

# CITY OF HUNTINGTON BEACH CERT NEWSLETTER

May 2009

SINCE 1991



## HB CERT HIGHLIGHTS

CERT 2009  
Save--A- Life  
Saturday Classes

## INSIDE THIS ISSUE

May 17, 2009  
Earthquake  
Page 1

President's  
Message  
Page 2

HiNi Flu  
Page 2

Job Well Done,  
First Aid Team  
Page 3

First Aid Class  
Photos  
Page 3

Upcoming  
Events  
Page 4



**CLASS 1**

### Sunday May 17<sup>th</sup> 2009: 890,000 felt strong shaking from Newport-Inglewood Fault

From the USGS website on 5/19/09:

A magnitude 4.7 earthquake struck in Inglewood, California, about 3 miles east of Los Angeles International airport at 8:39 p.m. (PDT) local time, at a depth of 8.5 miles. Given that the location was in a densely populated part of the Los Angeles basin, it was widely felt. Updated estimates from the USGS ShakeMap (at <http://usgs.gov>) and PAGER indicate that although strong shaking was experienced by many people, damage was light. Earthquake shaking was most pronounced in the heart of the Los Angeles basin, with strong shaking (Modified Mercalli Intensities, MMI VI, capable of causing light damage) from city center south to Long Beach, and from the coast to Cerritos. The distribution of shaking in the region is shown on the ShakeMap.

The focal mechanism is consistent with slip on the Newport-Inglewood fault, which was the source of the damaging 1933 Magnitude 6.4 Long Beach earthquake. Aftershocks, however, are west of the Newport-Inglewood fault trend rather than along it. The Los Angeles basin is crossed from northwest to southeast by the intensively studied Newport-Inglewood fault zone. In 1920, the Inglewood earthquake (Magnitude 4.9) occurred in nearly the identical location to this evening's earthquake. The 1920 event was the original reason for identification of this as an active fault zone capable of damaging earthquakes, which then later proved to be the case in the 1933 Long Beach event. After the 1933 event, the name of the fault zone was changed to the Newport-Inglewood fault zone in recognition that it is continuous from Beverly Hills to Newport Beach. As of 5/19/2009, the odds of a felt aftershock (Magnitude greater than 3) are well below fifty-fifty, and will continue to diminish with time.

Over 40,000 responses have been received to "Did You Feel It" (DYFI) - please report your observations at the DYFI web site listed below. The Did You Feel It map shows an area of strong shaking (MMI=VI) in the vicinity of Compton, and light to moderate shaking (MMI=IV to V) over a broad area. The USGS PAGER results have been updated and the calculated number of people exposed to strong shaking is 890,000. Cities that experienced strong shaking (MMI=VI) include Cudahy, Torrance, Lynnwood, Compton, West Compton, Gardena, East Compton, Willowbrook, Alondra Park, Lawndale, Lakewood, and South Gate. Over 3 million people are estimated to have experienced moderate shaking.

<http://earthquake.usgs.gov/eqcenter/dyfi/>

**Shortly after the earthquake occurred, RACES and CERT ham radio operators checked in on the HB RACES radio net to report they were ready to respond if needed.**

## Get Your Neighborhood Disaster Prepared

### Five Easy Steps:

1. Find a place to host an hour long presentation (Hall, Home, Recreation Room, Church, Business or School)
2. Determine a convenient date and time
3. Call the CERT Message Line with your contact information and the date and time you have determined (give us at least 3 weeks notice)
4. Distribute the reminder notice and flyer which we will provide
5. Provide simple refreshments to be enjoyed at the end of the meeting. We will even bring door prizes

### Contact:

Judy Ann Morris  
714-536-5974 - CERT Message Line  
714-536-8595 - Home  
[jamorris189@yahoo.com](mailto:jamorris189@yahoo.com)

## President's Message

By Judy Ann Morris

### A Year of Changes and Challenges



This year has proven to be a year of changes and challenges. Not only for CERT but most likely for almost everyone due to the economy, health and family commitments. I know in my own family and our CERT Organization all of the above are true.

One of our challenges to our classes has been because of the earthquake retrofit that is happening at City Hall. The classrooms that we normally use were not available. We had to be creative on how to move the students through our teaching sections. I am proud to say that both our CERT Management Team and our students have been very flexible and despite the restrictions we have been able to maintain our high standard of teaching. The economy, of course, has made our organization really look at what our teaching materials cost and how we could save the City of Huntington Beach money. I believe we have made some choices that have enhanced our teaching materials but at no cost to the City.

Some of you might wonder how HB CERT is organized. We are one of the few CERTS that are governed by an elected/appointed Volunteer Executive Board and Management Team. Brevyn Mettler is our City Liaison and a member of the Executive Board. In the very beginning we set up By-laws to govern our organization. Our main goal was that HB CERT would not be dependent on any one person but be able to have a structured change of officers and a method of bringing new people to our management.

Our Management Team meets on the first Thursday of every month (except December) at 6 PM in the EOC. Everyone is invited to attend these meetings. You will have voting privileges at the management meeting as long as you are a CERT Graduate. This is actually our monthly planning meeting. We go over the details of our classes and any special projects that we want to plan. If you would like to be more involved with CERT, you are welcome to attend. If you would like to attend or bring something to the attention of CERT, just talk with me about the item a week before so I can consider putting it on the Executive Board's or the Management Team's agendas. If you would just like to meet the Team Leaders and see what roles they play in the running of the CERT programs, the Management Team Meeting is a good place to start. We are all passionate about the program so sometimes, like a family, we will argue things

out. That is all right because that is how ideas and programs are improved and evaluated.

