



CITY OF HUNTINGTON BEACH CERT NEWSLETTER

SINCE 1991

May 2019

HB CERT HIGHLIGHTS

May 9 CERT Meeting
Page 1

Volunteer Appreciation
Month
Page 1

First Aid/CPR/AED Class
June 22
Page 1

Text to 911
Pages 1—2

Preparing for
Emergencies in the
Workplace
Page 2

Flyer for May 9 Meeting
Page 3

Susan McClaran's First
Aid Corner
Pages 4—5

American Cancer Society
Page 6

Physical and Mental
Health Issues Caused by
Disasters
Pages 6—7

Flyer for 911 Article
Page 8

Flyers for Cancer Article
Pages 9—10

Photos CERT Annual
Recognition Dinner
Pages 11—16

CERT Mission Statement,
Upcoming CERT Events
and Activities,
CPR Classes,
Newsletter Staff
Page 17



May 9, 2019 CERT Meeting

By Carol Burtis

On Thursday, May 9 at 6:30pm in the Council Chambers at City Hall, 2000 Main Street, Officer Troy Zeeman will speak about being shot at the Route 91 concert in Las Vegas last October, as well as his insight on how to survive a similar event.

Please RSVP either by answering the EVITE I sent out or emailing me at carol.burtis@surfcity-hb.org so I know how much seating and how many refreshments I will need. Yes, you can bring a guest! See page 3 for more details.

Volunteer Appreciation Month

By Phil Burtis

In conjunction with April's designation as Volunteer Appreciation Month, CERT held its annual recognition dinner on April 11, 2019. Over 60 people were in attendance and everyone had a good time enjoying some food, fun and friendship.

In 2018, 56 individuals recorded time on the portal and in total donated over 3,200 hours to the City. Everyone who recorded hours received a certificate and the breakdown of hours is as follows:

Hours	Number of Volunteers
Up to 20	19
20 to 49	20
50 to 99	8
100 to 199	4
200 or more	6

And as fantastic as that is, we know that not everyone recorded all their hours, so the numbers should really be larger. Be sure to log your hours in 2019! It's not just for recognition, but it helps keep the program vital. All CERT hours and activities become part of an annual report to the HBFD leadership and from there roll up to the City Manager reports.

So thank you to all who participated in 2018. From first aid to sandbagging to radio support for RACES to training classes and everything else, it was a busy year. We supported 20 separate events ranging from a small booth for a couple of hours to staffing first aid tents for

multiple days at the US Open of Surfing and the Great Pacific Airshow.

2019 has already been busy but Fall is still coming up, so be prepared to jump in, volunteer, and help 2019 be an even better year!

First Aid/CPR/AED Class June 22, 2019

By Carol Burtis

We will have a Red Cross First Aid/CPR/AED class on Saturday, June 22 from 8:00am until 2:00pm. The cost for this class is \$40 payable at the class. In order to be able to work at the US Open of Surfing, the American Legion 100th Anniversary, or the Great Pacific Air Show First Aid Booths (in addition to being a Live Scanned CERT volunteer) you must have completed this course. We will be offering it again Saturday, September 21, 2019.

If you are already an "active" CERT member you can register at the CERT Member Portal. If you have not completed your Live Scan yet but will have done so by June 22, you can email me at carol.burtis@surfcity-hb.org to register.

Text to 911

By Richard Batistelli, Human Interest Staff Reporter

I recently received an important missive from American Red Cross Headquarters in Santa Ana which I wanted to pass onto our CERT community. Some of my more adroit colleagues may have already read this communication, but it is worth repeating. To quote from a recent Press Release, the "Orange County law enforcement and fire dispatch centers are now equipped with Text-to-911 (to allow the hearing impaired, speech impaired or those in emergency situations who are unable make a phone call) to now reach emergency dispatchers by text message".

Following is the fact sheet for your reference. "Text-to-911 was jointly launched by every Orange County public safety agency with a Public Safety Answering Point (PSAP) on February 6, 2019. In 2018, more than 1,243,092 calls were made to 911 in Orange County. Eighty percent of these calls came from mobile phones.

