CITY OF HUNTINGTON BEACH

CERT NEWSLETTER

SINCE 1991

October 2015

HB CERT HIGHLIGHTS

INSIDE THIS ISSUE

FEMA Award to OC CMAP
Page 1

FEMA Award Announcement
Page 2

Congratulations Stephanie
Page 2

Senior Saturday
Page 2

Treatment of Burns
Pages 3—4

Extreme Heat
Page 4

Family Members with Special Needs
Page 4

Photos from Aug 2015 Ham Radio Class
Page 4

Have a Plan for Disaster
Page 5

Photos from Buying a Ham Radio Class
Page 6

Photos from Senior Saturday and HBFD Shadow Drill
Page 7

CERT Mission Statement, Upcoming CERT Events and Activities, CPR Classes, Newsletter Staff
Page 8

CLASS 1

OC CMAP Awarded FEMA Outstanding Community Emergency Response Team Initiatives Award

By Brevyn Mettler

When I first started with the City in 2005 I was tasked with working with Newport Beach, Costa Mesa, Anaheim, and Irvine to coordinate our CERT training, exercises and equipment. We were also tasked with figuring out a way to spend homeland security funding for the purpose of citizen preparedness. As a group we began meeting and formed the Orange County CERT Mutual Aid Program (CMAP). Today this program now consists of 24 cities, and several other affiliate programs. As a group, we have developed training and exercises, and a mutual aid plan for sharing trained volunteers in emergencies. Since its inception, the CMAP has deployed CERT volunteers in support of first responders during the 2007/08 wild land fires and several local events. This concept is not being done anywhere else in the United States.

This being said, I am extremely excited to announce that Orange County CERT Mutual Aid Program (CMAP) has been awarded the 2015 FEMA Individual and Community Preparedness Award for Outstanding CERT programs initiatives. This award would not have been possible without the collaborative effort of all twenty-four municipal CERT programs, the Orange County Operational Area Emergency Management Division, Orange County Courts, UASI, other affiliated agencies and **MOST** importantly the volunteers that make it all happen. CMAP is truly a joint effort to better prepare Orange County for any unexpected disaster. So congratulations to everyone and this award is well deserved.

Three of CMAP's founding members, Brenda Emrick (Costa Mesa), Matt Brisbois (Newport Beach), myself and the OC Emergency Manager, Donna Boston, traveled to Washington D.C. over the labor day weekend to accept the award and to participate in events at the White House, American Red Cross and FEMA headquarters. CMAP will also be the feature article of the FEMA E-Brief that should be published at the end of September. Here in Orange County we are fortunate to have leadership that understands the importance of our volunteers as well as volunteers who are willing to give so much back to the community. You should all be very proud!

The FEMA award announcement can be found at: https://www.fema.gov/news-release/2015/09/03/fema-honors-achievements-community-preparedness .

From FEMA 2015 Individual and Community Preparedness Awards Announcement

The Federal Emergency Management Agency (FEMA) is pleased to announce the winners of the 2015 FEMA Individual and Community Preparedness Awards, which recognizes the outstanding efforts of individuals, programs, and organizations throughout the country working to prepare their communities for emergencies. These awards highlight innovative practices and campaigns that have made outstanding contributions toward making communities safer, better prepared, and more resilient.

Applicants were asked to describe accomplishments that took place between January 1, 2014 and April 10, 2015. FEMA received more than 130 applications from non-profits, the private sector, community-based organizations, and individuals from 40 states and the District of Columbia.

The 11 FEMA Individual and Community Preparedness Award recipients will be recognized on September 8 in Washington, D.C. During the recognition ceremony, recipients will share their experiences, success stories, and lessons learned with fellow emergency management leaders.

View the 2015 Awards Press Release

Photo of the 2015 Individual and Community Preparedness Winners

From FEMA Outstanding Community Emergency Response Team Initiatives

"Orange County, California Community Emergency Response Team Mutual Aid Program (CA)

Twenty-four individual municipal Community Emergency Response Team (CERT) programs comprise the Orange County CERT Mutual Aid Program (CMAP) and collectively work together before, during, and after a disaster. They assist each other with trainings, new and advance program development, and support the county with volunteer management and coordination. The Orange County CERT Mutual Aid Program works to:

- Continue to enhance and improve efforts in preparing and sustaining the county's CERT volunteers to respond across city borders in support of emergency response mutual aid.
- Provide standardized training for volunteers, coordinators, instructors, response and training equipment, and volunteer management capabilities.
- Strengthen relationships among coordinators, professional responders and volunteers in the county.

