Susan McClaran’s First Aid Corner: Individual Responsibility For Our Own Physical and Mental Wellness

Excerpts taken from a Backdoor Survivor Article

Why is this important? If there were to be a major disruptive event, whether local, regional or even global in nature, you will need the stamina to survive adverse and even austere conditions, perhaps with minimal food, shelter and water. Health care facilities may be scarce, if they exist at all.

Think about it. As much as we prepare, how much attention do we actually pay to taking care of ourselves and staying informed of medical issues and topics? For most of us, food, water and supplies come first, closely followed by Band-Aids.

In a worst case scenario, would you have the stamina and health to leave the comfort of your home with only the clothes on your back, a bug-out-bag and whatever else you could physically carry? Answer honestly. Are you healthy enough to do that?

Even if you were not required to leave your home, would you have the mental acuity to handle the challenge of no electricity, no running water and no sewer or septic system for waste?

I ask these questions today not to chide you to lose ten pounds, or to take on a rigorous exercise routine. Instead, I ask them so you will think about your own health in terms of those things you can do now to become accomplished at medical self-care, so that you will stay healthy and stay fit even when professional medical care is not readily available.

Take a proactive stance and take control over your own well-being. Here are several ways:

1. Listen to your body since you know yourself best. When you do not feel well, take care of yourself. Since the beginning of time, humans have suffered from mild illnesses and simply taken it easy until the illness passed. These days, however, with computers, the internet, cell phones and other gizmos, a lot of sick time is spent in the digital world instead of getting real rest. If you are going to be your optimal self, when feeling unwell, take the time to slow down for a few hours or a day, and give yourself time to heal.

2. Stay abreast of common first aid procedures and utilize readily available resources to stay knowledgeable of viable solutions to everyday medical maladies.

3. Understand that being healthy and being well means more than simply being disease-free. The spread between wellness and illness is large with a lot of room in between. Prevention means focusing on good health while you are still on the wellness side of the spectrum, rather than waiting to act only when disease or disability occurs.

4. Get enough sleep. It has been proven that sleep reduces illness and helps the body rebuild on a cellular level. Most of us push sleep to the back burner. We have so many things to do. When the demands of work, family life, chores and a bit of leisure leaves little time for much else, sleep seems to draw the short straw. During the sleep cycle, our bodies are in rest mode with not much to do at a physical level. During this rest mode, our immune system goes into high gear, fighting off the germs and bacteria that can lead to illness and disease. According to WebMD, a chronic lack of sleep has been associated with colds, influenza, diabetes, heart disease, mental health concerns and obesity. Who wants that?

5. Genetics and environmental conditions aside, we all have a degree of control over our health and wellness. Eat a healthy diet and embrace an active lifestyle and be aware of your blood pressure, vital signs and other signs of approaching poor health. The human body has incredible healing powers if given half a chance to fix itself. In order to restore itself, however, we need to treat the body with respect by feeding it a healthy diet and giving it regular exercise. In addition, from a mental and spiritual point of view, we need to provide ourselves with a meaningful and strategic life.

Remember this: practicing medical self-care is one more way of taking control of your life.
In the first part, "A Sudden Trip into the Cold Water World," we looked at a hypothetical situation of people out for a pleasant sailboat ride who find themselves thrown into cold water offshore. If you were to ask experienced lifeguards and members of various water rescue organizations, "What's the big concern? I can swim or I always have a life jacket nearby to get into." or "this is Southern California, the water's warm, it's no big deal!" Well, California's coast has a major ocean current that comes down from the Arctic regions. This water, only during very hot summer, approaches the 70 degree mark. US Coast Guard drowning statistics indicate an 8% fatality rate for people falling into the water in the 79 to 70 degree temperature range. More typically, Southern California waters are in the 60 to 50 degree range. The same Coast Guard statistics indicate that people falling into water under 59 degrees have a 40% drowning rate. El Nino conditions do push water temperatures up, but that is not a constant factor. Further, if you have the misfortune to enter the water that is under 50 degrees, you face a 60% chance of perishing. The colder the water, the greater the odds are against your survival.

So, what is the single most important factor that greatly increases your chances of survival? Pure and simple, WEAR A LIFE JACKET. Cold water disorients, causes panic, decreases motor skills, saps endurance. The colder the water, the sooner all of these bad things start happening. Even in 70 degree water, you can lose 30% of your lifting or pulling strength within 10 to 15 minutes. Remember your "No Life Jacket" friend Joe? No life jacket probably meant he went deeper into the water and then gasped because of the cold. He probably inhaled a quart of water into his lungs and was on his way to drowning rather quickly.

