

CERT NEWSLETTER

SINCE 1991



HB CERT

November 2013



President's Message By Peter Petrelis

At the Thursday, November 14 General Membership Meeting, we will plan the Saturday, December 14 CERT Holiday Party, to be held at the Rodgers Seniors' Center.

Please plan on attending the December party and also come to the November General Meeting to help plan this annual event.

This newsletter contains many important articles prepared by our newsletter staff. We welcome Heidi Ross, Brenda Welch and Raji Shunmugavel as new members of the newsletter team.

The Fire Department Open House was held October 12 at the Gothard Fire Training Center. Thanks to Booth Team Leader Roy Alzua and his team for staffing the event.

We are rapidly approaching the winter flu season. There are many informative articles in the newsletter. The Huntington Beach Hospital will again host its annual drive-through Flu Clinic on Saturday, November 2, 2013. This is open to all residents. CERT members and the CERT Communications Team will again provide traffic control, assist in setting up barricades and stations for the event. Volunteers arrive between 6am and 7am when we will have the assignment meeting. The Flu Clinic drive will run from 8am to noon with tear down completed by 12:30pm.

The Advanced Training/Refresher Course will be held November 9 at the Fire Training Center on Gothard. The invitation and information has been e-mailed to members. If you wish to attend and have not responded, hurry to e-mail me at pgpworks@verizon.net. (See flyer for class agenda.)

placed at the entrance to the EOC at City Hall for the collection of cards beginning October 28. December 15 will be the end date for these efforts. **If you have any questions, contact me at rbatistell@aol.com.**

CERT Booth Team at Work By Roy Alzua

Members of Huntington Beach CERT Booth Team set up tables and passed out information at both the Fire Department Open House and Boeing Fire Safety Day. Both events were very successful.

Almost 800 people attended the Fire Department Open House, toured the fire house, watched demonstrations, inspected trucks and enjoyed free hot dogs, hamburgers, chips and soda.

The CERT/RACES Emergency Volunteer Response trailer was also open to the public. The booth table, manned by Annette South, Cynthia Goebel, Julia Heng and Raji Shunmugavel, distributed preparedness information packets and answered questions. We described contents of the three CERT bags on display: "Grab and Go", Pet Preparedness and Search and Rescue. All bags contain emergency supplies for 72 hours.

The Oct.16 Boeing Fire Safety Day included many booths from the community. CERT Booth Team represented the HB Fire Department. In addition to handing out CERT packets, Roy Alzua demonstrated "Hands Only" CPR to hundreds of Boeing employees while Raji Shunmugavel explained the use of the Ready OC Emergency Documents heavy plastic bag.

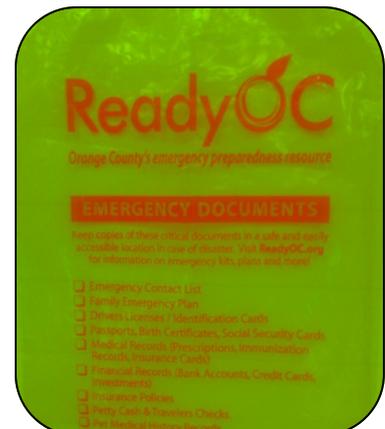
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A Christmas Request By Richard Batistelli

We are asking all CERT volunteers to remember our soldiers, airmen and sailors serving overseas during this holiday season. The American Red Cross is continuing its campaign to collect unsigned holiday cards addressed to our men and women serving this country.

Your caring thoughts to these young adults would be much appreciated. A box will be



Document Bag for Storing Personal Information



CLASS 1

Flu Shots 2013

By Anna Pinter

Many people avoid getting a flu shot every year. In case you need convincing to receive a flu shot, here are the facts: The Center for Disease and Control Prevention (CDC) estimates between 3,000 and 49,000 die annually. Individuals over 65 account for ninety percent of these deaths. Influenza activity in the United States has been low so far this year, but is expected to increase in the coming weeks.

A recent study by Vanderbilt University Medical Center and the CDC found getting a flu shot reduced the risk of flu related hospitalization by 71.4 percent for all adults and 76.8 percent in people over 50 during the 2011-2012 flu season.

Do not avoid getting a flu vaccine because you dislike shots. The flu can make a person very sick for several days; send you to the hospital, or worse. There are many types of shots this year even ouch-free vaccines and nasal sprays.

Choices of vaccines available this season:

- Standard three-strain (trivalent) vaccine
- Standard four-strain (quadrivalent) vaccine
- High dose vaccines
- Nasal spray vaccine
- Ouch-free vaccine
- Egg-free standard dose trivalent

For more information about the different types of flu shots visit <http://www.cdc.gov/flu/professionals/vaccination/index.htm>

Who should not be vaccinated against seasonal flu?

There are some individuals who should not get a flu vaccine without first consulting a physician.

People who have a moderate-to-severe illness with or without a fever (they should wait until they recover to get vaccinated.)

Influenza vaccine is not approved for children younger than 6 months of age.

People who have had a severe allergic reaction to influenza vaccine should generally not be vaccinated.