To strengthen Orange County's preparedness, on January 31, 2015, 16 participating cities engaged more than 150 CERT volunteers at the Orange County Citizen Preparedness exercise in the City of Irvine. The exercise was designed by local coordinators as the fifth citizen preparedness event held in the last seven years in Orange County. The activities included a custom-designed Incident Command System (ICS) tabletop exercise that focused on ICS structure, leadership, team building and organization, and distribution of resources. CMAP has been a long term project with huge impact in the county. Through CMAP's efforts, citizen preparedness training and exercises are designed for the volunteer and coordinator and based on a countywide need. The program has proven to be fundamental to whole community resiliency Orange County."

Congratulations Stephanie!

It is a pleasure to announce the marriage of Stephanie Vazquez, our EOC aide, to Randi Scott Poling on September 13, 2015. Their wedding was held at Five Crowns where a number of family and friends came from all over the United States and England. Our congratulations go to Stephanie and Randi. We wish them many years of good health and happiness.

Senior Saturday, September 12, 2015
By Raji Shunmugavel

Several CERT members arrived about 6:30 am at the Huntington Beach Pier to help with the logistics of setting up the more than 80 booths for the vendors. After setting up for the vendors, CERT members set up our booth.

Our booth had several flyers about tsunamis, Ready OC, Hands Only CPR and the upcoming CERT Basic class. Several people signed up to be notified of the date and time of the class.

Demonstrations included: "Hands Only CPR", How to shut off the gas meter, and "Grab and Go Bags"

Music and entertainment were provided by the seniors and the event was a great success based on the number of attendees who seemed to be having a good time.

Treatment of Burns
By Susan McClaran

Because of recent fires in California, I thought I would give you a little information on burns. This information is from the Mayo Clinic website and might be useful.

Minor burns

Cool the burn to help soothe the pain. Hold the burned area under cool, not cold, running water for 10 to 15 minutes or until the pain eases. Or, apply a clean towel dampened with cool tap water.

- Remove rings or other tight items from the burned area. Try to do this quickly and gently, before the area swells.
- Don't break small blisters (no bigger than your little fingernail). If the blisters break, gently clean the area with mild soap and water, apply an antibiotic ointment, and cover it with a nonstick gauze bandage.

Major burns

Call 911 or emergency medical help for major burns. Until an emergency unit arrives, take these actions:

- Protect the burned person from further harm. If you can do so safely, make sure the person you're helping is not in contact with smoldering materials or exposed to smoke or heat. But don't remove burned clothing stuck to the skin.
- Check for signs of circulation. Look for breathing, coughing or movement. Begin CPR if needed.
- Remove jewelry, belts and other restrictive items, especially from around burned areas and the neck. Burned areas swell rapidly.
- Don't immerse large severe burns in cold water. Doing so could cause a serious loss of body heat (hypothermia) or a drop in blood pressure and decreased blood flow (shock).
- Elevate the burned area. Raise the wound above heart level, if possible.
- Cover the area of the burn. Use a cool, moist, bandage or a clean cloth.

Is it a minor burn or a major burn?

If it's not clear what level of care is needed, try to judge the extent of tissue damage, based on the following burn categories:

1st-degree burn

A first-degree burn is the least serious type, involving only the outer layer of skin. It may cause:

- Redness
- Swelling
- Pain

A first-degree burn is treated as a minor burn. If it involves much of the hands, feet, face, groin, buttocks or a major joint, seek emergency medical attention.

2nd-degree burn

A second-degree burn is more serious. It may cause:

- Red, white or splotchy skin
- Swelling
- Pain
- Blisters

If the second-degree burn is no larger than 3 inches (7.6 centimeters) in diameter, treat it as a minor burn. If the burned area is larger or covers the hands, feet, face, groin, buttocks or a major joint, treat it as a major burn and get medical help immediately.

3rd-degree burns

The most serious burns involve all layers of the skin and underlying fat. Muscle, and even bone, may be affected. Burned areas may be charred black or white. The person may experience:

- Difficulty breathing
- Carbon monoxide poisoning
- Other toxic effects, if smoke inhalation also occurred

Electrical burns: First aid

Electrical burns may be caused by a number of electrical sources, such as lightning, stun guns and contact with household current. A minor electrical burn can be treated as you would other minor burns.

