

# CITY OF HUNTINGTON BEACH CERT NEWSLETTER

October 2009

SINCE 1991



## HB CERT HIGHLIGHTS

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**CLASS 1**



### President's Message

By Judy Ann Morris

Hi, Everyone,

This article about preparing for power outages is taken from our City/CERT webpage and seems very timely. Santa Ana winds and our really hot days are ahead of us. There will be days when we need to conserve power because our community could experience a regional blackout, or complete power failure due to a natural disaster.

### Power Outage Preparedness Safety Measures

- Purchase needed items for your home, office and car, including: flashlights, batteries, AM/FM battery powered radio, rechargeable power lights, and lightsticks.
- Keep cash and change on hand; in power failures ATMs may not work and you may need to make a phone call at a pay phone.
- Phones that are cordless and phones with answering machines are power dependent. Have one that does not require power to operate in case you need to call 9-1-1. Keep your cell phone powered up.
- Familiarize yourself with your main electrical panel. You may be required to turn off the main breaker, or have to reset circuit breakers.
- Portable generators are an excellent source of backup power if operated safely. Safely store fuel outside, never indoors, and not in the garage. Operate generators outside only. Plug appliances directly into the generator and never attach generators to the facility current.
- To save electricity use your fireplace, but do so responsibly. Don't burn painted or stained wood. Any time you have an open flame in your home you should observe it at all times. Make sure you close your fireplace screen to prevent sparks from flying. Do not store newspapers, kindling, matches, or any combustibles near the fireplace.
- After an earthquake, do not use candles for lighting because of gas leaks, aftershocks, or winds. Use lanterns.
- Have a fire extinguisher and know how to operate it. Have a fire evacuation plan and practice fire drills.
- If your smoke detectors are wired directly

into the electrical system they will not operate during a power failure. Purchase a smoke detector with batteries as a backup. Special smoke detectors are available for the hearing impaired.

- During the power outage unplug all small appliances to avoid a power surge. Leave one light on so you know when the power comes back on.

- When power comes back on you may have to reset your clocks, VCRs, microwave ovens, programmable thermostats, burglar and fire alarms.

**Purchase rechargeable power failure lights for several rooms in your residence.**

### Security Measures

- Have a plan for checking on and reuniting family members.

- Stay home and be safe. Stores and gas stations may be closed. Don't add to the confusion by driving around.

- During a power outage traffic signals may be out. If so, remember the intersection becomes a 4-Way Stop.

**Watch for suspicious activity. Criminals may decide to take advantage of the power outage. Always call 9-1-1 if you notice suspicious activity.**

### Health Measures

Focus on children's needs. Provide a flashlight for each child that they can keep by their bed and in their backpacks. Discuss living without electricity and how the outage is usually short-term.

- Help elderly and disabled individuals who are on power-dependent medical devices arrange for back-up power.

- Have a first aid kit in your home, office, and car. Take first aid and CPR training.

**Sewer pump stations have limited storage capacity. Try to avoid flushing your toilet as much as possible during a power outage.**

Be a good neighbor and check on the elderly, disabled, and children who are home alone during a power outage. They may need your help. Also, try to conserve electricity between the hours of 5 to 9 a.m. and 4 to 7 p.m. This helps to prevent power emergencies.

**CERT-NEIGHBORS HELPING NEIGHBORS**

## The California ShakeOut on October 15 at 10:15AM Every One "Drop, Cover, and Hold On"

Federal, state, and local emergency management experts and other official preparedness organizations all agree that "Drop, Cover, and Hold On" is the appropriate action to reduce injury and death during earthquakes. The ShakeOut is our opportunity to practice how to protect ourselves during earthquakes. This page explains what to do--and what not to do.

### What to Do!

Official rescue teams who have been dispatched to the scene of earthquakes and other disasters around the world continue to advocate use of the internationally recognized "Drop, Cover and Hold On" protocol to protect lives during earthquakes:

DROP to the ground (before the earthquake drops you!),

Take COVER by getting under a sturdy desk or table, and

HOLD ON to it until the shaking stops.

If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building. Do not try to run to another room just to get under a table.

These are general guidelines for most situations. Depending on where you are (in bed, driving, in a theater, etc.), you might take other actions, as listed in Step 5 of the Seven Steps to Earthquake Safety found at: [www.earthquakecountry.info/roots/step5.html](http://www.earthquakecountry.info/roots/step5.html)

The main point is to not try to move but to immediately protect yourself as best as possible where you are. Earthquakes occur without any warning and may be so violent that you cannot run or crawl; you therefore will most likely be knocked to the ground where you happen to be. You will never know if the initial jolt will turn out to be the start of the big one. You should Drop, Cover, and Hold On immediately!

