It is an update, not a redo. After we get the spring class under our belt using the new curriculum, should we see any merit to wanting to go over specific areas, we can take one of the normal monthly meetings to focus on the changes that really should be addressed by everyone.

So feel free to download the latest and look it over.

Novel Coronavirus

from the Orange County Health Care Agency

http://www.ohealthinfo.com/phs/about/epidasmt/epi/dip/prevention/novel_coronavirus

- Orange County has one confirmed case of novel coronavirus
- No evidence that person-to-person transmission has occurred in Orange County
- Risk of infection to public in Orange County is believed to be low

There is an outbreak of pneumonia in China, which has been identified to be caused by a novel (new) coronavirus. There are ongoing investigations by many countries to learn more about the outbreak, and the situation is rapidly evolving. On Friday, Jan. 31, the Department of Health and Human Services declared the novel coronavirus a public health emergency in the US.

As part of the emergency declaration, persons returning to the US through select airports and considered to be at highest risk are being quarantined and monitored by public health officials. Locally, it is important to note that John Wayne Airport is not among this predetermined list of airports. At this time, Orange county continues to have only 1 confirmed case of the virus and there is no evidence of person to person transmission occurring there. The risk to the public in Orange County and throughout the US remains low. Some key points include:

- CDC guidance indicates that people who have casual contact with a case (in the same grocery store or movie theater) are at minimal risk of developing infection.
- If you have not been to Wuhan, China, or been in close contact with someone who has been to Wuhan and is sick, your risk is very low.
- If you have recently been to Wuhan, China and feel sick, please:
 - Stay home and avoid contact with others, except for seeking medical care.
 - Seek medical care right away. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.
 - Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.

For the most updated information on this outbreak please visit the CDC Novel Coronavirus Information under the Resources listed below.

Latest News

- Video update from the OC Health Care Agency about the novel coronavirus in Orange County, California. [English Chinese](#) (1/27/20)
- [CD Health Alert - First Case of 2019 Novel Coronavirus in Orange County: Update for Providers](#) (1/26/20)
- [CDPH Press Release - Two Confirmed Cases of Novel Coronavirus in California](#) (1/26/20)
- [HCA Press Release - OC Health Care Agency Confirms First Case of Novel Coronavirus in Orange County, California](#) (1/25/20)
- [CD Health Alert - 2019 Novel Coronavirus: Update for Orange County](#) (1/23/20)
- [CDC Health Update - Update and Interim Guidance on Outbreak of 2019 Novel Coronavirus \(2019-nCoV\) in](#)

Susan McClaran's First Aid Corner

February is the "Month of Love" which points directly to our hearts, so what better time to revisit the heart!! Below, courtesy of the Center for Disease Control (CDC) is some useful information on heart attacks.

What is a heart attack?

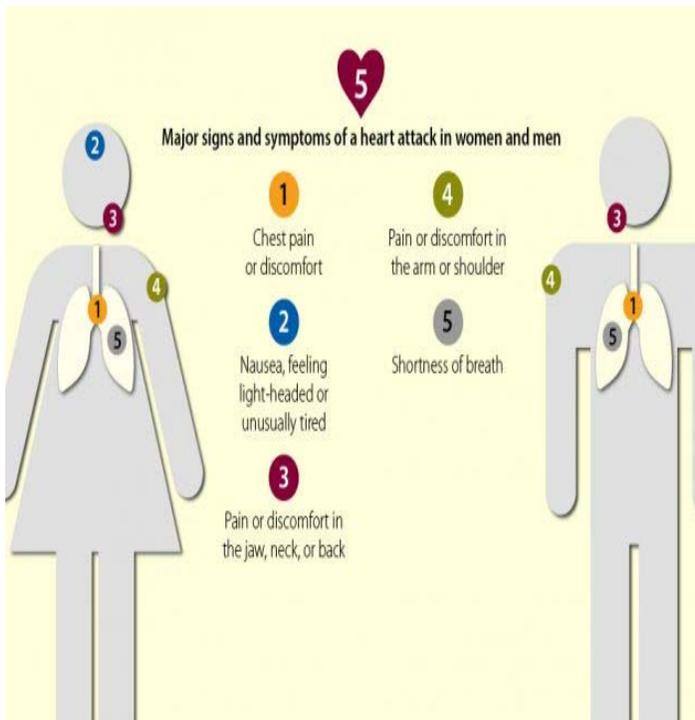
A heart attack, also called a myocardial infarction, occurs when a part of the heart muscle doesn't get enough blood.

The more time that passes without treatment to restore blood flow, the greater the damage to the heart muscle.

Coronary artery disease (CAD) is the main cause of heart attack. A less common cause is a severe spasm, or sudden contraction, of a coronary artery that can stop blood flow to the heart muscle.

What are the symptoms of heart attack?

