

- Find out which of your skills are needed by CERT—see page 5
- H1N1 - Swine Flu and Season Flu—see page 6
- If you have new contact information, let us know—page 11



*Training Today,
for Tomorrow's Emergencies*

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CITY OF RIVERSIDE CERT NEWSLETTER

December 2009

Volume I, Issue IV

PRACTICE YOUR FAMILY DISASTER PLAN

Hello CERT Members:

As you know, having a Family Disaster Plan is very important. But just as important as HAVING a plan is PRACTICING your plan. Practice your plan at least twice a year so that everybody knows the plan and knows what they should do.

Here are some suggestions for practicing your Family Disaster Plan:

- ♦ Practice evacuating from your home and meeting outside in a predetermined location.
- ♦ Have at least two evacuation routes.
- ♦ Walk and drive your two evacuation routes from your home.
- ♦ Call your out-of-state contact(s) to remind them of your Family Disaster Plan.
- ♦ After you practice your disaster plan, talk about it with your family. If a part of the plan isn't working, change the plan to make it better.
- ♦ Update parts of your plan that have changed such as telephone numbers, school and work locations, emergency contact information, insurance information, copies of important documents, etc.
- ♦ Check your Disaster Supply Kit and replace items that have passed their expiration date or are damaged.
- ♦ Turn on radios and flashlights to make sure they still work.

- ♦ Look at your fire extinguishers and make sure they are properly charged.
- ♦ Replace clothing, prescription items, glasses, contacts, etc. if they are out-of-date or no longer fit.
- ♦ Know what to do with your pets if you need to evacuate.

Remember, practicing your Family Disaster Plan will help you to instinctively make more appropriate responses during an actual emergency.

For more information on how you can better prepare your family, visit our website at <http://www.riversideca.gov/readyriverside/readyfamily.asp>

Happy Holidays,
Gina Perez
Community Preparedness Coordinator
Riverside Fire Department
Office of Emergency Management
gperez@riversideca.gov

DID YOU KNOW?

- ♦ December is the peak time of year for HOME CANDLE FIRES.
- ♦ Roughly two out of five home fires start in the KITCHEN.
- ♦ UNATTENDED COOKING is the leading cause of home fires.





CERT October 2009 Graduating Class



CERT November 2009 Graduating Class



*CERT Advanced Training
Splinting and Backboarding
November 18, 2009*

*CERT Post-Disaster Safety
Operations
Advanced Training
September 23, 2009*



*CERT Advanced Training
Haz Mat Awareness
October 28, 2009*

TRIAGE ADVANCED TRAINING EXERCISE, DECEMBER 2, 2009



Instructor Fire Captain John Peurifoy trains CERT members on triage methods.



CERT Volunteers and Fire Explorers during triage exercise.



CERT Volunteers, Stuart Lohr and Jerry Welch, and Fire Explorers perform triage.

Great Turnout!

FIRST GRADUATING CLASS OF EMPLOYEES OF CITY OF RIVERSIDE



CERT TRAINING, SEPTEMBER 2009

Employees from various City departments receive CERT Training:

- ◆ Mike Combs
- ◆ Cyndy Ellis
- ◆ George Guzman
- ◆ Paul Hooper
- ◆ Jason Jolley
- ◆ James Keezell
- ◆ Jerry Mendoza
- ◆ John Peine
- ◆ Robert Rivers
- ◆ Jimmy Rodriguez
- ◆ Russell Stump
- ◆ Bobby Thompson
- ◆ Lynn Voorheis