In the series called "Cold Water Boot Camp," eight very fit and experienced volunteers from across North America jumped into 49 degree water. With no life jacket on, most of the participants indicated that in open water with no help around, they would most certainly have drowned due to cold water effects, not hypothermia, within 10 to 15 minutes of falling into the water. They all had to be assisted to get to shallow water. All of them stumbled and could just make it onto dry land. Later, when they jumped into the same water wearing a life jacket, all of the participants were able to paddle around and cover 50 to 75 yards in the water.

A British study done in 1977 had the following findings: 60% of the drowning victims were declared good swimmers, 90% of the victims had no life jacket, 55% of the victims drowned within 10 feet of safety (a boat, buoy or similar objects which may have allowed the victims to survive until rescued), 40% of that group were less than 6 feet from safety.

There are other factors that determine survivability including the age and physical condition of the person. The tremendous shock of suddenly being immersed in cold water may cause a person's heart to start a frenzied spasming called fibrillation. That means the blood is not circulating and, unless treated, results in death.

So, assuming you have had the good judgment of wearing a life jacket when you get on a boat, it might be helpful to repeat the "1-10-1" rule to increase surviving a cold water dunking. First, you should take the first minute to calm down and bring your breathing under control. If you have worked steadily on a rigorous task, been jogging or similar physical activities you usually try to have your breathing match whatever you are doing. To try to swim while still gasping will tire you out quickly and sap your strength. You now have 10 minutes or so to actively try to get to safety. This is if, as an example, your overturned boat is nearby, or the shore seems to be within your ability to swim that far. That means taking time to assess your situation and the different options that are reasonably doable. From that point, in water below 50 degrees, you have an hour before real hypothermia sets in and unconsciousness results.

If you are part of a rescue effort from a boating accident, or man overboard, capsizing etc., remember the 3 R's — RESCUE/RECOVER/REWARM.

When you approach a person who has been in the water for a fair amount of time, be as gentle as possible in extracting him or her from the water. Rough handling at this point may trigger adverse effects such as a heart attack. Do all that you can to keep the patient in an alert "fight the cold" state.

Telling a person to relax may cause his system to start normal functioning again. Remember that his system has pretty much closed off the blood supply to his arms and legs. The cold blood coming into their heart may shock it into stopping. Place the patient in a position that mimics how they were in the water. Usually a near horizontal position works, but if they were hanging from a boat in a nearly vertical position, putting them in a horizontal position may also result in the flow of cold blood into the core with possible bad results.

In the RECOVER phase, remove the wet clothing if possible. In a bit of Humor, Dr. Popsicle, Gordon Giesbrecht, who specializes in ThermoPhysiology, suggested the "North Face" test; both to determine the patient's alertness and to get permission to cut the clothing away to facilitate warming. If the subject is wearing expensive boating wear made by North Face, their refusal is a good indication that they are indeed alert. There is a caution that if a pulse is detected, however faint, not to rush to start CPR as it may result in Atrial Fibrillation. It is far more effective to proceed slowly with caution in cold water immersion cases.

(continued on page 3)
The Cold Water World, Part Two (continued)

There are far more detailed procedures that can be administered, but it was felt that this level of response should be sufficient until trained EMT specialists arrive to take over and help the victims get on their way to recovery.

I did not want to get too deeply into this subject, but tried to give people on our Emergency Support teams both an awareness of what Cold Water Immersion is, what happens when you fall into cold water, how to survive and finally, how to treat victims should you ever be put in a situation where you can at least render cautious assistance.

Further information can be obtained from the following websites: www.coldwaterbootcampusa.org

www.watersafetycongress.org

I am grateful to both organizations for all of the material used in this two part presentation, especially to Dr. Gordon Giesbrecht, for providing a better picture of Cold Water Immersion.

Disaster Preparedness and Safe Evacuation Tips for Families with Disabilities

During an emergency, be it weather related or man-made, we want the members with special needs in the community to be prepared.

Practice Getting Into a State of Calm

Parents and care providers need to project a calm demeanor during a disaster or emergency, even if we’re not feeling it! Children and adults on the autistic spectrum may sense your emotional state and mimic it. Practice in order to be prepared to project a sense of calm.

Prepare For Immediate Needs Before Disaster

- Contact local emergency information management offices. Many local emergency management offices maintain registers of people with disabilities so they can be located and assisted quickly during a disaster. For a list of state offices and agencies, visit: http://www.fema.gov/emergency-management-agencies.