The 5 major symptoms of a heart attack are:



- **Chest pain or discomfort.** Most heart attacks involve discomfort in the center or left side of the chest that lasts for more than a few minutes or that goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- **Feeling weak, light-headed, or faint.** You may also break out into a cold sweat.
- **Pain or discomfort in the jaw, neck, or back.**
- **Pain or discomfort in one or both arms or shoulders.**
- **Shortness of breath.** This often comes along with chest discomfort, but shortness of breath also can happen before chest discomfort.

Other symptoms of a heart attack could include unusual or unexplained tiredness and nausea or vomiting. Women are more likely to have these other symptoms.

Call 9-1-1 if you experience symptoms of a heart attack.

If you notice the symptoms of a heart attack in yourself or someone else, **call 9-1-1 immediately**. The sooner you get to an emergency room, the sooner you can get treatment to reduce the amount of damage to the heart muscle. At the hospital, health care professionals can perform tests to find out if a heart attack is happening and decide the best treatment.

In some cases, a heart attack requires cardiopulmonary resuscitation (CPR) or an electrical shock (defibrillation) to the heart to get the heart pumping again. Bystanders trained to use CPR or a defibrillator may be able to help until emergency medical personnel arrive.

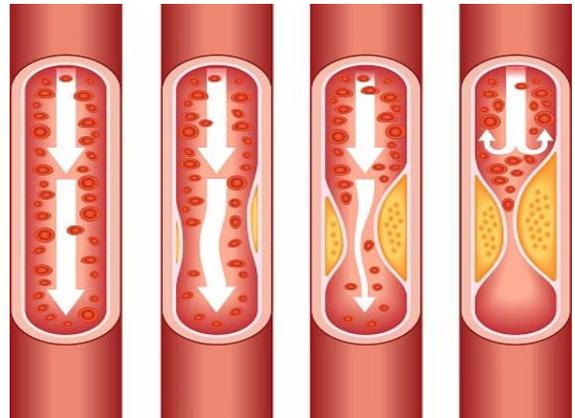
Remember, the chances of surviving a heart attack are better the sooner emergency treatment begins.

****Please make sure to get trained in CPR and Automatic External Defibrillation (AED). CERT offers discounted Red Cross Training for CERT members, throughout the year.**

Are you at risk?

Anyone, including children, can develop heart disease. It occurs when a substance called plaque builds up in your arteries. When this happens, your arteries can narrow over time, reducing blood flow to the heart.

Americans at Risk for Heart Disease



As plaque builds up in the arteries of a person with heart disease, the inside of the arteries begins to narrow, which lessens or blocks the flow of blood. Plaque can also rupture (break open). When it does, a blood clot can form on the plaque, blocking the flow of blood.

High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease. About **half of Americans (47%)** have at least one of these three risk factors.

Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

Diabetes

Overweight and obesity

Unhealthy diet

Physical inactivity

Excessive alcohol use

(continued on page 4)

Susan McClaran's First Aid Corner (continued from page 3)

Heart Attack

- In the United States, someone has a heart attack every 40 seconds.
- Every year, about **805,000 Americans** have a heart attack. Of these,
 - 605,000 are a first heart attack
 - 200,000 happen to people who have already had a heart attack

About 1 in 5 heart attacks is silent—the damage is done, but the person is not aware of it.

For more information, visit: <https://www.cdc.gov/heartdisease/prevention.htm> or <https://www.heart.org/>

Stay healthy my friends and have a lovely Month of Love

Cleaning Your Refrigerator Because of a Food Recall

From the Center for Disease Control (CDC)

There are so many food recalls lately, among them Romaine lettuce from Salinas and hardboiled egg products produced by Almark Foods. The CDC link below offers important information on food safety.

<https://www.cdc.gov/listeria/outbreaks/eggs-12-19/index.html>

If you have a recalled food item in your refrigerator, it's important to throw out the food and clean your refrigerator. Germs in the recalled food could spread to drawers or shelves in your refrigerator.

How to Clean your Refrigerator After a Food Recall

Items needed to clean your refrigerator:

- Sealed Bags
- Hot, Soapy Water
- Clean Towels
- Optional: Water + Bleach

STEP 1 – Throw out recalled food

Throw out the [recalled food](#), and any other foods stored with it or touching it.

Put it in a sealed bag in the garbage.

If the recalled food was stored in a reusable container, wash it with hot, soapy water before reusing.

STEP 2 – Empty your Refrigerator

Empty the rest of the items in your refrigerator and put them on a counter or table while you clean.

Take out shelving, drawers, and any other removable parts.

Don't leave [unrefrigerated food out for more than two hours](#).

STEP 3 – Wash Removable Parts

Wash shelving, drawers, and any other removable parts by hand with hot, soapy water.

Dry with a clean towel.

Don't run cold glass shelves or drawers under hot water – the glass could crack. Let them come to room temperature first.