In addition, studies of injuries and deaths caused by earthquakes in the U.S. over the last several decades indicate that you are much more likely to be injured by falling or flying objects (TVs, lamps, glass, bookcases, etc.) than to die in a collapsed building. Drop, Cover, and Hold On offers the best overall level of protection in most situations.

As with anything, practice makes perfect. To be ready to protect yourself immediately when the ground begins to shake, practice Drop, Cover, and Hold On as children do in school at least once each year.

### What NOT to Do!

DO NOT get in a doorway! An early earthquake image of California is a collapsed adobe home with the door frame as the only standing part. From this came our belief that a doorway is the safest place to be during an earthquake. In modern houses and buildings, doorways are no safer, and they do not protect you from flying or falling objects. Get under a table instead!

DO NOT run outside! Trying to run in an earthquake is dangerous, as the ground is moving and you can easily fall or be injured by debris or glass. Running outside is especially dangerous, as glass, bricks, or other building components may be falling. You are much safer to stay inside and get under a table.

DO NOT believe the so-called "triangle of life"! In recent years, an e-mail has circulated which recommends potentially life threatening actions, and the source has been discredited by leading experts.

#### Reference material:

[www.shakeout.org/dropcoverholdon](http://www.shakeout.org/dropcoverholdon)

[www.earthquakecountry.info/roots/step5.html](http://www.earthquakecountry.info/roots/step5.html)

[www.dropcoverholdon.org](http://www.dropcoverholdon.org)



### October 17 Command Post Exercise

On Saturday, October 17, 2009, two days after the California Shakeout, the CERT Command Post will conduct an exercise at Huntington Beach City Hall. As DSW Manager, I would like to encourage all Command Post Team members to attend. **All CERT teams** are welcome to participate and practice their skills. The more we practice the basics, the better prepared we are to handle the unforeseen events that occur in an emergency. The scenarios for the exercise will be the same as those practiced in the Shakeout. The exercise is from 9:00am – Noon. All participants will meet by the storage container at the back of City Hall. (Park Street)

To participate in the drill, please RSVP Bill Worth at 714-829-5726 or [abworth1@aol.com](mailto:abworth1@aol.com)

## August Drill Your Skills Class Photos

### American Red Cross Shelter Classes

In order to become more proficient in sheltering skills, additional classes are available through the American Red Cross. The classes listed below are available to you at no cost. The ARC class "Fulfilling Our Mission" is a required introductory class in which all participants enroll before taking ARC classes. Mass Care Overview, Shelter Operations, and Shelter Simulations are the three classes required to become more proficient in sheltering skills. To get further information please go to [oc-redcross.org](http://oc-redcross.org). Click on the Take a Class on the left border.

Listed below are available classes:

#### **Fulfilling our Mission**

Wed. Oct. 21, 2009 from 6:30pm - 10:00pm

Sat. Nov.14, 2009 from 8:30am - Noon

#### **Mass Care Overview**

Thurs. Oct. 22, 2009 from 7:00pm to 10:00pm

Sat. Nov. 14, 2009 from 1:00pm – 4:00pm

#### **Shelter Operations**

Tues. Oct. 27, 2009 from 7:00pm – 10:00pm

Sat. Dec. 5, 2009 from 9:00am – Noon

#### **Shelter Simulation**

Wed. Oct. 28, 2009 from 7:00pm – 10pm

Sat. Dec. 5, 2009 from 1:00pm - 4:00pm

Note: Classes are subject to cancellation if the minimum number of participants is not met.

**Please call the Red Cross at (714) 481-5300 for further information and location.**

Bill Worth

[abworth1@aol.com](mailto:abworth1@aol.com)