VOLUNTEER OPPORTUNITIES



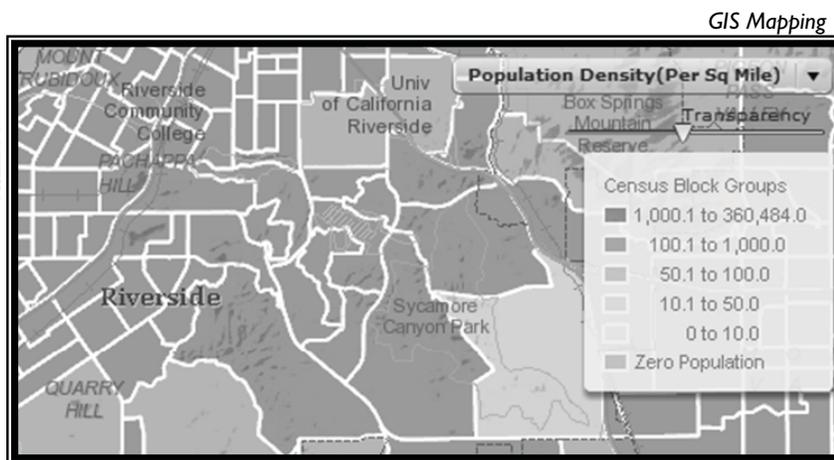
Photography

Do you have skills you would like to share with CERT?

Please contact us (contact information is on the last page of this newsletter).

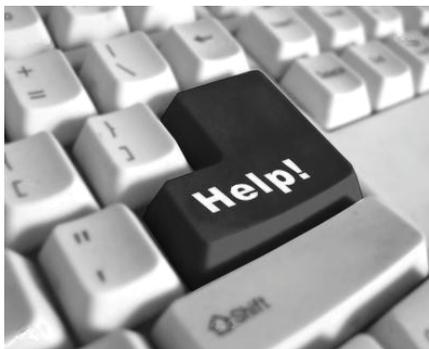
We need your help in the following areas:

1. Trailer Maintenance
2. Equipment Maintenance
3. Front Counter Help
4. GIS Mapping
5. Computer Support
6. Data Input
7. Photography
8. Logistics Support
9. Incident Support Team
10. EOC Support Team
11. Emergency Communications Support
12. CERT Training Support
13. Speakers Bureau
14. Training and Exercise Support



GIS Mapping

Computer Support



Trailer and Equipment Maintenance

MORE CERT CLASSES COMING SOON

You and your friends and family can sign up for Basic CERT instruction. A Basic CERT class will be held in **February 2010** at the Riverside City Emergency Operations Center during a Friday evening (6:00 to 9:00 pm) and both days of the weekend (8:00 am to 5:00 pm):

- ♦ *Fri, Feb 5, 2010*
- ♦ *Sat, Feb 6, 2010* and
- ♦ *Sun, Feb 7, 2010.*

This class and other more advanced classes for the winter and spring will be announced by e-mail and in future newsletters.

Make sure we have your correct contact information. It's important that we know how to contact you, as you are valuable to CERT.

See you at one of the classes!

H1N1 - SWINE FLU AND SEASONAL FLU

H1N1 (Swine Influenza or Swine Flu), a respiratory disease of pigs caused by type A influenza, is a significant public health threat. Human-to-human spread of swine flu viruses

is occurring worldwide mainly from person to person through coughing or

sneezing of people infected with influenza. People can also become infected by touching something with flu viruses on it and then touching their eyes, mouth, or nose.

Signs and Symptoms

The symptoms of 2009 H1N1 virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. Some people may have vomiting and diarrhea. People may be infected and have respiratory symptoms without a fever. Severe illnesses and deaths have occurred as a result of the 2009 H1N1.

Comparison: Seasonal Flu and 2009 H1N1 Flu

Seasonal flu varies in terms of timing, duration, and severity. Seasonal flu can cause mild to severe illness and at times can lead to death. Each year in the United States, on average of 36,000 people die from flu-related complications and more than 200,000 people are hospitalized

from flu-related causes. Of those hospitalized, 20,000 are children younger than 5 years old. Over 90 percent of deaths and about 60 percent of hospitalizations occur in people older than 65.

More Information

Riverside County Department of Public Health

<http://www.rivcoph.org/h1n1/index.html>

Centers for Disease Control and Prevention

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

When the 2009 H1N1 outbreak was first detected in mid-April 2009, the Centers for Disease Control and Prevention (CDC) began to collect, compile, and analyze information, including the

numbers of confirmed and probable cases and the age of those affected. The information analyzed by CDC supports the conclusion that 2009 H1N1 flu has caused greater disease burden in people younger than 25 years of age. There are relatively few cases and deaths reported in people 65 years and

older, which is unusual when compared with seasonal flu. However, pregnancy and other previously recognized high-risk medical

conditions from seasonal flu also appear to be associated with increased risk of complications from the 2009 H1N1. These high-risk medical conditions include asthma, diabetes, suppressed immune systems, heart disease, kidney disease, and neurocognitive



and neuromuscular disorders.