(continued on page 2)

Text to 911 (continued from page 1)

Remember to always call if you can, and text if you can't. Calling provides a faster response, allowing information to be relayed to responding public safety personnel as quickly as possible. It also allows dispatchers to hear background noises or conversations and gather additional information.

"It's important that every member of our community has a safe and effective way to access emergency services in Orange County, and Text-to-911 provides that," said Sheriff Don Barnes. When texting, residents should first provide their location and whether they need law enforcement, fire or medical aid services. "It's critical that those using Text-to-911 accurately share their location and offer as many clear details as possible," said Orange County Fire Authority Chief Brian Hennessy. "Being precise means we can more quickly reach those who need help most."

More about Text-to-9-1-1:

- Ensure location services on your mobile phone are turned on and be prepared to provide your location in the text.
- To get started, type "911" in the "to" field of the text message and, in addition to your location, provide the type of emergency services you need (police, fire, medical).
- Use plain text and refrain from abbreviations.
- Dispatchers cannot accept pictures, videos or icons.
- Text-to-9-1-1 cannot be used in a group text.
- If your text does not go through, you should receive a message to make a voice call.
- Calling or texting 9-1-1 when it is not an emergency is a crime punishable by up to a year in County jail and a fine of up to \$1,000.00.

For more information, see flyer on page 8.

other than people saying "yes, all the employees are out."

I started a check-out board for the office staff which, in case of an evacuation, we are to take off the wall and bring along with us to our meeting spot. I have two binders which I keep updated with all the new and terminated employees. One is on our emergency bin inside and the other is outside. All employees have an Emergency Team member who is responsible to check off that they are outside and safe. This is not their supervisor, who may have to take care of other building safety matters.

I have four emergency bins on wheels around the building with food, water, blankets, first aid supplies, flashlights, etc. New employees are first given a safety talk by the safety manager and then I take them on an "emergency walk" round the building. I show them the offices and the escape routes. We have two stairs, two safety ladders and a ladder to the roof. I show them the location of fire extinguishers, fire alarm and emergency notification buttons.

Three months ago an employee was having a heart attack, but he did not realize it and didn't want us to call 911. We insisted and the paramedics did confirm he was having one and he had a few more in the hospital. He could have died. Our company has an AED unit but I had never taken it out. During my emergency walk, I show new employees where the AED unit, blankets and oxygen tanks are kept.

Last week we had an employee suffer a stroke here at work. Our guys did all they could to make him comfortable until paramedics came. We got word today that he will probably not recover from the coma.

I recently asked my boss to allow me to do some stroke/CPR awareness training. We showed stroke and CPR videos. I showed everyone the AED machine and let them listen to what it sounds like and talked to them on how to seek help if someone needs it. I feel the lessons were well received and the employees are better prepared for medical emergencies.

Preparing for Emergencies in the Workplace

By Stephanie Deagle

In addition to my other job responsibilities at Superior Electrical Advertising Company, for the past several years I have been the Emergency Manager. I joined CERT in 2012 and right away began sharing my CERT training with my neighbors, friends and fellow employees. In 2014, we had a four alarm fire at our workplace. Everyone got out safely but we had no checks and balances to see if everyone was safely outside



SURVIVING AN ACTIVE SHOOTER

HB CERT Monthly Meeting

May 9, 2019, 6:30PM, Council Chambers

Open to City Employees and Volunteers

Officer Troy Zeeman from Newport Beach Police Department will be the guest speaker for our May 9, 2019 CERT meeting to be held in the City Council Chambers at HB City Hall starting at 6:30pm; he will share his experience and insights in an active shooter event.