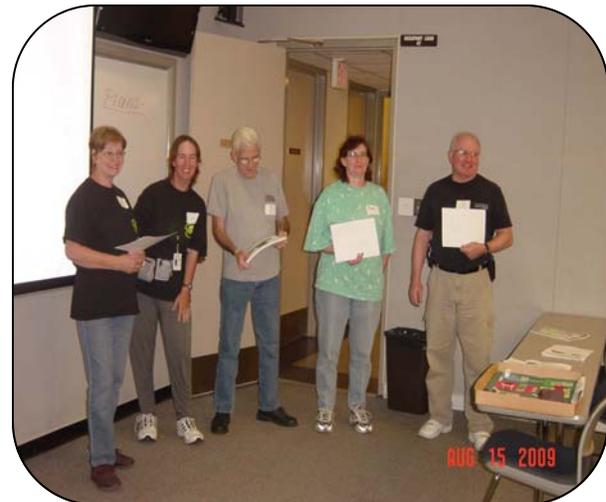
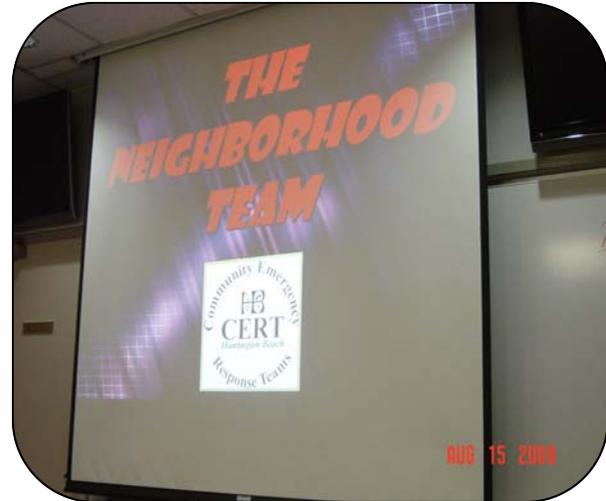
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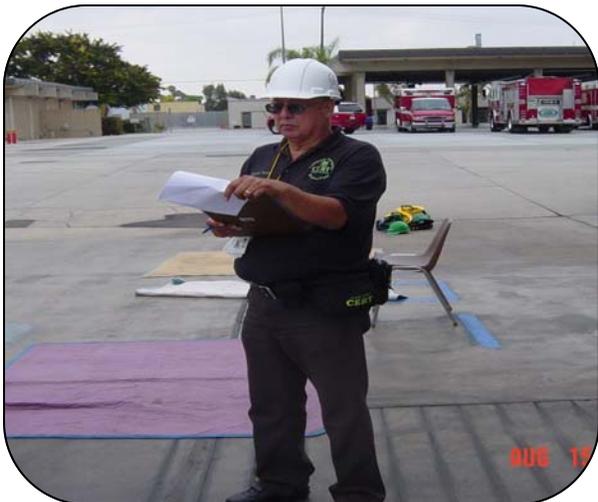
### **JOB WELL DONE!**

**The August Drill your Skills Class was a Huge Success!**

Thanks to the efforts of:

- **Search and Rescue** – Al Collins, Joe Tom, Marshall Shipley, Cecil Wright, Jim Russell, Bill Worth
- **First Aid Team** – Cathy Green, Valerie Jordan and their fantastic team support, moulage team, and victims
- **Neighborhood CERT Teams** – Carol Burtis & Judy Ann Morris
- **Communications Color Team**
- **Registration Team**









# Home Care for Pandemic Flu

## What is Pandemic Influenza (Flu)?

Pandemic flu is a new type of influenza virus that spreads all over the world and infects a large number of people, causing severe illnesses and many deaths. During a pandemic, it will be important to monitor the most current information from the Orange County health department ([see www.ochealthinfo.com](http://www.ochealthinfo.com)) about the disease, available telephone advice lines, and the availability of antiviral medications for treatment of pandemic flu.

## Pandemic Flu Symptoms

Symptoms of pandemic flu are similar to those of seasonal flu but may be more severe. Watch for:

- Fever
- Cough
- Runny nose
- Sore throat
- Body aches

Other symptoms may also occur such as headache, tiredness, weakness, muscle pain, and vomiting or diarrhea (mainly in children).

## Monitor Pandemic Flu Symptoms

Keep a care log for each sick person. Write down the date, time, fever, symptoms, medicines given and dosage. Make a new entry at least every 4 hours or when symptoms change.

## Prevent Dehydration

Dehydration occurs when the body loses too much water and the water is not replaced quickly enough. It can be serious. Signs of dehydration include:

- Dry mouth with decreased saliva
- Decreased or no urine
- Dark or concentrated urine
- No tears when crying
- Sunken eyes
- Dizziness when standing up

## A person with flu should:

- Stay home and avoid contact with others.
- Rest and drink plenty of liquids.
- Avoid alcohol and tobacco.
- Wear a mask when around others.

## Reduce Fever

Fever is the body's normal reaction to infection. Reducing fever will not make the infection get better faster but may make the ill person more comfortable and feel better. To help reduce a fever:

- Give plenty of fluids.
- Give fever-reducing medication, such as acetaminophen or ibuprofen, following the directions on the container's label. Do not give aspirin or products containing aspirin to persons under 19 years of age.

A sponge bath with lukewarm water will not reduce fever but may relieve discomfort.

## When to Call for Help

During a pandemic, doctors and other medical providers will be overwhelmed with sick patients and may not be able to respond to each phone call.

Call your medical provider or a medical advice line for:

- High fever (rectal temperature of 100.4 F (38 C) or higher) in a baby up to 3 months
- Fever that does not go away after 5 days, or goes away and then comes back again
- Dehydration (see next column)
- Worsening of an existing serious medical condition (such as heart or lung disease, diabetes, HIV cancer)

If you cannot reach anyone and these problems continue, call 9-1-1.

