



CITY OF HUNTINGTON BEACH CERT NEWSLETTER

SINCE 1991

November 2014

HB CERT HIGHLIGHTS

INSIDE THIS ISSUE

Winter Safety Information
Pages 1-2

Mitigation information on Food & Water Storage
Page 2

CERT Moulage
Page 2

Orange County Skywarn Spotter News
Pages 3-4

Free Drive-Thru Influenza Vaccinations
Page 4

Boeing Fire Prevention Expo
Page 5

Re:Imagine Garden Grove Open Streets Event
Page 5

Surf City 10 mile, 10K & 5K
Page 5

School Evacuation Training
Page 5

Ebola
Pages 6-7

10 Mile Run & School Evacuation Photos
Page 8

Re: Imagine Garden Grove
Page 9

Moulage Photos
Pages 10-12

CERT Mission Statement, CPR Classes, Newsletter Staff
Page 13



CLASS 1

Winter Safety Information

How long has it been since you have replaced the batteries in your smoke alarms?

Statistics to Share: Three out of five home fire deaths result from fires in properties without working smoke alarms. More than one-third (37 percent) of home fire deaths result from fires in which no smoke alarms are present. The risk of dying in a home fire is cut in half in homes with working smoke alarms.

Source: [National Fire Protection Association \(NFPA\)](#)

With the approach of winter it is time to think about safety. During the winter months more time is spent indoors, fire safety and the danger of carbon monoxide poisoning are greater.

Fire Dangers

A. Heating the Home

Fireplaces

Buildup in the chimney can cause a fire if it is not properly cleaned.

Use a fireplace screen to control embers and sparks from coming into the room.

Portable Heaters & Space Heaters

- Check all heaters and make sure they are in safe working condition.
- Place space heaters at least three feet away from anything that could catch fire.
- Do not use heaters to dry clothes.
- Make sure to turn off heaters when you leave a room.
- Never leave small children or pets alone with a portable heater or space heater.

Cooking & Kitchen Safety

- In many households, cooking activities increase in the winter months.
- The most common fire in US households is a cooking fire.
- Stay in the kitchen if you are frying, broiling, or grilling food.
- If you are simmering, baking, roasting, or boiling food, you don't have to stay in the kitchen, but you do need to stay in the home.
- Check the food regularly and use a timer to remind you that you are cooking.
- Keep flammable objects such as pot holders, oven mitts, wooden utensils, and paper or plastic bags away from the stovetop.
- Wear close-fitting clothing that won't drape over or touch burners while you are cooking.
- Although turkey fryers may produce delicious holiday dinner entrees, they pose significant

fire hazards. Safe turkey fryer use tips are available on the [U.S. Fire Administration's page](#) on cooking safety.

Holiday Decorations

- Candles can cause a home fire. Never place candles on a tree. Keep candles away from all combustible items.
- Do not leave unattended children in a room with lighted candles.
- Holiday decorations can cause fires.
- Make sure an artificial tree is fire resistant. If you buy a fresh green tree make sure the needles are not dry.
- The December issue of the CERT newsletter will contain an article with more detail on holiday fire safety.

Drought Conditions

Across California, vegetation that typically rehydrates with rain between December and April continues to get dryer and more dangerous. Fire officials worry there will be more fires during this winter if the drought conditions continue.

B. Carbon Monoxide

A **carbon monoxide detector** or **CO detector** is a device that detects the presence of the [carbon monoxide](#) (CO) gas in order to prevent [carbon monoxide poisoning](#). CO is a colorless, tasteless and odorless compound produced by incomplete combustion of carbon containing materials. It is often referred to as the "silent killer" because it is virtually undetectable without using detection technology and most do not realize they are being poisoned. Install detectors. If you have detectors make sure your batteries are up to date and working.

Since carbon monoxide is so deadly, it is important to remember not to take chances.

- Here are some helpful tips that can lower your risks and could save your life.
- Have a qualified technician clean and inspect all combustion equipment each year. This includes gas furnaces, gas or kerosene space heaters, wood burning or gas fireplaces, and gas water heaters.
- If you encounter a problem with your furnace and can't stay warm, do not use kitchen ovens or gas ranges for additional heat. This is very dangerous.
- Over gas stoves, install and use exhaust fans vented to outdoors.