- Wearing a medical alert tag or bracelet to identify your disability may help in case of emergency.

- If you have a severe speech, language or hearing disability: Remind friends that you cannot relate to warnings or emergency instructions. Ask them to be your source of emergency information as it comes over their radio.

Planning for the safe evacuation of people with disabilities


- The plan must consider both the process of evacuating and the destination. Implement an evacuating process.

- Safe, effective evacuation by people with all types of disabilities should be a central objective of all plans. Evacuation personnel need to look for and assist people who need assistance reading signs, hearing instructions and filling out forms.

Equipment, supplies, service animals and assistance

- Responders must be trained on the importance of allowing individuals with disabilities to bring personal care assistants or family members, service animals and mobility, communications and medical services with them. Provisions should be made to assure transport or mobility, communications and other assistive equipment. Policies need to reflect an understanding that these supports are not optional.

Evacuation transportation

- Not all people with disabilities will need transportation in the event of a disaster, but for those who do, transportation can become a major barrier to safe evacuation if comprehensive plans are not in place. If routine use of public Paratransit (transportation for people with disabilities) systems are unavailable during the emergency, plans must include a way to forward requests to emergency services or transportation coordinators and to alert passengers that the request has been forwarded.

- Facilities contacted must have sufficient vehicles to meet all accessible evacuation transportation needs. Vans and buses vary as to the number of individuals they accommodate and the types of lifts, ramps and wheelchair-securing devices they employ. The process of inventorying these vehicles should identify overall occupant capacity and whether there are any limitations regarding the size or type of wheelchairs or other equipment they can safely transport. Operators need to be trained in safety issues and the safe operation of lifts, ramps, tie downs and other mechanical devices.

(continued to page 4)
Disaster Preparedness and Safe Evacuation Tips for Families with Disabilities (continued)

- Additional considerations:

  When preparing to evacuate, people with disabilities need to gather essential information and documentation. It is important that evacuation plans for residential, day program, medical facilities and large public buildings be tested through periodic drills. Evacuation plans should list and include provisions for essential equipment that needs to accompany individuals (e.g. supplemental oxygen, food preparation/feeding equipment, suctioning devices and portable respirators).

  Individuals with cognitive impairments who need personal direction and safeguarding, or who need help contacting family or support agencies should be offered assistance. Evacuation drills should be practiced often to ensure that participants know what signals to respond to and where to go. Alarm systems must be perceptible inside smaller rooms such as offices or bathrooms. Methods must be established to personally notify people who are deaf or have hearing impairments regarding evacuation warnings. Solutions include utilizing reverse 9-1-1 calling systems that can send text messages to TTYs, personal notification or vibrating pagers. Plans need to be explained and drills conducted often so that individuals who have visual impairments can independently find their way to exits and safe rallying points.

  Plans to accommodate and/or quickly re-evacuate people who are especially sensitive to environmental conditions should be in place. Planners should be aware that evacuation is a priority for people who are extremely sensitive to heat, cold, environmental allergies or pollution.

Select an Evacuation Destination

People with disabilities should not be routinely transported to health care facilities simply because they have disabilities. Triage decisions should be informed with an understanding that there is a difference between living with a disability and needing to be transported to a health care facility because of illness. For a person who has struggled against and overcome barriers to live in the community, being sent to a hospital, nursing home or other health care facility can have devastating, life-altering consequences. Evacuation personnel need to understand the impact of such a decision.

How to Use a Bandana to Save the Day
By Gaye Levy & Joe Marshall “Backdoor Survival”

Who would have thought that something as ubiquitous as the common bandana would have so many uses? I know that I have used these colorful squares of cloth for many purposes over the years, not the least of which was keeping my hair in place and wiping the sweat off my brow in hot weather.

So what are my favorite uses? Let me start with these.

My Top Six Favorite Uses for a Bandana

1. Head scarf. Whether it is a bad hair day or a good hair day, a bandana will protect your scalp and your hair from the sun and look fashionable at the same time. This applies to men as well as women – just ask any biker.

2. Handkerchief. A bandana makes a colorful and useful handkerchief that can be reused over and over again – after being washed, of course.

3. Dust mask. Tie a bandana over your face bandito-style to keep sand, dust and dirt out of your mouth and nose.

4. Emergency TP. You are out in the woods on a hike and have to go do your business. Believe me, a bandana works a lot better then a clump of leaves.

