



## Your Encinitas CERT June 2018 Newsletter Series 2, Volume 6

This month's newsletter is focusing on earthquakes. Info on insurance, mitigation and various ways to prepare yourself! And we have a new Board Secretary! And don't forget about the picnic!! And there's info and photos from the County Drill. If you want to submit an idea or an article (and we really hope you will), let us know at [newsletter@enccert.org](mailto:newsletter@enccert.org). All stories, articles and other submissions are subject to review and editing by the editorial staff. ...and never forget, You Can't Predict, But You Can Prepare!

### UPCOMING EVENTS

#### June 1 – July 4

San Diego County Fair

The fair is closed Mondays and Tuesdays in June. For more info on dates and times, concerts, etc., [click here](#).

#### June 9

Medical Refresher Class with Captain Josh Gordon

9:00a.m. – 12:00p.m., Fire Station #3, 801 Orpheus Ave. Please R.S.V.P. to [training@enccert.org](mailto:training@enccert.org).

For directions see map below.

#### June 9

Encinitas/Solana Beach/Del Mar/Rancho Santa Fe Picnic/General Meeting @ Oakcrest Park

1219 Encinitas Blvd.

Noon - ???

#### June 12

Encinitas CERT Board Meeting – All Encinitas CERT members are welcome.

5:30p.m. @ Encinitas Community Center

#### June 14

Flag Day!

#### June 19

CPR Class @ Encinitas Fire Dept., Station 5, 540 Balour Drive. *See the February newsletter for details. Click [here](#).*

5:00p.m. – 9:00p.m. An R.S.V.P. is required as space is limited!

### NEXT MONTH...

#### July 4

Independence Day

#### July 10

Encinitas CERT Board Meeting – All Encinitas CERT members are welcome.

5:30p.m. @ Encinitas Community Center

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

If you want to know what's happening around town, take a look at what is on the City's calendar, [click here!](#)

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### **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).

## **WELCOME HOLLY GOLDSTONE!**

Well it took longer than we had hoped, but we finally have a new Board Secretary! Holly Goldstone is not only a recent academy graduate, but she was also a CERT member in Newport Beach. Now that is dedication to the CERT cause! We look forward to adding her knowledge and experience to our own! Join the Board in welcoming Holly to Encinitas CERT!

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## **ENCINITAS ZERO WASTE FAIR**

ILACSD or I Love A Clean San Diego, is joining forces with the City of Encinitas to bring you the 3<sup>rd</sup> annual Zero Waste Fair. Learn how to live a zero waste life (or maybe a minimal waste life). Multiple booths will be providing information on topics like, zero daily waste habits, renewable energy, bulk shopping and much more.

Do you have “gently used” items you are considering donating or throwing out? Try the Swap ‘n’ Shop event, where participants can either exchange or donate them, and keep them out of the landfill. A panel of experts will be on hand to answer your zero waste questions. There is also a raffle and activities for the kids.

Saturday, June 2 10 a.m. – 1 p.m.  
EUSD Farm Lab, 441 Quail Gardens Road, 92024

To register [click here](#)

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## **POWAY EMERGENCY SURVIVAL FAIR**

Last month, George Schneider of Solana Beach CERT and our own Doug Cochrane attended the Poway Emergency Survival Fair to see what it had to offer. It was a bit smaller than expected, but lots of friendly people from various companies and organizations with plenty of knowledge and information to share, including the Poway CERT chapter. Nice folks who were glad to see some fellow CERT’s.

The idea of gathering together certain companies in order to better educate the public about various kinds of products and services, disaster scenarios, how to prepare for them, and mitigate potential problems seems like a brilliant idea. Very much along the lines of what CERT does.

George and Doug have had the same thought. Why don’t we do this also? What do you think? Does this sound like a great way to accomplish our goals (increase membership, educating the public, promoting CERT and our goodwill)?