Consult your doctor as to the different types of vaccines.

Tell your doctor if you ever had Guillain-Barré Syndrome.

Your doctor will help you decide whether the vaccine is recommended for you.

How Does Flu Spread?

By Anna Pinter

Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get the flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose. A sneeze can travel six feet and up to 100 miles per hour. There are researchers in many countries studying the sneeze to determine how dangerous a sneeze is in creating health problems.

Stop the Spread of Germs That Can Make You and Others Sick

Influenza (flu) and other serious respiratory illnesses such as whooping cough and severe acute respiratory syndrome (SARS) are spread by cough, sneezing, or unclean hands.

To Help Stop the Spread of Germs

- Cover your mouth and nose with a tissue when you cough or sneeze
- Put your used tissue in the waste basket
- If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands
- One of the best protections against germs is washing your hands

What is the right way to wash your hands?



Wet your hands with clean, running water (warm or cold) and apply soap.

Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.

Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

Rinse your hands well under running water.

Dry your hands using a clean towel or air dry them.

If soap and water are not available, use an alcohol-based hand rub.

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

Recap of Billie Brandon's Presentation of Food and Water Safety

By Heidi Ross

At the October 10, CERT General Meeting Billie Brandon gave a very interesting presentation on safe handling of food and water. Water is the most important factor in preparing for an emergency. You need one gallon per day per person, half a gallon for drinking and half a gallon for cooking, cleaning and hygiene. Safe water storage is essential. Billie uses a 55 gallon drum, and several five gallon containers. It is important to wash your containers thoroughly first. Use one teaspoon of bleach to one quart of water. Then shake or roll the containers around to clean the inside, dump them out and rinse. Fill your container, using a hose safe for drinking water, and then add your water purification. You should change your water yearly. Some water purification kits say the water is safe for five years.

Every home should have a food thermometer. The temperature danger zone for foodborne illness is between 40 and 140 degrees. Food must be kept either hot or cold. You should cook your food to over 165 degrees and maintain it at no less than 140 degrees. Check the temperature of your food often. Remember to check the temperature of foods in the "warm" Crockpot; it may be below 140 degrees. To cool foods quickly, put the food in a Ziploc bag and roll it around to help cool the center. If food is left out for over four hours, throw it out!! An interesting safety tip that Billie mentioned was that in potato salad, it's not the mayonnaise that makes it go bad fast, but the onions. Remember the "Rule of Four"—Keep food below 40 degrees or over 140 degrees. If it sets out more than four hours, throw it away!

The most dangerous foods for bacteria are the protein foods. Be extra careful with beef, pork, products containing meat juices (gravies, soups), poultry, lamb, seafood, imitation seafood, cooked rice, soft cheeses, custards, baked potatoes, ice cream or ice milk, dairy products (milk, eggs), cooked or processed bean products (refried beans, tofu.)

Cleanliness is most important. When cooking, put your utensils, spoons, etc. on a paper plate, not directly on the counter. Frequently clean your kitchen counters and cutting boards with a solution of bleach and water—ten parts water to one part bleach. It's handy to keep a spray bottle in your kitchen. You can also use ammonia for a cleaner, but NEVER mix ammonia and bleach!

If possible, have different colored cutting boards for cutting meats and vegetables—red for meats and green for vegetables-- to avoid cross contamination. Bacteria doesn't grow as fast on wooden cutting boards as they do on the plastic. It's important to keep cutting boards clean and dry. Bacteria grow in damp warm places. When washing dishes it's best to let them air dry rather than using a dish cloth which could just spread germs around.

Remember when bringing food in for an emergency to wear gloves and clean off cans. When putting perishables in a cooler or freezer, put meat on bottom. This prevents the juices from the meat from dripping on other food and causing bacteria and life threatening diseases. Keep food away from all chemicals.

When setting up an emergency kitchen, set up an area separate from the cooking area for a hand washing station.

- Always wash your hands and wear gloves when handling and serving food to a group. Change your gloves as often as you would wash your hands.
- Clean your BBQ often and always heat BBQ to high before putting meat on it.
- When storing food, set it six inches off the floor. Some freeze dried food will last up to 25 years. Check expiration date and rotate your food and water. Remember you can use the dried milk and butter in cakes, cookies, sauces.

Billie mentioned a couple of places to buy freeze dried foods—Honeyville Farms in Rancho Cucamonga and Wise Foods in Utah.

Wilderness and Remote First Aid (WRFA)

By Brenda Welch

This was an outstanding class taught in Huntington Beach Central Park two days from 8:30 am– 4:30 pm. The master trainer was Ted Oyama, Volunteer Instructor American Red Cross (ARC.) It is a must for people who camp and hike for their personal safety and the safety of others.

On the first day after the introduction subjects covered were: CPR/AED review, initial and secondary assessments, evacuations, calling for help as well as knowledge of shock symptoms and how to treat them. After lunch we reviewed chest injuries, head, brain, neck and spinal injuries. Then wounds/infection and practical problems were reviewed and discussed. The atmosphere in the class was relaxed and practical. We practiced splinting, bandaging and transporting a victim unable to walk.