To be eligible to be on the Executive Board you must have been active on the Management Team for one year. Our Nominating Committee will be selected in October and ballots to elect Executive Board Officers will be mailed to all active CERT members with the vote counted in November.

**May Disaster Preparedness Challenge:** Start watching the ads for camping equipment. There are some great buys out there for tents, sleeping bags, etc. When the weather gets warmer, think about having a camp out in your backyard to test all of your supplies. This is especially good if you have small children so that they will know what to expect if you ever need to do this because of an earthquake.

***See you all at the next Save-A-Life Saturday Class!***

---

### H1N1 flu (Swine Flu) Update

H1N1 flu (Swine Flu) is a respiratory disease of pigs caused by type A influenza viruses. These swine viruses do not usually infect humans. However, sporadic human cases have occurred; between December 2005 and February 2009, 12 cases of human infection with swine influenza were reported in the U.S. Human-to-human transmission of swine flu can occur but is rare.

H1N1 flu has been confirmed in Orange County and additional cases are expected. For the latest updates, see [Daily Updates for Orange County](#).

**What can I do to protect myself from getting sick?**

There is no vaccine available right now to protect against swine flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Try to avoid close contact with sick people.

If you get sick with influenza, the Centers for Disease Control and Prevention (CDC) recommends that you stay home from work or school and limit contact with others to keep from infecting them.

## H1N1 Flu continued: What do I do if I get sick?

It is very important that you stay home to prevent spreading infection unless you need medical attention. Mild infections usually do not require medical attention. Typical care may include acetaminophen or ibuprofen for fever, drinking enough liquids to prevent dehydration, and getting adequate bed rest. If symptoms persist or worsen, or if you have underlying medical conditions, contact your personal physician or regular health care provider. Indications of more serious illness that might need immediate medical care include:

- Difficulty breathing
- Severe vomiting
- Excessive drowsiness
- Fever over 100 degrees, especially in young children, the elderly and those with chronic medical conditions
- Signs of dehydration in children include being unable to take adequate amounts of fluids, crying without tears, and urinating less often than normal

If you have fever and respiratory symptoms and need to seek medical attention, please wear a facemask when outside of the house and notify the receptionist immediately of your symptoms upon arrival at the facility.

**For more information about novel H1N1 flu:**

<http://www.cdc.gov/h1n1flu>.

The World Health Organization (WHO) has raised the level of pandemic alert to phase 5, signifying continued evidence of human-to-human spread of the virus. The declaration of Phase 5 is a strong signal that a pandemic is imminent. For explanation of the WHO pandemic phases, see [http://who.int/csr/disease/avian\\_influenza/phase/en](http://who.int/csr/disease/avian_influenza/phase/en). Now is a good time to review your individual, family, and business pandemic preparedness plans and your criteria for activation. See <http://healthdisasteroc.org/flu> for more information on preparedness planning.

---

### JOB WELL DONE!!

#### **Congratulations to the Emergency First Aid Training Team for the April 18, 2009 Save-A-Life Class**

ABC & Physical Assessment: Tricia White, Barbara Beck, Shelly Real

Fractures: Brevyn Mettler, Harvey Levin, Bill Worth

Wound Care: Cathy Green, Donna Stefferud

Moulaged Injured: Daniel Bartz, Keith & Cheryl Herstein, Peter Petrelis, Jesse Baccera

Moulage Staff: Tara Twitty, Virginia Petrelis, Donna Stefferud

Special Thanks to: DFM Bob Culhane



## Upcoming Events

- **June 4, 2009-6:00PM: Management Meeting, open to all HB Disaster Service Workers in EOC**
- **June 20, 2009 7:45 AM –noon Light Search and Rescue Save-A-Life Class at the Fire Training Center**
- **July 18, 2009 7:45 AM –noon Fire Suppression/Fire Extinguishing Save-A-Life Class at the Fire Training Center**

\*To register for classes call 714-536-5974 or online at [www.surfcity-hb.org/CERT](http://www.surfcity-hb.org/CERT)

\* Fire Med customers can take CPR classes for free and non-FireMed customers can take classes for a fee of \$35. Dates are listed below. To enroll in CPR classes, call 800-400-4277.

Saturday, June 6th from 9:30am to 12:30pm

Wednesday, June 24th from 5:30pm to 9:30pm  
Wednesday, July 8 from 6:00pm to 9:00pm  
Saturday, August 21, from 9:30am to 12:30pm  
Wednesday, September 9, from 6:00pm to 9:00pm

## HB CERT Newsletter Staff

**Chief Editor:** Brevyn Mettler

**Proof Reading / Editing Team:**

Anna Pinter	JudyAnn Morris
Virginia Petrelis	Carol Nehls
Peter Petrelis	Art Weiland

### Attention!

If you want something placed in the Upcoming Events e-mail Brevyn at [bmettler@surfcity-hb.org](mailto:bmettler@surfcity-hb.org)

Please help save postage, if you can view the newsletter via the internet at [www.surfcity-hb.org/CERT](http://www.surfcity-hb.org/CERT)  
Please call (714) 536-5974 to take your name off the mailing list.



Huntington Beach Fire Department  
Emergency Management & Homeland Security Office  
P.O. Box 190/2000 Main Street  
Huntington Beach, CA 92648

Presorted  
Standard  
U.S. Postage Paid  
HUNT. BEACH, CA  
Permit #23

## 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.