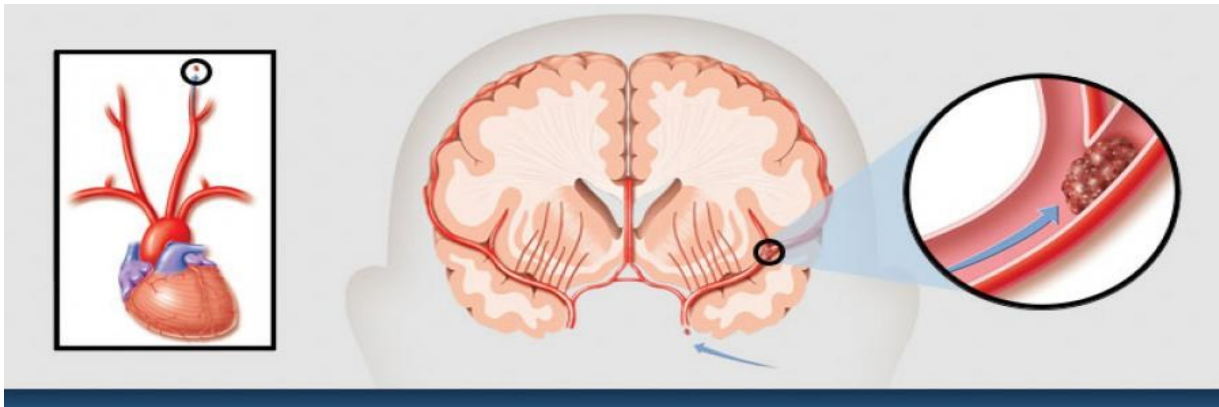
On October 1, 2017, Officer Troy Zeeman was off-duty, attending the Route 91 Country Music Festival in Las Vegas with his wife. At approximately 10:10pm, a gunman on the 32nd floor of the Mandalay Bay Hotel opened fire on the crowd of 22,000 people below. Officer Zeeman, who was wounded by the gunfire, worked with another off-duty law enforcement officer to get more than 20 other concert goers to safety, only receiving medical attention for his own injuries five hours after the shooting occurred.

Please RSVP to Carol Burtis at carol.burtis@surfcity-hb.org



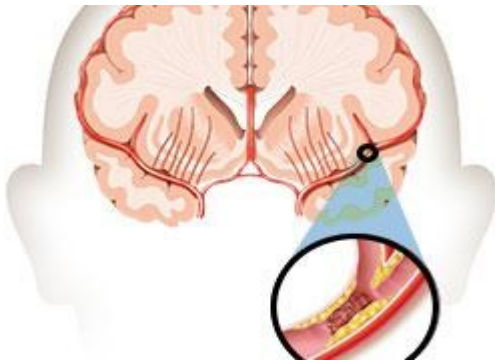
Susan McClaran's First Aid Corner

Hi All,
May is Stroke Awareness Month and I always like to bring attention to it on some points. Below are excerpts taken directly from The National Stroke Association. I encourage you to learn more about strokes by visiting their website at www.stroke.org
Understand Stroke



Stroke is the fifth leading cause of death in America and a leading cause of adult disability. Yet, research shows that too few people know what a stroke is and how to recognize when stroke is happening.

Learn more about stroke, how to prevent a stroke from happening to you, and how learning the signs and symptoms could save the life of your loved ones.



What Is Stroke?

A stroke happens when blood flow to an area of the brain is cut off. Brain cells are deprived of oxygen and begin to die. A stroke can cause you to permanently lose speech, movement and memory. Read more about what a stroke is, types, and signs and symptoms of a stroke.

[Hemorrhagic stroke](#)

[Ischemic stroke](#)

[What is TIA?](#)

[Stroke facts](#)

[Recognizing Stroke](#)

(continued on Page 5)

Susan McClaran's First Aid Corner (continued from page 4)

Each year about 185,000 people die from a stroke. By learning the many warning signs of a stroke – you can help save a life.

Act Fast

Stroke is an emergency and getting help and treatment is extremely important. Learn how to quickly identify stroke by using the FAST test.

FAST is an easy way to remember and identify the **most common symptoms** of a stroke. Recognition of stroke and calling 9-1-1 will determine how quickly someone will receive help and treatment. Getting to a hospital rapidly will more likely lead to a better recovery.

Use FAST to Remember the Warning Signs of a Stroke

F

FACE: Ask the person to smile. Does one side of the face droop?



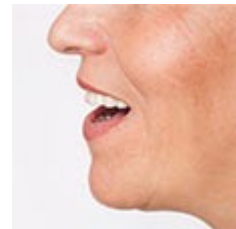
A

ARMS: Ask the person to raise both arms. Does one arm drift downward?



S

SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?



T

TIME: If you observe any of these signs, call 9-1-1 immediately.