Winter Safety Information (continued from page 1)

- Install carbon monoxide detectors in your home and anywhere else you use gas heating appliances. Test periodically to make sure they are working properly.
- Open flues when using fireplaces.
- Never warm a car or run any motor appliance inside your garage. Even with the garage door open, carbon monoxide can build up rapidly and cause poisoning within minutes.
- Never use a charcoal or propane grill inside your home or garage.
- Avoid the use of gas or kerosene space heaters inside your home. If you can't avoid using them, follow operating instructions very carefully and always make sure there is an open window for ventilation.
- If you use a gasoline or other fuel-fired generator during a power outage, keep the generator outdoors during use. If the generator is indoors, your house could quickly fill up with deadly carbon monoxide gas as the fuel burns.
- If your carbon monoxide alarm goes off, exit your house or apartment quickly and call 911 or your local emergency number.
- Don't re-enter your home until the problem is fixed. See a doctor immediately, even if you don't feel any symptoms, because carbon monoxide can remain in the blood.

The [United State Fire Administration](#) (USFA) and NFPA remind you that home fires are more prevalent in winter than in any other season. People are at greater risk in the winter season when they may use unsafe heat sources or if they don't follow fire safety rules in the kitchen or while using candles.

Mitigation Information on Food and Water Storage

By Tom Welch

One of the keys to survival in a long term disaster is your choice of perishable and non-perishable foods. Preparedness must be done before an event.

What is the difference between perishable foods and non-perishable foods?

Answer: Perishable foods are foods like fresh meat, seafood and ripe fruits while non-perishable are items that do not spoil or decay. The proper definition of non-perishable is "not subject to rapid deterioration."

Some examples of non-perishable foods:

Canned fruit, pasta, sugar, flour, herbs, crackers, cereal, dried nuts, dried fruit, rice, beans, lentils, chips, ready to eat canned meats, canned fruits and vegetables, protein or fruit bars, granola, peanut butter, canned juice, high energy foods, vitamins, dried milk and condensed milk.

Clean water is very important. We all need water to live.

Let's find out what some web sites have to offer.

Honeyville Farms has four locations, two in Utah, one in Arizona and one in Southern California. The internet is helpful and you can buy bulk food, survival items, and individual foods at www.Honeyville.com.

Another suggestion are MREs-- Military for Meals Ready to Eat. They can be eaten warm or cold. Shelf life depends on how you store MREs. The best temperature is 60 degrees, and the MREs will last about 80 months. In warmer temperatures, the shelf life is only about 18 months.

Earthquake Management is a good location to obtain pre-packaged food and water. They list some of their food as lasting for 5 years. Water storage barrels are available to store clean water. Water is also stored in cartons and foil packages. Visit their site at www.earthquake-management.com

Remember to consider water for cooking and other tasks. Do not forget your pets.

On the Internet there are many sites with suggestions as to preparedness and purchasing of needed emergency supplies. The website, www.hbnfoodstorage.blogspot.com gives you a plethora of information emergency preparedness tips, recipes and many other useful items.

The LDS Emergency Preparedness Manual is available on line and can be downloaded at: www.ldsavow.com/PrepManualGeneral This Manual has 509 pages of interesting information.

Thanks to Holly Payne for providing web sites to go to, and to Steve Yamashita for additional survival information for this article.

BE PREPARED

CERT Moulage

By Virginia Petrelis

Definition: Moulage (French: casting/moulding) is the art of applying mock injuries for the purpose of training Emergency Response Teams and other medical and military personnel. Moulage may be as simple as applying pre-made rubber or latex "wounds" to a healthy "patient's" limbs, chest, head, etc., or as complex as using makeup and theatre techniques to provide elements of realism (such as blood, vomit, open fractures, etc.) to the training simulation. The practice of moulage dates back to at least the Renaissance period, when wax figures were used for this purpose.