What Should You Do?

- ♦ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash.
- ♦ Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- ♦ Avoid touching your eyes, nose or mouth. Germs spread this way.
 - ♦ Try to avoid close contact with sick people.



If you are sick with flu-like illness, CDC recommends that you stay home for at least

24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to avoid making others sick.

What Should CERTs Do?

- ♦ Be good stewards and set a good example in observing healthy living practices.
- ♦ Maintain an emergency kit.
- ♦ Maintain a family emergency plan.
- ♦ Be informed on the progress and status of the H1N1 virus and seasonal flu.
- ♦ Get involved in assisting your neighbors in preparing for the H1N1 and other hazards and risks.

WHAT DO YOU HAVE?

Symptoms to consider when making your own preliminary diagnosis:

Influenza

Antiviral medications can help people feel better if taken within 48 hours of onset of symptoms

- Headache
- High fever
- Dry cough
- Chest pains
- Chills
- Severe fatigue
- Severe aches

NOTE: H1N1 virus also causes some gastrointestinal distress

Cold

Colds are caused by a different virus; symptoms are less severe — and they come on more gradually than flu

- Sneezing
- Stuffy nose
- Hacking cough
- Mild sore throat
- Mild fatigue

Strep throat

A sore throat, but no stuffy nose, may mean it's a streptococcal bacterial infection — antibiotics can help

- High fever
- Pus on tonsils
- Very sore throat

Stomach flu

Virus enters via mouth and multiplies in small intestine; symptoms can appear in a few hours, but usually take a day; food poisoning typically is a bacterial infection, such as E. coli

- Headache
- Vomiting
- Fatigue
- Diarrhea

FOLLOWING AN INFECTION

FLU TRAVELS

Flu viruses constantly mutate, making it tough for our immune defenses to recognize the virus and combat it. Since the current strain of the H1N1 virus (known as swine flu) is relatively new, it may be more contagious than seasonal flu, although it seems no more virulent and most cases should be resolved without significant medical intervention. Here is a look at how flu infections spread:

WAYS TO AVOID FLU

Health officials recommend most people get a flu shot — including for the H1N1 virus