Also call 9-1-1 for any of the following:

- Irritability or confusion
- Difficulty breathing or chest pain
- Bluish skin
- Stiff neck
- Inability to move an arm or leg
- First-time seizure



# Home Care for Pandemic Flu

## How is Pandemic Flu Spread?

Flu viruses are spread from infectious droplets from the mouth and nose of an infected person. Healthy people get infected by breathing in these infectious droplets or touching surfaces or objects contaminated by the droplets.

## Healthy Habits for Everyday to Prevent the Spread of Illness

- Wash your hands often with soap and water or alcohol-based hand sanitizer
- Cover your mouth and nose with a tissue when you cough or sneeze. Put used tissues in a wastebasket. Clean your hands afterwards.
- Cough or sneeze into your upper sleeve if you don't have a tissue.
- Keep your hands away from your eyes, nose and mouth to prevent germs from entering your body.

## Washing Your Hands

- Wet hands with warm, running water and apply liquid soap
- Rub hands together for at least 15 seconds, covering all surfaces and fingers and scrubbing nails
- Rinse your hands with water
- Dry your hands well with a clean paper towel and use it to turn off the faucet.

## Additional Tips for Caregiving

- Assign only one person to be the caregiver if possible.
- Wear a respirator (preferable) or mask upon entering the room with an ill person.
- Wash your hands before and after providing care.
- Wear disposable gloves when in contact with or cleaning up body fluids.

## Prepare for a Flu Pandemic Now

Figure out what you will do if members in your household have to stay home from work or school or stay separated from others for a period of time. Keep at least a 2 week supply of extra food, water, and medications on hand, along with your disaster supply kit. For a list of items to include, see [www.ochealthinfo.com](http://www.ochealthinfo.com).

**For more information, contact Orange County Health Care Agency at 1-800-564-8448 or see [www.ochealthinfo.com](http://www.ochealthinfo.com).**

**Visit our web site:**  
[www.HealthDisasterOC.org/Flu](http://www.HealthDisasterOC.org/Flu)

This guide was adapted from the American Red Cross "Home Care for Pandemic Flu" 2006.

## Protect Others in Your Home when Someone is Sick

If someone in the household is sick, it is important to continue to encourage the everyday Healthy Habits (left column), but also follow these tips to protect yourself and others in your home.

- Isolate (separate) the sick person from others. If possible, have him stay in a room by himself and use his own bathroom. Keep the room door closed. Open the window for fresh air as much as possible. The sick person should wear a mask when others enter the room or are nearby.
- Keep everyone's personal items separate, such as pens, paper, toys, clothes, towels, sheets, blankets, food, and eating utensils.
- Disinfect door knobs, switches, handles, toys, and other surfaces that are commonly touched around the home.
- Use detergent and hot water to wash dishes and clothes. It's okay to wash everyone's dishes and clothes together. Wash your hands after handling dirty laundry.

## Disinfectant recipe:

- ¼ cup bleach in one (1) gallon of cool water
- Mix a fresh batch every time you use it

## Upcoming Events

- **October 1, 2009-6:00PM: Management Meeting in the EOC open to all HB CERT Members**
- **November 5, 2009-6:00PM: Management Meeting in the EOC open to all HB CERT Members**
- **October 15, 2009 California Shakeout**
- **October 17, 2009– 9:00am to noon, CP Drill**

\* 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, October 10, from 9:30am to 12:30pm  
Wednesday, October 14, from 6:00pm to 9:00pm  
Saturday, November 21, from 9:30am to 12:30pm  
Wednesday, December 9, from 6:00pm to 9:00pm

## HB CERT Newsletter Staff

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### Attention!

If you want something placed in the Upcoming Events

e-mail Brevyn at  
[bmettler@surfcity-hb.org](mailto:bmettler@surfcity-hb.org)

### IMPORTANT NOTICE--City of Huntington Beach and CERT are "Going Green," Newsletter by Email Only

For those of you who currently receive our newsletter by email, there will be little change. You will receive an email alert and there will be a hyperlink to the CERT website when the latest newsletter is available on-line.

For those who do not receive the newsletter by email, you can go to the CERT website: [www.surfcity-hb.org/CERT](http://www.surfcity-hb.org/CERT). In order to receive the email alert, click on newsletters, and then click on sign up for email alert. It's as simple as that!

For those of you who do not have computer access at home, we have made arrangements for you.

Rodgers Senior Center at 1706 Orange Avenue, HB will print out a black and white copy for you.

There will be a few copies outside the door to the EOC to which you are welcome.

The Central Library has computer access for the public.

This change in our program will allow us to direct our resources toward CERT training and public education.

You can view the newsletter via the internet at [www.surfcity-hb.org/CERT](http://www.surfcity-hb.org/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.