On Saturday, October 4, 2014, Susan McClaran offered her home to CERT members who were interested in learning the art of moulage for use in our CERT drills and first aid classes. Billie Brandon led the class, demonstrating the application of Dermawax and makeup to simulate burns, cuts, and abrasions. Billie also shared her "recipes" for blisters, blood and blood clots!

While learning our new skills, we shared a lot of laughs and some of us went home with our wounds to the shock of our families. Just in time for Halloween!

The winter is coming up and a good time to tune up your weather reporting skills. Visit our weather page (weather.gov/sandiego) for the latest headlines on weather outlooks and climate. Each weather spotter should have a copy of the reporting guidance and the methods to report to us. We are always looking for snowfall reports from weather spotters but we need all types of weather reports. If you forget your weather spotter ID you can still report the weather and if you change your phone number or email please let us know (nwssgxspotter@gmail.com). We especially love to have photos so we can see the hazardous impact the weather has caused or the beauty of snowfall or thunderstorms.

Weather spotters can always report 24/7, by calling the 800 phone number or submitting an online report, and you do not have to have your ID. Tell us your name and exact location and what you are observing that fits the reporting criteria. If you are participating in amateur radio operations you can pass this report through on the schedule weather nets or during times of Skywarn activation. The Skywarn coordinator for each county will pass this through to our forecasters through NWSChat. For those looking for ways to report using a smart phone app, try out "mPing" to report the weather. Finally, if you are active on Twitter or Facebook you can share photos and reports by using #cawx or @NWSSanDiego.

The online report form www.srh.noaa.gov/StormReport/SubmitReport.php?site=sgx will guide you through reporting the details that are needed to improve weather forecasts and record climate information.

If you are looking for residence training on being a weather spotter please contact your county coordinators or Skywarn public information officer Tom Smerk (tsmerk@sdccd.edu). Your county coordinator will also send you emails keeping you up to date on Skywarn activities. Be sure to check out the Skywarn Facebook pages for each county. Many classes are also offered to ham radio groups at no cost. If you need a refresher and online course please visit this page: www.wrh.noaa.gov/sgx/spotter/spotter.php

Alex Tardy
NWS San Diego Skywarn Program Leader Warning
Coordination Meteorologist

Taken from the October 2014 - Coast to Cactus Weather Examiner
<http://www.wrh.noaa.gov/sgx/newsletter/current-newsletter.pdf>

Please click (or copy/paste into a browser) the link above to view the entire newsletter.



Imagine this: You're driving down the highway, humming along to your favorite tunes, when the cell phone stowed in your bag suddenly makes a strange noise. To investigate, you take the next exit and safely pull over to check the screen. Good thing you did: Your phone just alerted you to a tornado a few miles away in the same county you're driving through.

Sound plausible? It is. This year, (2014) America's wireless industry is rolling out a new nationwide text emergency alert system, called [Wireless Emergency Alerts](#), which will warn you when weather threatens.

The text alert service is free and automatic – there's no need to sign up or download an app. As long as your cell phone is WEA-capable, you'll get wireless alerts for the most dangerous types of weather from NOAA's National Weather Service no matter where you are, just as soon as the new service is available in your area.

NOAA's NWS will broadcast warnings for weather emergencies that are most dangerous to life and property: tornadoes, flash floods, hurricanes, extreme wind, blizzards and ice storms, tsunamis, and dust storms. (Severe thunderstorm warnings *will not* be part of the initial rollout of broadcast messages because they are so frequent; however, these will continue to be broadcast by NOAA Weather Radio, media outlets and Internet-based services.)

How weather text alerts work

If you are at home or traveling with your cell phone through an area where a weather warning has been issued, your phone will pick up alerts broadcast by nearby cell towers. Those towers will broadcast the message much like an AM/FM radio station, and cell phones within range will immediately pick up the

Mobile weather warnings on the way! (continued)

signal — provided they are WEA-capable. When your phone receives a message, it will alert you with a unique ring tone and vibration.

The message will *look* like a text, but it's not a traditional text message most people are used to. This text message will automatically pop up on your cell phone's screen; you won't have to open it up to read it.