Vaccination

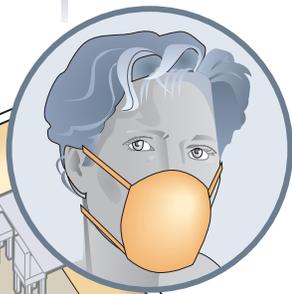
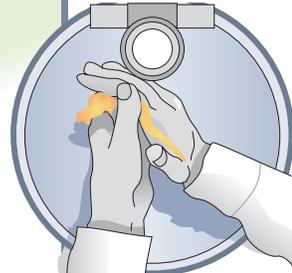
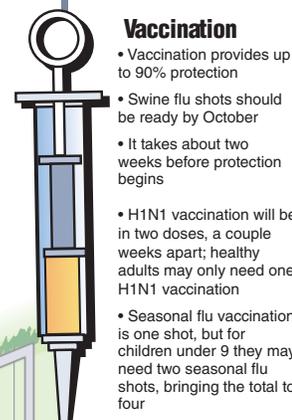
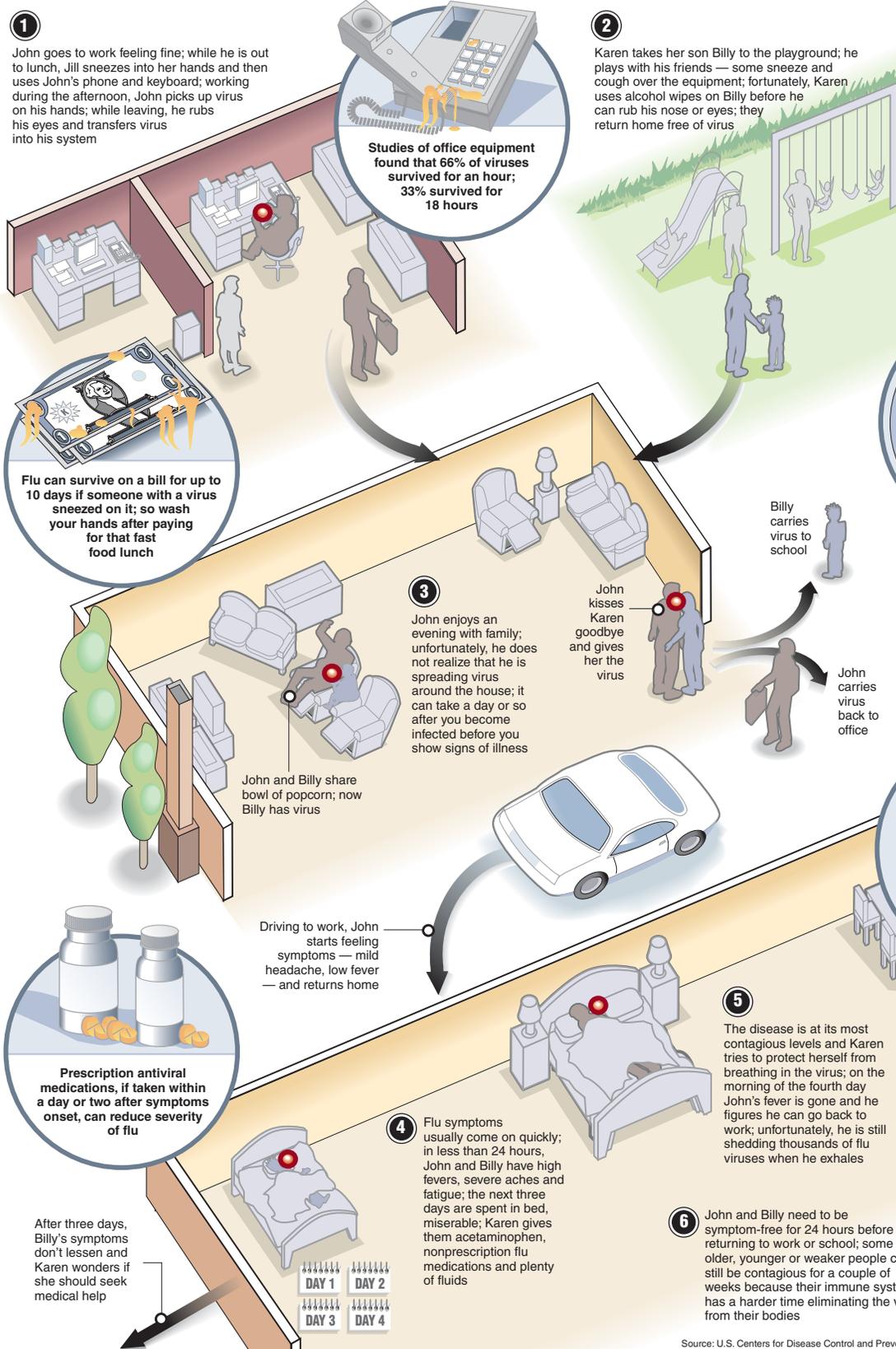
- Vaccination provides up to 90% protection
- Swine flu shots should be ready by October
- It takes about two weeks before protection begins
- H1N1 vaccination will be in two doses, a couple weeks apart; healthy adults may only need one H1N1 vaccination
- Seasonal flu vaccination is one shot, but for children under 9 they may need two seasonal flu shots, bringing the total to four

Wash hands

Wash hands five times a day for at least 20 seconds; this is what it takes to prevent the spread of germs and viruses; less than half the people wash this long and this often

Wear mask

Masks can be worn by sick people so any droplets they expel do not easily land on objects or people; most masks are not as effective if worn by people who are well trying to avoid breathing in a virus



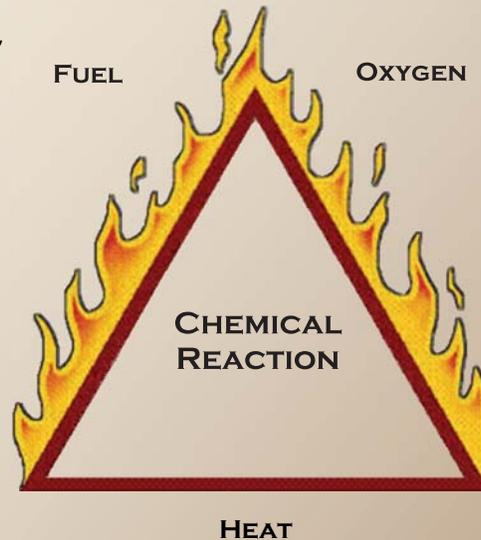
FIRE SAFETY: THE FIRE TRIANGLE AND ITS THREE ELEMENTS

Working together, three elements, called the *fire triangle*, create a chemical exothermic reaction (reaction that gives off heat to the environment), which is fire.