5. Signaling Device. If you are in trouble and want to get someone’s attention, wave your bandana. Red is the preferred color but any color will do.

6. Dress your Dog. Okay, I admit that this one is frivolous but Tucker the Dog looks so darn cute in his red bandana and with him carrying the bandana, it is always available for my use, too.

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How to Use a Bandana to Save the Day (continued)

Thirty Seven Uses of a Bandana in a Crisis

Clearly, I do not have an exclusive on bandanas. Earlier this year, my friend Joe Marshall, posted an article with 37 uses for a bandana in a crisis. Here are his thoughts on the matter.

- A bandana sits right at the top of my list of often overlooked survival gear. It is another one of those items that has hundreds of improvised uses, but only if you have the right mindset for it.
- Bandanas weigh a fraction of an ounce, they are dirt cheap and are also a must have in your survival gear.
- I’ve come up with my own ideas (and pulled some from a few different sources online) that showcase just how useful this piece of cotton can be.

1. Signal (Brightly colored works best)
2. Neck Gaiter for cold weather
3. Tourniquet
4. Pot Holder
5. Collecting Wild Edibles
6. Sun protection for your neck
7. Sling (First-aid)
8. Sling (Weapon)
9. Friend/foe identification (Gangs use them all the time to identify each other)
10. Cordage (cut into strips or used as is)
11. Washcloth/Towel
12. Sweatband
13. Waist pack/pouch
14. Hobo Pack
15. Padding a hotspot to keep from blistering
16. Cleaning Patches for Firearm
17. Gun Wipe Cloth (with oil)
18. Protection from foul odors (add a few drops of essential oil)
19. Toilet Paper
20. Trail Marker
21. Dish Rag
22. Napkin
23. Eye patch
24. Water filter (takes out large contaminants)
25. Clean eyeglasses and other lens
26. Ear muffs
27. Bind a stone and toss a line over a tree limb
28. Dust mask or smoke mask depending on the situation
29. Wet and wear in hot weather to keep you cool
30. Sneezing
31. Pot holder
32. Improvised bandage
33. Noise reducer (wrap your gear to keep it from rattling in your pack)
34. Improvised eye patch
35. Cloth diaper for a child
36. As a net to catch minnows and other bait
37. Camp markers (tear into four pieces and mark trees surrounding your camp site)

It is always a good idea to carry a bandana with you; they take up no weight and have a lot of uses (provided you are creative enough to figure them out).

About ‘Above Average’ Joe: I am just an average guy with a passion for learning. I am excited to share the things I learn with you but I am most interested in learning from you. Thank you, Gaye, for inviting me to share the Survival Life with your readers!

The Final Word

Bandanas are fun, useful and dirt cheap. For ten dollars you can usually purchase a dozen or so and be set for a long long time. In my own case, the bandana brings out the inner cowgirl in me and well, is just plain fun. Couple that with its many uses for survival and ordinary daily life and you have a winner in my book.

Water Saving Devices

By Anna Pinter

Low Flow Fixtures

If you want to start the process of reducing water consumption, a good place to start is replacing your plumbing fixtures with low-flow alternatives for reducing water usage. The bathroom is one of the easier rooms in your home to begin saving water. Toilets are one of the greatest water users in the home. Low-flow toilets use 1.6 gallons per flush and can reduce water use by 23-46%, compared to conventional models that use 3.5 to 5 gallons per flush. There are models that have separate buttons for the different types of waste being flushed, thus saving water on particular flushes. Rebates are sometimes offered to reduce the cost of purchasing a new toilet.

The Hippo

Another low cost device is called the Hippo. If your toilet was installed before 2001 it uses up to three liters more water per flush than the current low-flow standard toilet. Install the Hippo, a type of polyethylene bag, which sits underneath the cistern float. When the toilet flushes, water is confined in the bag and saved.

Aerators

Aerators are another water saving device. Fixtures which do not have an aerator can be unscrewed at the tip of the faucet and replaced with an aerator which allows less water to pass through when you turn on the tap. The same is true for showerheads; it’s as easy as unscrewing the old and screwing on the new. Together, installing one faucet aerator and one efficient showerhead can result in an average of 9,000 gallons per year in savings.

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Water Saving Devices (continued)

The Water Pebble
At first you might not get along too well with a little disk living near the plughole in your shower which measures and memorizes the amount of water you are using to take a shower. Then the pebble scolds you by a blinking green, amber and red light. A red flashing light lets you know your shower time is over and you are using too much water!