STEP 4 – Clean and Sanitize Inside the Refrigerator

Wipe the inside of the empty refrigerator with hot, soapy water, then wipe with clean water to rinse off soap.

Dry with a clean towel.

Don't forget to wipe inside the doors and any drawers that cannot be removed.

Optional Step

Use a solution of 1 tablespoon of liquid bleach in 1 gallon of water to sanitize your refrigerator. Do this after cleaning it with hot, soapy water.

STEP 5 – Return Shelves, Drawers, and Food

Put the shelves, drawers, and other removable parts back in the refrigerator, along with the other items you took out.

Wipe food and drink containers with hot, soapy water before returning to the clean refrigerator.

And don't forget!

[Wash your hands](#) with water and soap once you've finished cleaning.

Use hot, soapy water to wipe kitchen counters that held food, drinks, refrigerator parts and any cleaning materials.

Wash any towels you used to dry the refrigerator before using them again.

The American Red Cross Clubmobile

By Susan McClaran

For all our history lovers:

I found this to be such an amazing story about the Red Cross. I heard about it while watching the Great British Baking Show. The websites below talk about these very special ladies of war and how they not only went out to our troops to bring a little bit of home to them by serving them donuts, but they even drove behind the battle lines AND also were taught how to work on the vehicles themselves when they broke down. They spent time with our soldiers during R&R and gave companionship with conversation, dancing and sometimes just listening.

<http://www.clubmobile.org/history.html>

<https://history.delaware.gov/ww-ii-donut-dollies-the-american-red-cross/>

Staying Safe in a Flood

By Ada Hand

The winter/spring seasons produce rain in California. Are you ready? Here are some tips to keep you safe and secure:

- Inspect the outside of your home. Corral things that might float away, such as lawn furniture, house plants, and all the “stuff” we typically have outside.
- Stay tuned to the Storm Prediction Center or the National Weather Channel for up-to-date info.
- Move to higher ground immediately.
- Avoid driving through flooded areas.
- Stay away from downed power lines and electrical wires.
- See below information on sandbags and where you can pick them up

Bags are for residents only – no businesses, please. There is a limit of 20 bags per household. The City provides the sand and sandbags. Bring a shovel and be prepared to fill your own sandbags. Residents are responsible for lawfully disposing of sand and sandbags after use.

Elderly and disabled residents may call the Huntington Beach Fire Department CERT Message Line at (714) 536-5974 to arrange for free sandbag delivery.

Sandbags can be picked up at:

City of Huntington Beach Corporate Yard, 17371 Gothard Street, west side of Gothard Street, between Warner & Slater Avenues 8:00 AM-4:00PM Monday-Friday.

Two additional locations are available for your convenience: Edison Community Center, 21377 Magnolia Street and Warner Fire Station, 3831 Warner Avenue

Questions? Contact Public Works at (714) 960-8861.

Flood resources are found at www.ag.ndsu.edu/disaster/flood.html
<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/flood.html>
<https://www.osha.gov/Publications/OSHA3471.pdf>



2020 FEMA CERT Spring Training Class

Provided by the Huntington Beach Fire Department CERT Program

REGISTER ONLINE AT:

www.huntingtonbeachca.gov/cert

FOR MORE INFORMATION

CALL

Carol Burtis @

714-536-5979 or email

carol.burtis@surfcity-hb.org



Class location is TBD and will be emailed to you prior to the class. The CERT Basic Series consists of 20 hours of training covering nine units that end with a disaster drill where you can practice what you have learned. Unit topics include:

Disaster Preparedness & Terrorism Awareness

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

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 / Small Fire Suppression

Learn how to do a safety size-up, use simple leveraging to lift heavy objects, and to properly search for and remove trapped victims. Learn to use a fire extinguisher and actually extinguish a small live fire. Learn 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.

❖ *The classes are free, but you must attend all 3 classes to graduate.*

Spring Class 2020 Dates and Times

Friday, March 6	6:00 PM - 10:00 PM
Saturday, March 7	8:00 AM - 5:00 PM
Saturday, March 14	8:00 AM - 5:00 PM

Fall Class 2020 Dates and Times

Friday, Oct. 2	6:00 PM - 10:00 PM
Saturday, Oct. 3	8:00 AM - 5:00 PM
Sunday, Oct. 4	8:00 AM - 5:00 PM

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, Thursday, February 13, 2020, 6:30 PM in B8. Topic, how to form and maintain a CERT program in your neighborhood.
- CERT Basic Training Class, March 6, 7 and 14. See attached flyer for information.
- CERT General Membership Meeting, Thursday, March 12, 2020, 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, February 1, 10:00 am – 1:00 pm
- Wednesday, February 26, 6:00 pm – 9:00 pm
- Saturday, March 14, 10:00 am – 1:00 pm
- Wednesday, March 25, 6:00 pm – 9:00 pm
- Saturday, April 18, 10:00 am – 1:00 pm
- Wednesday, April 29, 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.

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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!)