To exist, fire requires all three elements:

Fuel: The fuel for a fire may be a solid, liquid, or gas. The type and quantity of the fuel will determine which method should be used to extinguish the fire.

Oxygen: Most fires will burn vigorously in any



atmosphere of at least 20 percent oxygen. Without oxygen, most fuels could be heated until entirely vaporized, yet would not burn.

Heat: Heat is required to elevate the temperature of a material to its ignition point.

If any of these elements is missing or if any is taken away, fire will not occur or will extinguish. A fire extinguisher can effectively put fires out. *Do you have the correct fire extinguisher?*

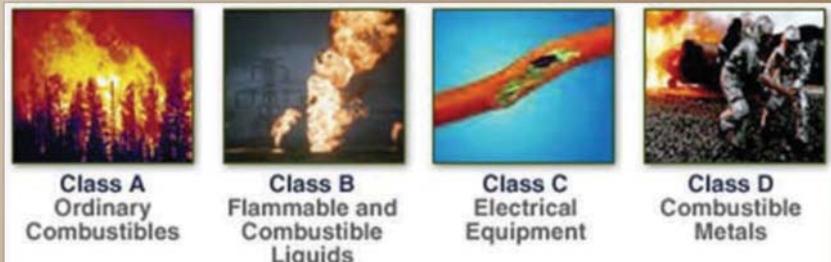
TYPES OF PORTABLE FIRE EXTINGUISHERS

There are four main types of portable fire extinguishers.

- ♦ Water extinguisher.
- ♦ Dry chemical extinguisher.
- ♦ Carbon dioxide extinguisher.
- ♦ Specialized extinguisher .

Water extinguishers are used on Class A fires.

Dry chemical extinguishers rated for Class B and C fires have a sodium bicarbonate base.



Portable fire extinguishers are rated according to their effectiveness on various classes of fire.

Multi-purpose dry chemical extinguishers have a monoammonium phosphate base. They are effective for Class A, B, and C fires.

Carbon dioxide extinguishers, while still in use, are becoming less common. CO₂ extinguishers are used on Class B and C fires.

Specialized extinguishers are also less common. An example of a specialized extinguisher is the Class D dry powder extinguisher, which uses special agents to remove oxygen from a Class D fire.

WINTER AND HOLIDAY FIRE SAFETY TIPS

Winter holidays are a time for families and friends to get together, but they also mean a greater risk for fire.

Following a few simple tips for holiday decorating and entertaining will ensure a happy and fire-safe holiday season.

Holiday Decorating

- ♦ Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.
- ♦ Keep lit candles away from decorations and other things that can burn, such as draperies and greenery.
- ♦ Use lights that have the label of an independent testing laboratory. Some lights are only for indoor or outdoor use, but not both.
- ♦ Replace any string of lights that have worn or broken cords or loose bulb connections. **Connect no more than three strands of mini-light sets and a maximum of 50 bulbs for screw-in bulbs.**
- ♦ Use clips (not nails) to suspend lights, so that their cords do not get accidentally poked when hanging them.
- ♦ Keep decorations that have lights or flames away from windows and doors.
- ♦ Blow out lit candles when you leave the room or go to bed.



- ♦ Turn off all light strings and decorations before leaving home or going to bed.

Holiday Entertaining

- ♦ Test your smoke alarms and tell guests about your home fire escape plan. This can be a party downer, but you can do it in a pleasant way.
- ♦ Keep children and pets away from lit candles.
- ♦ Keep matches and lighters up high in a locked cabinet.
- ♦ Stay in the kitchen when cooking on the stovetop.
- ♦ Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.
- ♦ After smokers leave the party, check on top of, under, and between cushions to make sure smoldering cigarette ashes are not hiding anywhere.
- ♦ Provide large, deep ashtrays for smokers. Wet cigarette butts with water before discarding.



