



Your Encinitas CERT December 2017 Newsletter Volume 4

In this month's edition we continue our five part series, with Part 2 of 'Are You prepared For a Disaster?' We have received some positive feedback for our humble newsletter. Thank you very much! If you want to submit an idea or an article, let us know at newsletter@enccert.org. All stories, articles and other submissions are subject to review and editing by the editorial staff. If you missed Part 1 of 'Are You Prepared For a Disaster', or want to check out older issues of the newsletter, it can be found under the 'Members' section on our website. Or just click [here](#).

UPCOMING EVENTS

December 12

Encinitas CERT Board Meeting – All Encinitas CERT members are welcome.
5:30p.m. at Encinitas Community Center

NEXT MONTH...

January 9

Encinitas CERT Board Meeting – All Encinitas CERT members are welcome.
5:30p.m. at Encinitas Community Center

January 24

Encinitas City Council recognizes CERT – All Encinitas CERT members are welcome.
6:00p.m. at Encinitas City Hall, 505 S Vulcan Ave.

For the most current and updated event information always check the [website calendar](#).

Recurring Amateur Radio Nets

Amateur radio operators are encouraged to participate in the Coastal CERT Nets, held the second and fourth Thursdays of each month at 7:00 PM. We start on the Del Mar repeater 446.880 – (114.8 PL) and then move over to 146.550 (simplex).

Due to the holidays, there will only be one radio net this month on December 14.

ENCINITAS LOVES CERT!!

Next month, on the 24th of January, at the Encinitas City Council Meeting, Encinitas CERT will be receiving official recognition by the Encinitas City Council. It is gratifying to know that we are appreciated at the highest levels of our beautiful city. It starts at 6p.m. at City Hall, 505 S Vulcan Ave. It would be great to have as many members as possible on hand for this honorary recognition. Maybe we will even get our picture in the paper!

Are You Prepared for a Disaster? Part 2 of 5

WATER

Water is arguably the most important thing to have on hand. While it is true you can live up to three days without water, the longer you go without, the more damage you do to your body. Many “authorities” suggest storing a gallon of water per person, per day. This isn’t very much water. You need water to drink, to cook, and to wash up after a bathroom visit. A better rule of thumb is 2 gallons of water per person, per day. Think about the various uses for water during an average day. More is better.

Depending on where you live, you may prefer bottled water to tap water. You can buy 2.5-gallon containers and rotate them a couple of times a year. Otherwise, you can purchase containers (5 gallons and larger) and use tap water. You should also add 8 drops of bleach to your tap water to extend its shelf life. It will keep your water viable for up to 5 years.

If you’re planning for just 3 days without utilities (including water), that would mean having 6 gallons of water on hand for every member of your family. Don’t forget your pets. They may not need 2 gallons a day, but make allowances for them as well.

MONEY

Have money on hand for an emergency/disaster. If you need to buy anything, there is a good chance you won’t be able to use credit or debit cards. **Avoid large bills.** If you find yourself having to purchase items you’ve run out of after an emergency/disaster, large bills will be a problem. First off, the people you’re buying things from won’t be making change. So that gallon of water you want to buy for \$5 or \$6 could end up costing you \$10 or \$20 if those are the smallest bills you have. Secondly, larger bills may bring you unwanted attention.

PERSONAL INFORMATION

If you have to leave your home as the result of a disaster, one of the things you should make sure you have with you are the various documents that may be required to establish your identity.

Things like;

- Driver’s License
- Home Owners or Renters Insurance Documents
- Auto/RV/Motorcycle/Water Craft Insurance Documents
- Health Insurance Documents
- Passport
- Credit or Debit Card Info
- AAA Card
- Military Service Info
- Investment Info

Each of us will have a slightly different list of items that we should have ready to go. Be thorough. Once you have your list completed, copy them. It’s relatively easy to do. You can go to Kinkos to get the copies made if you prefer having a “hard copy.” However, many people have printers connected to their computers. If your printer has the ability to scan these documents, scan them and save them onto a USB thumb drive in PDF format. Place the thumb drive in your bug out bag. Done. (maybe have a spare too.)

AS LONG AS WE ARE TALKING ABOUT BEING PREPARED

Water is one of the most important things to have for emergencies, and the easiest to get, at least before a disaster. But how are you going to store it. Plastic containers that are marked 'HDPE' are food safe and do not contain any BPA's. Stay away from containers marked 'PET' or 'PETE' as they do contain BPA's.