Eco Showerhead
The goal is to take a shower in four minutes. Different showers use different amounts of water, so you do not know how much water you are using or how much you are wasting. The meter in the Eco Showerhead calculates, when you are showering, how much your own shower uses and informs you when it is time to get out.

Low flow showerheads are those using 2.5 gallons of water per minute and can be bought at a low price in many stores. Sometimes there are rebates on these water saving devices.

Pressure Reducers
Household pressure reducers limit the amount of water coming into the house in the same way low-flow fixtures limit what comes out of the tap.

Hot Water Recirculation Pump
A whole-house hot water recirculation pump eliminates the wait time and wasted water, after turning on a faucet or shower. These products continuously circulate water from the hot water tank throughout the plumbing system so it's always warm when you turn on the tap. Hot water circulators keep hot water in your pipes so you don't have to run the shower/faucet as long while waiting for it to get hot.

Under Sink Water Heater
Install an under the counter water heater and you can save lots of water. An under sink water heater has a lot of benefits. One of the advantages is they provide instant hot water in places a longer distance away from the central water heater. Just plug each small device close to each hot water faucet and enjoy an instant delivery of hot water.

- The sink heater reduces your heating up to 50%.
- Reduces use of energy and water use
- The unit saves you money as it eliminates an expensive need to recirculate and install water lines or pumps.

Internet sites dedicated to water saving devices:
www.conserveh2o.org/water-conservation-devices

cleantechnica.com/2014/10/05/6-best-water-saving-technologies-home

gizmodo.com/5-water-saving-bathroom-devices-you-can-install-yourself-1644006333

greenliving.lovetoknow.com/Water_Saving_Devices

www.bewaterwise.com/Conservation_Materials.html

There are many more links to educate you on economical ways to save water. Many sites have information to help you buy and install water free devices.

Every room in the house has devices you can purchase to reduce water usage.

First Public Test of Earthquake Alert System Rolls Out at L.A. School
By Rosanna Xia, Contact Reporter Los Angeles Times

Eagle Rock High School students listen as USGS seismologist Lucy Jones, center, tells them about the earthquake early warning system that is being tested in a few classrooms at the school. (Allen J. Schaben / Los Angeles Times)

In a major sign that California's earthquake early warning system is moving forward, officials announced Friday that Eagle Rock High School will provide the first classrooms to test the program developed by the U.S. Geological Survey and a team of scientists.

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First Public Test of Earthquake Alert System Rolls Out at L.A. School (continued)

This marks the first time officials have tried the system with the general public. Until recently, only academics, select government agencies and a few private firms have received the alerts.

"This is really about helping us understand what works, what doesn't," USGS seismologist Lucy Jones said Friday to a classroom filled with excited students, school board members and city officials. "By putting it in with ordinary people — with not geeks, not Caltech — we can start seeing ... how people hear the information, how they process it, how they make decisions."

Scientists now have enough ground sensors in the Los Angeles and San Francisco areas to broaden their pilot programs. They emphasized that the system, known as ShakeAlert, is far from perfected, but said expanded access will help identify problems and fine-tune its usability.

Early warnings were successfully generated last year when several moderate earthquakes hit Southern California. Scientists testing the system in San Francisco got eight seconds of warning before shaking arrived from the 6.0 Napa earthquake in August 2014. The system is already being used by the BART commuter rail system in the Bay Area to slow down trains before a quake hits, reducing the risk of derailment.

"In the future, it may mean you'll have enough time to pull over to the side of the road, or step back from getting in an elevator, or stop medical surgery that's underway.... The applications truly are endless," Los Angeles Mayor Eric Garcetti said. "No Angeleno should die in an earthquake because of inaction."

One private firm, Seismic Warning Systems, has already begun selling its own early warning tools to certain cities and businesses in California. School districts in the Coachella Valley have been working with this private system since 2009, said Scott Nebenzahl, a vice president of the company.

Unified School District. Students will be able to study the data and practice responding to the alerts by taking cover under their desks.

Officials will learn from the way students and staff react to the alerts. Different emergency procedures, such as knowing what to do if an earthquake hits during recess or in the cafeteria, will be developed and taught to students. Social scientists will help experiment with various interfaces and sounds to see what works best with a general audience.

The early warning system operates on a simple principle: The shaking from an earthquake travels at about the speed of sound — slower than the speed of light. That means it would take more than a minute for the shaking from a 7.8 earthquake that starts at the Salton Sea to actually hit Los Angeles 150 miles away.