Caution

- Don't touch the injured person if he or she is still in contact with the electrical current.
- Call 911 or your local emergency number if the source of the burn is a high-voltage wire or lightning. Don't get near high-voltage wires until the power is turned off. Overhead power lines usually aren't insulated. Stay at least 20 feet (about 6 meters) away — farther if wires are jumping and sparking.
- Don't move a person with an electrical injury unless the person is in immediate danger.
- Take these actions immediately while waiting for medical help:
- Turn off the source of electricity if possible. If not, move the source away from both you and the injured person using a dry, nonconducting object made of cardboard, plastic or wood.
- Begin CPR if the person shows no signs of circulation, such as breathing, coughing or movement.
- Try to prevent the injured person from becoming chilled.
- Apply a bandage. Cover any burned areas with a sterile gauze bandage, if available, or a clean cloth. Don't use a blanket or towel, because loose fibers can stick to the burns.

Chemical burns: First aid

Chemical burns can be caused by many substances, such as strong acids, drain cleaners (lye), paint thinner and gasoline. Usually, you are aware of the

Treatment of Burns, (continued)

burn and its cause. But sometimes you may not immediately recognize a burn caused by a milder chemical. As with some sunburns, the pain and redness may develop hours after the exposure.

- Remove the chemical causing the burn while protecting yourself. For dry chemicals, brush off any remaining material. Wear gloves or use a towel or other suitable object, such as a brush.
- Remove contaminated clothing or jewelry to prevent further burning.
- Rinse the burn immediately. Run a gentle, steady stream of cool tap water over the burn for 10 or more minutes. A shower may be an effective way to do this. Always protect your eyes.
- Loosely apply a bandage or gauze.

See also www.mayoclinic.org/first-aid/first-aid-burns/basics/ART-20056649

Extreme Heat
Taken from www.Ready.gov

Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain its normal temperature.

Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for his/her age and physical condition. Older adults, young children and those who are sick or overweight are more likely to succumb to extreme heat.

Conditions that can induce heat-related illnesses include stagnant atmospheric conditions and poor air quality. Consequently, people living in urban areas may be at greater risk from the effects of a prolonged heat wave than those living in rural areas. Also, asphalt and concrete store heat longer and gradually release heat at night, which can produce higher nighttime temperatures known as the "urban heat island effect."

A heat wave is an extended period of extreme heat, and is often accompanied by high humidity. These conditions can be dangerous and even life-threatening for humans who don't take the proper precautions.

To prepare for extreme heat, you should:

- Build an emergency kit and make a family communications plan
- Install window air conditioners snugly; insulate if necessary
- Check air-conditioning ducts for proper insulation
- Install temporary window reflectors (for use between windows and drapes), such as aluminum foil-covered cardboard, to reflect heat back outside
- Weather-strip doors and sills to keep cool air in
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers (Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent)
- Hydrate
- Listen to local weather forecasts and stay aware of upcoming temperature changes
- Know the potential victims of excessive heat in your neighborhood, such as elderly, very young, sick or overweight
- Be aware that people living in urban areas may be at greater risk from the effects of a prolonged heat wave than are people living in rural areas
- Get trained in first aid to learn how to treat heat-related emergencies

Family Members with Special Needs
By Virginia Petrelis

At our September 10, 2015 CERT General Meeting, the topic of discussion was dealing with special needs children in an emergency. Stephanie Vazquez had prepared an interesting power point. Heidi Ross, who works with special needs children, led the discussion. A few CERT members with autistic family members and others with friends or neighbors with special needs children shared their experiences.

During a normal day, families who have members with special needs may have both mental and physical challenges. In a disaster or emergency, the families with special needs members will experience compounding stress. Heidi Ross explained to the volunteers why we need special training to understand the various disorders and provide good moral support to these families.

It was very enlightening to learn how children might act in an emergency and the special techniques needed to lead them away from danger. It would be useful for CERT members, who might be working in a shelter, to have some special training in this topic or perhaps solicit the help of qualified personnel.

Have a Plan for Disaster
By Anna Pinter

Evacuations are common during disasters. Fires and floods cause evacuations across the U.S. many times a year. People living along coastlines evacuate as hurricanes approach. Natural disaster is not the only potential source of evacuations forcing people to leave their homes. Accidents such as transportation and industrial mishaps release harmful substances causing evacuations. Many disasters allow no time for preparedness and no time to gather the most basic necessities. This is why it is important to plan ahead.

Plan how you will assemble your family and supplies. Where would you go in different types of disasters? Choose several destinations in different directions and know and document the evacuation routes to get to those locations. Listen to the local officials. When community evacuations become necessary, local officials provide information through sirens, the media, text alerts, emails and telephones messages.