One option is the Aqua-Tainer.



The Aqua-Tainer is a 7-gallon container. It is BPA free. You can find it on Amazon for \$14.97 plus tax. You can find the same deal at Wal-Mart. It's easier to go to Wal-Mart and pick it up, plus you get that all important instant gratification!

Another option is a 5-gallon container from Coleman.



It is also BPA free. There are two advantages with this option. First it weighs less when full. The second is, it has a pour spout that makes it a bit easier to control the flow of the water. Currently Amazon and Wal-Mart are both out of stock. Wal-Mart last sold it for \$10.70, Amazon was about the same price. Big 5 in Escondido had it in stock as of 11/24, for \$14.99.

Another item that goes with the container are "drops" to keep the water fresh. Some folks prefer adding a few drops of chlorine bleach to their water. One of our members purchased 'Water Preserver Concentrate' which keeps the water viable for up to 5 years. His opinion after purchasing the product was, "...those !*%\$#@? charged me \$12 for some bleach!" The instructions recommend 8 drops per gallon of water. So, carefully add 8 drops of bleach for each gallon, and store in a cool place. This should keep your water viable for approximately 5 years.

Whether you decide to go with one of the containers mentioned above or have your own ideas about storing water, having water on hand is critical after a disaster. Remember, you can't predict, but you can prepare!

CERT BAGS. WHAT'S IN YOURS?

In the October newsletter there was an article titled 'Are You Ready to Deploy', which dealt with, among other things, suggestions for the contents of your backpack. Well at last month's Skills Refresher Class, there was some discussion, albeit rather brief, about the contents of a backpack. It was quite interesting to see and hear some of the ideas members had regarding the contents of their backpacks as well as the type of backpack/bag they preferred.

The standard issue backpack that we all received during our academy training has changed over time. Whether it's the color, number of pockets, the printing, they all serve the same purpose. Housing your issued 'protective gear' and anything else you think would serve you when deployed.

More than one member had two bags. The first being a primary (academy issued) bag/pack, and the second containing items such as extra clothing, extra first aid supplies, batteries, food and/or water etc. One member had a 'sling' bag that had the advantage of being easy to get on and off. This particular member also preferred to carry their protective gear in a small cinch bag, so as not to take up room in their 'primary' bag.

Some of the contents from various bags/packs are:

Map of Encinitas	Division map/Comm's plan (provided by Dan Drogichen)
CERT Field Operating Guide	snap-light glow sticks
pens	contractor's pencil wrapped with 6' of duct tape
pad of paper	flashlight with 2 sets of batteries
zip ties	granola bars
space blankets	magnifying glasses (many of us can relate to that)
extendable magnet	extendable mirror
hand sanitizing gel	hand sanitizing wipes
hand warmers	extra AA batteries for a headlamp
Advil	migraine medication
allergy pills	knee pads
masking tape	trauma scissors
Velcro straps	voltage sensor
multiple pairs of nitrile gloves	extra N95 particle mask
wrench	Ace bandages
box knife w/extra Blades	vitamins & supplements
Kleenex travel packs	bungee cord
double stick mounting tape	gauze bandages
toothpaste	toothbrush
rolled gauze	water bottle

In addition, one our members has copies of FEMA Form ICS-214, which is a form for documenting various pieces of information at an incident scene. To get a copy, click [here](#).

As you can see, there are a lot of different ideas regarding how you augment your CERT bag. There isn't enough room to list everything that was discussed but it does get the point across. If you need it or think it can be useful, add it to your bag. But don't overload. As mentioned in the previously mentioned article, determine what's most important, and add that to your bag. Put everything else in a secondary, "overflow" bag to supplement your primary bag.

POP QUIZ

How well do you recall your academy training? All of us would like to believe that we are pretty knowledgeable about CERT. However, as one of our members recently found out, the longer it's been since you were at the academy, the more you are likely to forget! This conclusion was arrived at after the member in question recently stumbled across a quiz on the L.A. CERT website. There are 8 topics. Each topic relates to a subject that was covered when we went through the academy. Each topic has 10 questions that relate to that particular subject. Give it a shot. It can only help, and only you will know the results! Thanks to the anonymous member for sharing this resource!