Seismic sensors stationed at the Salton Sea would detect the first shaking waves in as little as 5 seconds, and blast a warning throughout Southern California. In this scenario, Palm Springs would have 20 seconds of warning; San Bernardino, 45 seconds; and the Los Angeles area, more than a minute.

In its fully envisioned form, the warning system could help automatically shut off sensitive equipment at private companies and alert workers at construction sites to move from dangerous locations before the shaking begins. Even a few seconds notice to duck under a sturdy desk could be a matter of surviving a building's collapse, officials said.

Now, ten science classrooms at Eagle Rock High School have been hooked up to the system. Alerts have been programmed to go off on a teacher's computer even during small earthquakes, said Jill Barnes, Emergency Services Coordinator for the Los Angeles Unified School District. (continued to page 8).
The ShakeAlert system envisioned by the USGS would be free to the public. The USGS, which developed the system with Caltech, UC Berkeley and other state and local partners, has been sharing the prototype with companies that have been inventing smart phone apps and machines that trigger automatic safety options, such as opening a heavy fire station door or prompting an elevator to open at the next possible floor.

In Northern California, school superintendents in the Redwood Empire have been testing the system and mapping out how students and staff would respond when the alerts go off. Once a procedure has been established, schools will begin live-testing the system in classrooms, said Jennifer Strauss of the Berkeley Seismological Laboratory.

At L.A. Unified, the goal is to roll out early warnings to the rest of Eagle Rock High and other schools using the loudspeaker system.

"Once we have gotten some good feedback from Eagle Rock, and once we look at funding options, and the options that are available to us in terms of how we can roll something out in a larger way, then we can put something in place in more schools, and hopefully district-wide," Barnes said.

For now, the alerts will be a useful, impromptu way of teaching students about primary and secondary seismic waves, said Eagle Rock science teacher Sara Ramos.

In Ramos' classroom Friday, Jones fielded questions from students. "When will this system become permanent?" one asked.

"You're going to always have it here at school," Jones explained. "We hope to get it to everybody through a computer interface, through broadcast on TV, through, eventually, a smart phone app as soon as we have the funding in place to make sure we don't screw up."

Scientists need about $16.1 million a year to complete and maintain the system. President Obama earlier this year proposed $5 million in the federal budget, and officials have also been seeking state funding.

Once full funding is achieved, the system could be running within two years, Jones said.

No Place for a Child or Pet
From “Costco Connection”

Each summer there are horrific stories about children and pets being left in hot, locked cars. According to kidsandcars.org, 38 children die in hot cars each year. One is too many. The numbers are higher for pets, with hundreds dying each year, according to the American Veterinary Medical Association.

The excuses are the same, "I was just going to be a minute." "I left the windows open." But on a hot day, a car becomes a virtual oven and cracking the windows doesn’t help.

Costco member Jan Null, a San Francisco-area meteorologist (noheatstroke.org) created the chart below.

Follow these tips to avoid a tragedy:
Never leave kids or animals alone in a car - even for a minute.
Always check the front and back seat of the car before leaving the vehicle.
Place your purse or briefcase in the back seat to help you remember to check.
Always lock your car and be sure kids don't have access to the car keys or remote

PLEASE DON'T LEAVE US IN THE HOT CAR! TAKE US INSIDE WITH YOU WHERE IT IS COOL AND COMFORTABLE
The Governor has called for a 20% reduction in water use.

What does a 20% Reduction in water use look like?

**Indoor Tips**

- Shorten your shower by 5 minutes
  - saves 12 Gallons per day!

- Wash only full loads of laundry
  - saves 15-40 Gallons per day!  *Based on 7 loads per week average.*

- Fix leaky toilets and faucets
  - saves 20 Gallons per day!

- Install high efficiency toilets
  - saves 19 Gallons per day!

**Outdoor Tips**

- Use a broom instead of a hose to clean the driveway
  - saves 21 Gallons per day! *Based on 1 time per week.

- Adjust your sprinkler system for leaks and overspray.
  - saves 50+ Gallons per day!

- Replace a portion of your lawn with California Friendly plants
  - saves 120 Gallons per day for every 1000 square feet of turf removed!

- Install a smart sprinkler timer
  - saves 40 Gallons per day!

For more helpful tips on ways to reduce water use, visit: www.mwdoc.com/wue
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, 6:30 PM June 9, 2016 in B8

CPR Classes

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

- Dates are pending completion of the Senior Center In The Park

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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