And there's more good news: Regardless of where you are, this service will send alerts appropriate to your real-time geographic location. For example, if a person with a WEA-capable phone from New Jersey happens to be in Southern California during and after an earthquake, she will receive an "Imminent Threat Alert" on her device.



The new weather text alerts issued by NOAA's National Weather Service will include tornado warnings.

[Download here](#) (Credit: NOAA)

Q: What should I do when I receive a message?

It depends. In most cases, these 90-character messages are a "heads up" to prompt you to seek further information about the threat. In the case of an extreme and imminent danger — such as a large tornado in the area — the message will advise you to seek shelter immediately.

Q: Who is behind the text alert system?

The new weather messages are part of the broader [Wireless Emergency Alerts](#) initiative — a partnership among the wireless industry, the Federal Communications Commission ([FCC](#)) and the Federal Emergency Management Agency, or [FEMA](#). NOAA's National Weather Service is one of many agencies [authorized to send emergency alerts](#) to cell phones through this new system.

These alerts will improve the way the government communicates to the public about hazards that pose a significant threat to life and property, and help people plan for and stay safe when they are at risk for dangerous situations — even in their own homes. You might also receive messages regarding [Amber alerts](#), local hazards (e.g., chemical spills), and even national emergencies.

The 'fine print'

The Wireless Emergency Alert system relies on "best-effort" networks, so delivery of alerts at a given place and time is not guaranteed. The new alert system is not a replacement for other alert systems, and you should not rely on it as a sole source of emergency information. A weather alert sent through WEA is intended to notify the public that a warning has been issued and that you should seek additional information. Remember: Not all phones are capable of receiving Wireless Emergency Alerts.

Cell service customers can opt out of weather alerts, but we strongly discourage you from doing so. These weather alerts are a vital public service that ultimately helps America become a more weather-ready nation. Armed with late-breaking weather warnings, people will have the timely information they need to make smart decisions about how to protect themselves, their families, their friends and neighbors, and their personal property.

Find out if your phone is WEA-capable and when the alert system will be available in your area: Contact your wireless carrier today or visit [CTIA, the Wireless Association](#).

FREE DRIVE-THRU INFLUENZA VACCINATIONS

By Raji Shunmugavel

Nov. 8, 2014 Saturday morning 8 a.m. – 12 noon or until flu shots are gone.

At the Huntington Beach Hospital,
17772 Beach Blvd., Huntington Beach, CA.

CERT Communicators will direct traffic. Free flu shots are for the eligible public and volunteers.

Please enter using the Beach Blvd. entrance and look for signs. The vaccine will be provided by the County of Orange Health Care Agency. It is provided by the state for those O.C. residents who are without other resources for flu immunization (no health insurance, no Medicare Part B, low income).

It will be FREE of charge and open to those persons 18 years and older.

**If there are vaccine supply issues, vaccine will be prioritized for persons ages 60 and older first and then other groups designated as high-risk by the Orange County Health Care Agency.

Flu shots will be given by hospital employees and nursing students who volunteer their time for this event.

Additional volunteers are Circle of Friends members, Silver Anchor Auxiliary and HB CERT whose members assist in providing an organized and safe flu drive for the community.

Boeing Fire Prevention Expo Oct. 8, 2013

By Cynthia Goebel

HB CERT was invited to participate in the annual Boeing Fire Prevention Expo. The CERT booth and the RACES booth were located in an open green area at the main entrance to the HB Boeing facility.

Demonstrations of fire extinguishing (Boeing Fire Dept), K-9 suspect apprehension (Torrance PD) and K-9 drug search (Westminster PD) took place.

Other participants were an HB Fire Dept Paramedic Unit opened for public viewing and an OC Sheriffs Emergency Response Trailer.

The Expo was well attended by Boeing employees, perhaps aided by three food trucks available during the lunch break. (People had to pass through the booth area to get to the food trucks.)

Approximately 350 handouts were given and we were pleased with the interest in our information hand-outs: General Preparedness and CERT Class Information, Essential Emergency Documents (plastic bag), Tsunami Evacuation routes, Alert OC and Ready OC notification systems. Raji Shunmugavel and Cynthia Goebel staffed the booth.