Call 9-1-1 immediately if you observe any of these symptoms.

The American Cancer Society

By Stephanie Deagle

Hello CERT Family,

I also volunteer for fundraising for the American Cancer Society RELAY FOR LIFE HOPE CENTRAL. I have been volunteering to help fight cancer since 2015 when my mother passed from her cancer. Our fundraiser on May 2 at California Pizza Kitchen (CPK) will donate 20% of your tab to our Team Realty Check 2019 fundraising. Please support us by lunch, dinner, happy hour, or just a drink. You can show them the flyer with a photo from your phone, paper copy, or just tell them that you are there to support the Relay for Life. (See flyer on page 9).

Our event Saturday, June 22, 11 am to Sunday, June 23 at 11 am is a 24-hour event because cancer never sleeps. We walk the track for those who cannot fight any longer and for those who are fighting now or who have fought and survived.

This event is fun for all. Kids camp and play games. There are bands and celebrations around the walking track. At 9pm we slow down and remember those we have lost with a Luminaria Ceremony. If you have never attended, it is very moving with survivors' or caregivers' stories, a bagpiper, and then a silent walk around the track. Our team sells items like food, snacks and we even have a Vans team that sells thousands of dollars in shoes, jackets, shorts, etc. and all proceeds are donated.

See flyer on page 10.

Physical and Mental Health Issues Caused by Major Disasters

By Anna Pinter

Whenever we talk about disasters the three topics most commonly mentioned are:

- How to prepare before a disaster strikes
- How to protect one's self during an event
- How to restart our life quickly

Each of these three steps are important for individuals to survive and pick up the pieces.

"Through its 'Ready Campaign', the Federal Emergency Management Agency (FEMA) educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. 'Ready' asks individuals to

do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. It is important to consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet their needs. Individuals should also consider having at least two emergency supply kits with one full kit at home and smaller portable kits in their workplace, vehicles or other places they spend time." (See www.earthquakecountry.com for basic lists)

"In the days and weeks that follow a big earthquake your family, friends and neighbors can come together to start the process of recovery. Once you have dealt with the immediate shock of an earthquake, continue to follow the plan you prepared in advance. Aftershocks will continue to happen for several weeks after major earthquakes and some may be large enough to cause additional damage. Always be ready to drop, cover and hold on.

Following a major disaster, communication will be an important step in the recovery efforts. Your recovery period can take several weeks to months or longer. Take the actions below to be safe and minimize the long term effects of an earthquake on your life." See: <http://www.earthquakecountry.org/sevensteps> for details.

Prepare:

- Step 1 Secure Your Space
- Step 2 Plan to be safe
- Step 3 Organize Disaster Supplies
- Step 4 Minimize Financial Hardship
- Step 5 Drop, Cover and Hold On
- Step 6 Improve Safety
- Step 7 Reconnect and Recover

These seven steps are good advice, but what about the percentage of the public who are stricken with health and mental issues following the event.

Disaster Health Problems

A topic discussed less is health problems which linger after an event. The public is not as prepared to deal with these threats. After a disaster, many individuals are left unable to recover or to begin to restore their daily life. Every disaster can have short or long-term threats causing premature death.

(continued to page 7)

Physical and Mental Health Issues Caused by Major Disasters (continued from page 6)

Some people are unprepared to shield themselves from harm even during disasters such as fires, floods, tornados and snow storms. The lack of education and communication on health threats leave people unprepared to shield themselves from physical and mental health issues caused by man-made and natural events. Many of the solutions are common sense. However, if a person is not well educated on the problems, reminded and drilled on solutions to protect themselves before an event happens, many times they make poor decisions.

The biggest lingering threat in a fire is smoke. The smoke is filled with fine particles and these microscopic particles can penetrate deep into the lungs. They can cause many health problems from burning eyes and runny nose to aggravated chronic heart and lung problems. Particle pollution is linked to premature death. How many times have we heard of people suffering from smoke problems while fighting home and wildfires?

Repetitive education helps protect us with common sense solutions in a chaotic situation. There are many examples besides fire which have lingering threats of health and mental problems, some of those are snowstorm, tornados, floods and drought. If you stop and think, many of the problems are quite evident. However, when a disaster happens, if you have not drilled and been educated to these dangers, your common sense can fail you in the chaos of the moment.