<http://www.cert-la.com/cert-training-education/cert-quizzes/>

NOVEMBER REFRESHER CLASS

Well, to begin with, it wasn't a refresher class. It was a complete departure from our 'normal' training. Captain Josh Gordon, with a little help from Chief Spaulding, ran the participants thru a series of communication and team-building exercises, which emphasized both leadership and "follower" skills in addition to trust, ethics and communication. Obviously good leadership is important, but so is the ability to listen and follow instructions precisely.

One of the lessons learned involved repeating instructions back to your supervisor. Whether it's face to face or over the radio, this helps ensure that you understand the instructions, and assures your supervisor that you properly and accurately received and understood those instructions.

Another of the lessons really drove home the point that good communication isn't always as simple as it seems. Leaders need to make sure they are giving accurate and complete instructions to those they lead. Presuming that some things might be obvious or that people will fill in the blanks is only going to cause confusion, delays, or worse.

A very big Thank You goes out to Captain Gordon and Chief Spaulding for taking the time to challenge and educate us with some 'outside of the box' training. We are very lucky to have people who are willing to take the time to help us enhance our knowledge and become an even more effective group.

REFRESHER CLASSES AND THE ACADEMY

As you know by now, we've been having quarterly "refresher" classes with Captain Josh Gordon. They have reviewed topics such as ICS, Medical Operations, and Leadership and Communications. Unfortunately, some folks have scheduling conflicts that prevent them from attending. Another option is to head back to the academy. Not for the entire thing (unless you really want to), only the areas you want to brush up on.

There are eight separate units, Disaster Preparedness, Fire Safety and Utility Controls, Disaster Medical Operations Part I, Disaster Medical Operations Part II, Light Search and Rescue, CERT Organization, Disaster Psychology, and Terrorism & CERT. You can choose the appropriate topic to suit your needs, plus you'll have an instructor there to answer any of your questions. Whether it's one topic or the entire academy, keeping everything fresh in your mind will pay huge dividends when the time comes!

REMINDER OF THE MONTH

ESTABLISHING MEDICAL TREATMENT AREAS*

Because time is critical when CERTs activate, CERT medical operations personnel will need to select a site and set up a treatment area as soon as injured victims are confirmed.

Determining the best location(s) for the CERT treatment area should include the following overall considerations;

- Safety for rescuers and victims
- Most effective use of resources, e.g., CERT members themselves, time, medical supplies.

SAFETY FOR RESCUERS AND VICTIMS

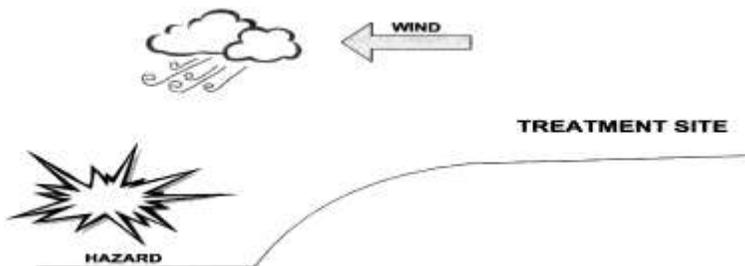
As victims are located, rescued, and triaged, they are moved to a location where they can be treated. The severity of the damage and the safety of the immediate environment determine where the initial CERT treatment area should be located. In all cases, remember that your safety is the number one priority.

- In structures with light damage, CERT members triage the victims as they are located. Further medical treatment is performed in a safe location inside the structure where victims are organized according to the extent of their injuries.
- In structures with moderate damage, CERT members also triage the victims as they are located; however, victims are sent to a medical treatment location that is a safe distance from the incident location. Victims are organized according to the extent of their injuries.

Whether the treatment area is set up inside or a safe distance from the structure, a morgue may need to be set up as a temporary holding area for victims who die at the treatment area.

In addition to the severity of the damage to the structure where victims are found, there are two other important safety considerations:

- The treatment area itself must be free of hazards and debris.
- The site should be close to but uphill and upwind from the hazard zone.



- This information was taken verbatim from the CERT Basic Training, Participant Manual FEMA P-925/September 2012, Unit 4, 'Disaster Medical Operations-Part 2', page 6.

...and remember, your comments and suggestions are always welcome!

Encinitas CERT Board

Doan Hohmeyer, President Dave Tostenson, Vice President Lori Dilley, Secretary Loyd Wright, Treasurer
Doug Cochrane

If you do not wish to receive the newsletter, reply to newsletter@enccert.org.