Re: Imagine Garden Grove – A Downtown Open Streets Event

By Virginia Petrelis as reported by Raji Shunmugavel

When the City of Garden Grove requested CMAP (CERT Mutual Aid Program) for help with their “Re: Imagine Garden Grove” street fair, Raji Shunmugavel, of Huntington Beach CERT, answered the call.

CMAP is a Homeland Security sponsored program comprised of 17 CERT programs from throughout Orange County. These city CERTs develop mutual aid plans in the event that another community might need assistance in an emergency.

The “Re: Imagine Garden Grove” event offered the opportunity to Orange County’s CERT members to practice their skills while helping the city. Volunteers participated in a mandatory training and an all-day commitment on Sunday, October 12. Split shifts were not available because of street closures. Nearly three miles of Garden Grove downtown streets were completely car-free and the streets were open to walking, biking, skating and playing. Guests enjoyed food, music, dance, art, and workshops showcasing the cultural diversity of the area.

Raji, along with other CERT members, manned one of the first aid booths. They were given radios to communicate with “net control.” In the event of an emergency, net control would have contacted the necessary city responders. Luckily, there were no big emergencies, but the volunteers reviewed their first aid practices and the need to record all incidents and to have parents or guardians sign for any treatment of minors.

The event was a big success and a good time was had by all, including the volunteers.

Surf City 10 Mile, 10K and 5K

By Virginia Petrelis

Sunday, October 27, was a beautiful day for running along Pacific Coast Highway. The weather was clear and the temperature mild. A field of more than 4,100 runners from 21 states participated in the 60th annual “Surf City 10 Mile, 10K and 5K” race. The race started and finished between the Hyatt Regency and Hilton Waterfront at Huntington Street and featured several race divisions starting at different times so they would end about the same time. The event also included a costume contest and live music.

This year, Surf City 10 participants raised more than \$13,800 for Project Self Sufficiency, an Orange County-based non-profit organization which provides tools and support to help single parents achieve their independence.

CERT communicators, Raji Shunmugavel, Ken Mailman and Ed Klotz joined HB RACES along the route, keeping their eyes and ears open for incidents or accidents. With their ham radios, they were able to communicate with net control to report incidents and, if necessary, call for help.

By helping with this event, RACES and CERT ham radio operators were also able to practice their emergency radio skills. In the event of an emergency, normal lines of communication, including land and cell phones may be down or overloaded. In that case, ham radio operators can step in to help with communications during a crisis.

Several runners thanked the ham operators for being there so they could have a safe and enjoyable time.

School Evacuation Training

By Virginia Petrelis

Over a three day period, October 20-23, many CERT members joined a large group of school personnel in a school evacuation training program. Huntington Beach is one of the few cities with an excellent emergency preparedness program. There were a number of school districts involved. If it becomes necessary to evacuate a school, many volunteers would be needed to reunite parents and children in an orderly fashion.

Huntington Beach Police Officer Derek Young, School Resource Officer, led a very fast-moving, interesting class as well as practical application exercises. It’s good to know the City of Huntington Beach has a plan in place in the event of a natural or man-made disaster.

There are emergency escape routes planned, including maps, work areas and areas of safety. Of course, counseling would be available and police investigative work would be done. A number of forms would need to be filled out to identify students and reunite them with their parents. A command center is designated with the availability of buses for evacuation and check-in forms. Thank you to the Huntington Beach Police Department for having the foresight to plan and involve the community in practice drills for school evacuations in an emergency.

Ebola Virus Disease (Ebola)

1. What is Ebola?

Ebola is a virus that has caused recent disease outbreaks in West Africa.

2. How does Ebola spread?

Ebola spreads from person-to-person by direct contact with a patient's body fluids, like saliva, blood, vomit, urine, feces, and sweat. The virus gets into the body through broken skin or mucous membranes (spongy skin like the kind you find in your nose or mouth). Ebola can also be spread by infected objects, like needles, that have been tainted with body fluids. Ebola can also spread after death, when preparing the patient's body for burial. Ebola can't spread through the air, in food, or water.