Many problems increase after a disaster. Sudden stress, repeated stress or stress over a period of weeks or months can exacerbate physical problems during and after a disaster. Researchers have been conducting health surveys among adults and children to unravel the longer-term health effects and deaths.

From the National Institutes of Health (NIH)

"Assessing Health Effects of Japan's Quake, Tsunami, Nuclear Accident" an article written by Dana Talesnik: https://nihrecord.nih.gov/newsletters/2015/01_16_2015/story2.htm.

A 9.0 earthquake on May 11, 2011, the largest in modern Japan, devastated coastal areas and sparked the meltdown of Dalichi Power Plant. The earthquake and tsunami killed more than 15,000 people and injured thousands.

Within days of this major catastrophe, the National Institutes of Health (NIH) arrived at the scene to assess radiation levels. NIH continues to work closely with Japan on recovery efforts.

Health issues were also assessed and a preliminary survey showed high levels of stress especially in coastal areas where people suffered high loss of lives and property. There was a host of health problems such as anxiety, depression, cardiovascular problems, cancer and other diseases. NIH has continued to monitor those areas most affected. It remains to be

seen if diseases like cancer prove to be a long-term disease causing loss of life.

Suicide rates decreased after the disaster, but within 18 months the rates began to climb. Researchers believe the decrease was because of mental health agencies offering intensive help after the quake. However, as the help decreased, the suicide rate increased. Researchers and mental health experts believe it is very important to continue to monitor and treat mental health issues in catastrophic disaster areas.

Child health studies revealed higher stress levels. Children became overweight. There was an increase in asthma, ADAH, autism, eczema, low birth weight and pregnancy hypertension.

The World Health Organization (WHO)

"Every year natural disasters kill around 90,000 people and affect close to 160 million people worldwide. Natural disasters include earthquakes, tsunamis, volcanic eruptions, landslides, hurricanes, floods, wildfires, heat waves and droughts. They have an immediate impact on human lives and often result in the destruction of the physical, biological and social environment of the affected people, thereby having a longer-term impact on their health, well-being and survival."

Reuters Health published an interesting article on the Canterbury and Christchurch, New Zealand earthquakes of 2010 and 2011. The title was Earthquakes Literally Broke Hearts in New Zeland.

A new study shows middle-aged and older residents of the areas with the most property damage suffered 25 percent more cardiovascular-related deaths than their neighbors in Christchurch with the least damage. In the year after the Canterbury earthquakes, the research found heart attacks spiked in Christchurch, New Zealand in the areas struck hardest. At the same time, residents of the most-damaged areas were 22 percent more likely to be admitted to hospitals for heart attacks than their neighbors in the least-damaged areas.

As reported in the Lancet Planetary Health, senior author Vicky Cameron saw the toll taken on the health of her friends and neighbors as the residents of the most affected areas had 12,000 aftershocks rattle their homes and nerves for more than two years. Cameron and her team linked insurance claims data to data on health outcomes to examine 148,000 residents. These residents were at least 45 years old and living in the Christchurch region during the 2010 and 2011 earthquakes. People living in the most damaged houses were most at risk for heart attacks for a year after the jolts, the researchers found. They found no evidence for increased cardiovascular disease beyond the first year.

Recognizing the symptoms of strokes, heart attacks and other diseases can mitigate the short-term and long term health problems caused by disasters.

IN ORANGE COUNTY, CA CALL 911 IF YOU CAN. TEXT 911 IF YOU CAN'T.

WHAT IS TEXT-TO-911?

Text-to-911 is the ability to send a text message to 911 from your mobile device. Messages are routed to the appropriate dispatch center in a designated queue.

- Text-to-911 is not available when roaming.
- You must have a wireless carrier text or data plan to send or receive messages to 911.
- If Text-to-911 is not available in your area, or is temporarily unavailable, you should receive a message back with instructions on contacting 911 by other means.
- If you do not receive a text response from 911, try to contact 911 another way.

WHY IS CALLING 911 BEST?