Guidelines for Evacuation
By www.ready.gov

There may be conditions under which you will decide to leave your home or there may be situations when you are ordered to leave. Follow these guidelines for evacuation:

Plan places where your family will meet, both within and outside of your immediate neighborhood. You can use a Family Emergency Plan to decide these locations before a disaster.

Call or email the out-of-state contacts in your family communications plan. Tell them what's happening and where you plan on going.

If you have a car, keep a full tank of gas in it if an evacuation seems likely. Gas stations may be closed during emergencies and unable to pump gas during power outages. Taking one car per family can reduce congestion and delay. If you do not have a car, plan how you will leave if necessary. Make arrangements with family, friends or your local government.

Become familiar with alternate routes and other means of transportation out of your area. Follow recommended evacuation routes--do not take shortcuts--they may be blocked.

Leave early enough to avoid being trapped by severe weather.

Be alert for road hazards such as washed-out roads or bridges and downed power lines. Do not drive into flooded areas.

Take your emergency supply kit unless you have reason to believe it has been contaminated.

Listen to a battery-powered radio and follow local evacuation instructions.

Take your pets with you, but understand that only service animals may be permitted in public shelters.
Plan how you will care for your pets in an emergency.

Leave a note telling others when you left and where you are going.

Secure your home by closing and locking doors and windows.

Unplug electrical equipment such as radios, televisions and small appliances. Leave freezers and refrigerators plugged in unless there is a risk of flooding.

If there is damage to your home and you are instructed to do so, shut off water, gas and electricity before leaving.

Wear sturdy shoes and clothing that provide some protection such as long pants, long-sleeved shirts and a cap.

Check with neighbors who may need a ride.

America's Prepare Athon

On September 30, 2015, Federal Emergency Management Association, FEMA will sponsor an **America PrepareAthon**. The following video is presented by FEMA Administrator, Greg Fugate.
http://www.fema.gov/media-libraryassets/videos/105555
http://www.community.fema.gov/take-action/hazards
According to the video:

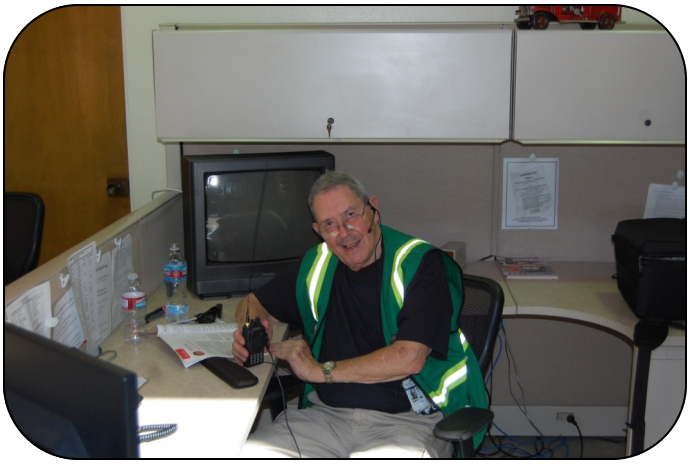
- Know the hazards that can affect you and your community
- Learn the actions to take for disaster preparedness and practice them
- Make a plan and prepare a "Grab and Go Kit"
- Plan ahead the most important items needed for an evacuation

Attend CERT(Community Emergency Response Team), classes, and be informed on taking care of yourself and your family.

Contact: Stephanie Vazquez at Stephanie.Vazquez@surfnet-hb.org
714-536-5979

Ham Radio Class August 26, 2015 Buying a Ham Radio

SEPTEMBER 12, 2015 SENIOR SATURDAY



SEPTEMBER 19, 2015 FIRE DEPARTMENT SHADOW DRILL

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 Disaster Expo, 9:00 am to 3:00 PM
  September 26, 2015, Huntington Beach Main Library
- CERT General Membership Meeting, 6:30 PM
  October 8, 2015 in B8
- HBFD Open House Saturday, Oct. 10 from 10am to 2pmFire Station 1-Gothard is located at 18311 Gothard Street, between Talbert and Ellis, Huntington Beach 92648 - See more at: http://www.huntingtonbeachca.gov/announcements/announcement.cfm?id=912#sthash.EUqItdMc.dpuf
- CERT General Membership Meeting, 6:30 PM
  November 12, 2015 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 listed below:

- Saturday, Oct 10, 10:00 am – 1:00 pm
- Wednesday, Oct 21, 6:00 pm – 9:00 pm
- Saturday, Nov 14, 10:00 am – 1:00 pm
- Saturday, Dec 12, 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.

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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!)