It takes 8–10 days for most people to get symptoms, but it can range from 2–21 days. Patients can spread the virus while they have a fever or other symptoms. People who don't have symptoms can't spread Ebola.

3. What are the symptoms of Ebola?

Ebola can cause these signs of disease:

- Headache
- Vomiting
- Fever
- Stomach pain
- Weakness
- Lack of appetite
- Diarrhea
- Abnormal bleeding

4. How is Ebola treated?

There is no specific medicine or vaccine for Ebola. Instead, treatment focuses on keeping the patient alive by giving fluids and managing the serious health problems that can happen.



Key Points:

- The risk of getting sick with Ebola is very low in the U.S. and in Orange County.
- Ebola patients can only spread the disease when they have symptoms.
- A person must have direct contact with a patient's body fluids to be infected.
- The Health Care Agency is taking safety measures to prevent its spread in Orange County, if a case were to come here.

For more information:

Orange County Health Care Agency
www.ochealthinfo.com/ebola

California Department of Public Health
<http://cdph.ca.gov/programs/cder/Pages/Ebola.aspx>

Centers for Disease Control and Prevention
www.cdc.gov/vhf/ebola/outbreaks/guinea/qa.html?mobile=no content

5. What can you do to prevent Ebola?

There is very low risk of spread to the public. The Centers for Disease Control (CDC) and Prevention ask that the U.S. public avoid unnecessary travel to countries in West Africa that are currently affected by Ebola, since travelers may not have access to the health care they need if they get sick. If you recently visited one of these countries, and had contact with someone who had Ebola, see your doctor and mention your recent travel. Even if you did not have contact with someone who had Ebola, take your temperature two times each day. If you get a fever or other symptoms within 21 days of your return to the U.S., call your doctor and mention your recent travel.

6. What is the Health Care Agency doing to prevent Ebola in Orange County?

Right now there are no cases of Ebola in Orange County. We are taking safety measures to prevent and stop its spread in Orange County if a case were to come here. For example, we are working with:

- Doctors and hospitals in the County, the CDC and the California Department of Public Health (CDPH) to find anyone who could have the disease.
- Doctors and hospitals in Orange County to make sure they use good infection control practices to prevent the possible spread of Ebola if they see a patient who may have the illness.

Learn more about the current Ebola outbreak

For information about past and current cases and deaths by country, visit:

Centers for Disease Control and Prevention (CDC)
www.cdc.gov/vhf/ebola/outbreaks/guinea/index.html

World Health Organization (WHO)
www.who.int/mediacentre/factsheets/fs103/en/



Surf City 10 Mile, 10K and 5K Run



October 22, 2014 CERT Members at the School Evacuation Training



Re: Imagine Garden Grove – A Downtown Open Streets Event



CERT Moulage Training



CERT Moulage Training (continued)



CERT Moulage Training (continued)



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 8 - 10 AM to 1 PM
- Wednesday, November 19 - 6 PM to 9 PM
- Saturday, December 13, 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 & Activities

- November 13, 2014, 6:30pm, CERT General Meeting in B7
- No General Meeting in December
- December 13, 2014, 5:30pm CERT Holiday Party at the Rodgers Senior Center (watch for invitation information in your e-mail)

Garden Grove CERT is hosting a California Animal Response Emergency System (CARES) course as their November Continuing Education topic. The course is **free** and is open to all CMAP members. It is scheduled for **Saturday, November 15th from 9:00 am - 1:00 pm**, at **North Net (2400 E. Orangewood Ave, Anaheim, 92806)**. Please respond to the email vanv@ci.garden-grove.ca.us to reserve your spot in the course.

HB CERT Newsletter Staff

Proof Reading / Editing Team:

Anna Pinter	Judy Ann Morris	Peter Petrelis (Publisher)	Virginia Petrelis (Editor)	Art Weiland
Carol Nehls	Cynthia Goebel	Heidi Ross	Rajarajeswari (Raji) Shunmugavel	
Brenda Welch				



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!)