- Voice calls are real-time communication, texting is not. As with all text messages, messages to 911 may take longer to receive, may get out of order, or may not be received.
- Photos and videos cannot be sent to 911 at this time.
- Text-to-911 cannot include more than one person. If you include anyone else on your text, it won't be received.
- Text GPS location information is not equal to current wireless-calling location technology.

WHO SHOULD TEXT 911?

Text-to-911 is intended for individuals who are hearing impaired or deaf, have a speech disability, have a medical emergency that renders the person unable to speak, or are in a situation where it is not safe to place a voice call to 911.

HOW DO I TEXT 911?

- Enter the numbers "911" in the "To" or "Recipient" field.
- The first text should be short and say your location, including city, and ask for police, fire or ambulance.
- Answer questions and follow instructions from the 911 dispatcher.
- Text in English using simple words, no abbreviations, no emojis, and no slang.
- Keep all text messages short.

DO NOT TEXT AND DRIVE.

WARNING PRANK TEXTERS

**TEXT-to-911 is for use
in an emergency only.**

**Prank texters can be
identified and will be
prosecuted according
to local laws.**



Pizza with a purpose

Bring in this flyer, present it to your server
and we'll **donate 20%** of your check to the organization listed
below. Purchases include dine-in, takeout, catering and
all beverages.



Relay for Life

Hope Central



American Cancer Society

Thursday May 2, 2019 (All Day)

(800) 227-2345 Cancer.org

Valid at the following location:

California Pizza Kitchen

7851 Edinger Ave

Huntington Beach, CA 92647

714.372.3157

Join the **Pizza Dough® Rewards** program and receive
a **free Small Plate** on your next visit after registering.
Register today at cpk.com or download our new app today!



california
PIZZA KITCHEN

Fundraiser offer valid only on the date(s) and at the CPK location identified on the flyer. Only 501c organizations and non-profit schools are eligible to participate in CPK's fundraiser program. CPK will donate 20% (twenty percent) of all food and beverage sales to the organization. Tax, gratuity, gift card and retail sales are excluded from the donation. Offer valid for dine-in, takeout, online, catering, curbside or delivery orders placed directly with CPK. Not valid for third-party delivery. Offer void if flyer is distributed in or near restaurant. For more information about the 501c organization participating in the fundraiser, please contact the organization directly.

Relaying through the Decades.



Relay for Life of Hope Central

Saturday, June 22 - Sunday, June 23, 2019 11am to 11am

Davis Magnet School ★ 1050 Arlington Dr. ★ Costa Mesa CA 92626

www.relayforlife.org/hopcentralca
Questions? Email: Mary.Pendleton@cancer.org



CERT BOARD / PLANNING COMMITTEE



APRIL 11, 2019 CERT ANNUAL VOLUNTEER RECOGNITION DINNER (continued)



APRIL 11, 2019 CERT ANNUAL VOLUNTEER RECOGNITION DINNER (continued)



APRIL 11, 2019 CERT ANNUAL VOLUNTEER RECOGNITION DINNER (continued)







CITY OF HUNTINGTON BEACH CERT

Neighbors-Helping-Neighbors

MISSION STATEMENT: The mission of the Community Emergency Response Team (CERT) Program is to provide information and training on disaster preparedness; provide leadership and coordination during an emergency, and assistance to help victims recover from an emergency.

Upcoming CERT Events & Activities

- CERT General Membership Meeting, May 9, 2019, 6:30 PM in City Council Chambers
- CERT General Membership Meeting, June 13, 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, May 11, 10:00 am – 1:00 pm
- Wednesday, May 22, 6:00 pm – 9:00 pm
- Saturday, June 8, 10:00 am – 1:00 pm
- Wednesday, June 26, 6:00 pm – 9:00 pm
- Wednesday, July 24, 6:00 pm – 9:00 pm
- Saturday, August 10, 10:00 am – 1:00 pm
- Wednesday, August 28, 6:00 pm – 9:00 pm

To enroll in CPR classes, call 800-400-4277 or 714-556-4277. Class location is in the HB area and exact location given at time of enrollment.

CERT NEWSLETTER STAFF: Virginia Petrelis (Editor), Peter Petrelis (Publisher), 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!)