On the second day we reviewed and practiced the treatment of bone and joint injuries, burns and abdominal illness. We also reviewed the symptoms of hypothermia, heat related illnesses, lightning injuries, altitude sickness, and submersion incidents. The instructor also talked about allergies, anaphylaxis and other outdoor camping and hiking needs.

A test to review these items was given. We received a certificate and a patch from the ARC. A list of wilderness first aid terms was reviewed and lists of websites for preparedness information were included.

Wilderness and Remote First Aid (WRFA) (continued)

We all evaluated our first aid kits and discussed the needs required for emergency first aid kits. The class was very informative as we practiced all of the first aid bandaging with partners, reviewed symptoms and practiced first aid skills and rescues in teams in the beautiful outdoor park setting. We were blessed with beautiful weather on both weekends.

We received a booklet from the ARC entitled "Wilderness and Remote First Aid". The book was very practical and useful. The class was amazing fun, in a relaxed atmosphere with treats and coffee provided by other ARC volunteers who were nice enough to cook for us. Don Thorpe of Garden Grove CERT Team did a great job of helping us feel welcomed, hydrated and well fed. Tom Cowart of Disaster Resource Alliance provided some action shots of the afternoon as seen in this newsletter. It was an interesting class and the 11 Huntington Beach and Garden Grove CERT attendees felt smarter and better prepared to help administer first aid in an emergency situation, while camping/hiking out in the wilderness. I highly recommend the course, especially presented by Ted Oyama.



Wilderness & Remote First Aid Training October 2013



Booth Team At Boeing



Booth Team At Fire Department



Refresher / Advanced Training Class

Gothard Street Fire Training Center

November 9, 2013

Presented by: HB Fire Department and Community Emergency Response Team (CERT)

((13LCERT63A) 10/20/13

7:30 TO 8:00 am Form Teams	TEAM 1	TEAM 2	TEAM 3	TEAM 4
8:00 to 8:40m	Disaster Preparedness <i>Billie Brandon</i>	Tenting & Sanitation <i>Richard Batistelli & Paul LaGreek</i>	First Aid I <i>Susan McClaran</i>	Search & Rescue <i>Mike Depin</i>
8:40 to 9:20 am	Search & Rescue <i>Mike Depin</i>	Disaster Preparedness <i>Billie Brandon</i>	Tenting & Sanitation <i>Richard Batistelli & Paul LaGreek</i>	First Aid I <i>Susan McClaran</i>
9:20 to 9:35 am	BREAK 15 min			
9:35 to 11:15 am	First Aid I <i>Susan McClaran</i>	Search & Rescue <i>Mike Depin</i>	Disaster Preparedness <i>Billie Brandon</i>	Tenting & Sanitation <i>Richard Batistelli & Paul LaGreek</i>
11:15 to 11:55 am	Tenting & Sanitation <i>Richard Batistelli & Paul LaGreek</i>	First Aid I <i>Susan McClaran</i>	Search & Rescue <i>Mike Depin</i>	Disaster Preparedness <i>Billie Brandon</i>
11:55 to 12:25 pm	Lunch Break 30 min (Pizza Lunch & punch provided)			
12:25 to 1:15 pm	Flood Hazards & Safe Water <i>Anna Pinter & Mike Depin</i>	Sandbagging, PPE <i>Mike Reyes</i>	First Aid II <i>Susan McClaran</i>	Fire Extinguisher <i>Ron Roth</i>
1:15 to 1:55 pm	Fire Extinguisher <i>Ron Roth</i>	Flood Hazards & Safe Water <i>Anna Pinter & Mike Depin</i>	Sandbagging, PPE <i>Mike Reyes</i>	First Aid II <i>Susan McClaran</i>
1:55 to 2:10 pm	BREAK			
2:10 to 2:50 pm	First Aid II <i>Susan McClaran</i>	Fire Extinguisher <i>Ron Roth</i>	Flood Hazards & Safe Water <i>Anna Pinter & Mike Depin</i>	Sandbagging, PPE <i>Mike Reyes</i>
2:50 to 3:30 pm	Sandbagging, PPE <i>Mike Reyes</i>	First Aid II <i>Susan McClaran</i>	Fire Extinguisher <i>Ron Roth</i>	Flood Hazards & Safe Water <i>Anna Pinter & Mike Depin</i>

Preparedness is the Key to Survival!

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.

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, November 16th - 10 AM to 1 PM
- Wednesday, November 27th - 6 PM to 9 PM
- Saturday, December 14th - 10 AM to 1 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.

Upcoming Events

- November 2, 2013 HB Hospital Drive-through Flu Shots
- November 9, 2013 Disaster Living and Drill Your Skills Class (refresher advanced training) 8am to 3pm at the Gothard Street Fire Training Center
- November 14, 2013 General Membership Meeting 6:30pm in B8
- December 14, 2013 CERT Holiday Party at Rodgers Senior Center

CERT Database

Fire Department Volunteers (CERT members) have the opportunity to be added to the new CERT database by contacting Peter Petrelis at pgpworks@verizon.net to update their information.

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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!)