CERT DISPLAY BOOTH AT SENIOR CONFERENCE



CERT set up a display booth at the first "The Greater Riverside Conference of Seniors Giving the Gift of Green to Their Grandchildren and Great Grandchildren" environmental conference hosted by 200 Mount Rubidoux Manor Retirement Community seniors. It was from 10 a.m. to 3:30 p.m., Saturday, September 26, at the City of Riverside White Park, 3901 Market Street.

There were six discussion seminars on climate change, as well as 30 booths displaying the latest information and technology on building a sustainable green community. Riverside Public Utilities gave away a low-energy refrigerator to one Riverside participant.

Gina Perez and Volunteer Julie Ann Stife

Speakers at the event included Mayor Ron Loveridge, Councilmember Mike Gardner and the vice chair of the South Coast Air Quality Management Board, Dennis Yeats.

CERT VOLUNTEERS HELP OUT WITH RIVERSIDE FIRES

Late September through October can mark the most perilous time of the year for fires.

During late September, with single-digit humidity and triple-digit temperatures, the Riverside Fire Department was placed on high alert for the arrival of Santa Ana winds -- a decision that proved timely as multiple blazes popped up across the City. The larger fires were in a La Sierra neighborhood on the Riverside/Norco border and the Santa Ana River bottom off Van Buren Avenue.

Large plumes of black smoke loomed over Riverside.

An email went out on September 22, 2009, asking for CERT volunteers to help out at the Jurupa Command Post. As usual, CERT members responded.



Volunteers Patrick Esser and Tina Sanchez



Volunteers Mike Emett, Ken Price, and Karen Jensen

CERT PARTICIPATES IN BOY SCOUT EVENT

The Boy Scouts of America's Mt. Rubidoux District hosted an event on Thursday, September 3rd, 2009. It was located at 4375 Jackson Avenue in Riverside, California.

There was a Dutch oven dinner and a Roundtable and Program Preview.

The purpose of the event was to share how various agencies that attended can help each other.

CERT volunteers were there with a display booth, handouts, and ready explanations for any questions.

**CITY OF RIVERSIDE
COMMUNITY
EMERGENCY
RESPONSE
TEAM**

City of Riverside
Fire Department
Office of Emergency
Management

Phone: 951-320-8100
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Local website:
www.readyriverside.com

National website:
www.citizencorps.gov

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Editor:
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CERT Volunteer



DISASTER AND PREPAREDNESS RESOURCES

Are You Ready? A Guide to Citizen Preparedness

General preparedness information and detailed hazard descriptions. Includes emergency planning and disaster supplies, evacuation, shelter, mitigation, animals in disaster, and recovering from disaster. <http://www.fema.gov/areyouready>

Department of Homeland Security

Department of Homeland Security website that provides guidelines and planning tools for terrorist incidents, including chemical, biological, radiological, and explosive incidents. <http://www.ready.gov>

National Flood Insurance Program

Information about flood

hazards, mitigation, and flood insurance. Access to local flood maps. <http://www.fema.gov/business/nfip>

National Fire Protection Association

Fire prevention activities and disaster preparations. <http://www.nfpa.org>

The American Red Cross

The home page includes Preparing and Getting Trained, Getting Assistance (drop-down menu includes Recover after a Disaster), Giving and Getting Involved, Working with the Red Cross, and Your Local Red Cross. <http://www.redcross.org>

First Gov

Gateway to State websites. Among others,

links include disaster preparedness, disaster help for immediate resources and information, disaster information for victims, disaster management resources and information, earthquake notification service, emergency management agencies by state, federal agencies providing support during environmental emergencies, and small business disaster loan assistance. <http://www.usa.gov/Citizen/Topics/PublicSafety/Disasters.shtml>

U.S. Geological Survey

Information on earthquakes, floods, hurricanes, landslides, tsunamis, volcanoes, and wildfires. <http://www.usgs.gov/hazards>

NEW CONTACT INFORMATION?

Have you moved or changed your email address or phone number?



Give us a call (951.320.8100)
or send an email
(rivcitycert@riversideca.gov)
and update your contact
information.