We would love to hear your thoughts on the subject. We’re as close as an email, [newsletter@enccert.org](mailto:newsletter@enccert.org).

## ENCINITAS/SOLANA BEACH/DEL MAR/RANCHO SANTA FE CERT PICNIC AND REFRESHER CLASS

Well, picnic time is nearly here and it looks to be quite a shindig! In addition to members of the 4 coastal CERT groups, some of our recent academy graduates will be attending as well. Lets welcome our new team members and enjoy some CERT camaraderie! Don't forget this is a family affair. If you're married, have kids, if grandma is visiting, bring them along.

The fun starts at noon. There will be plenty of food and water. No alcoholic beverages please, and per city ordinance, no glass containers allowed. Please R.S.V.P. no later than Tuesday, June 5 at, <http://evite.me/gxZ3PCpWfa>, or if you prefer, you can contact our Event Coordinator Brie Cardosa, [brie@encert.org](mailto:brie@encert.org), so we can be sure to have enough food for all! Just in case you are unsure where Oakcrest Park is, it is located at 1219 Encinitas Blvd. See map below.



Prior to our picnic, Captain Gordon will be conducting a Medical refresher at Fire Station #3, 801 Orpheus Ave. The action begins at 9:00 a.m. Be sure to bring your gear with you! See map below.



## **EARTHQUAKE PREPAREDNESS FOR OLDER HOMES**

An older house that hasn't been bolted to its foundation can shift or slide right off the foundation during an earthquake. Provided the house is structurally sound, it can be placed back on its foundation, but at significant cost. It may also be necessary to replace the foundation prior to resetting the house. This could cost the homeowner up to \$400,000 or more.

Some years ago, California implemented a program they call Brace & Bolt. It provides homeowners up to \$3,000 toward securing their home (circa 1979 or older) to its foundation. The unfortunate thing about this program is that is not available in San Diego County. Why mention it then? The good news is that a preventative retrofit (bolt the structure to the foundation and bracing against shearing stresses) might cost as little as \$2,000, and possibly as much as \$10,000. Not cheap necessarily, but a much more appealing price tag.

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## **EARTHQUAKE RECOVERY**

When disaster strikes, life as it was before can be changed forever. You may have lost the ability to live in your home temporarily or long term depending on the amount of damage. Keeping yourself safe is the first and most important step. If the authorities have evacuated the area, do not attempt to return until the area has been deemed safe and officially re-opened. Many dangers exist with damaged infrastructure such as downed power lines, gas leaks, and potentially, many other hazardous materials.

### **Insurance Coverage**

While waiting to return to the evacuated area you can contact your insurance company to verify coverage information for the structure, contents, and possibly loss of use. Upon return to the area, take many photos of the damage/loss before cleaning it up to thoroughly document your losses. Follow the guidance of your insurance provider to help ensure you get the best result from your policy coverage. For more information about earthquake insurance, read the following article.

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## **EARTHQUAKE INSURANCE**

As you are aware, if you have a mortgage you must have homeowners insurance, but you aren't required to have earthquake insurance. So you may be out of luck if an earthquake occurs (and you don't have earthquake insurance). However, if your home is damaged by fire as the result of an earthquake, California Law says that any fire "that is caused by or follows an earthquake" must be covered by both homeowners and renters insurance. Good to know.

Insurance companies offering homeowners insurance in California are obligated to offer you earthquake insurance. The offer must be in writing and include limitations, the deductible and the premium. You have 30 days to accept the offer starting from the day the offer was mailed. If you don't reply, you are effectively rejecting the offer. Your insurance company is required to make this offer every other year. If you are a renter you can buy earthquake insurance to cover damage to personal belongings and to pay for living elsewhere while your rental is being repaired.

The California Earthquake Authority (CEA) is the largest provider of earthquake insurance in the state. If you need a policy for your house, condo, mobile home or if you are a renter, CEA offers policies for each. You must already have a residential property insurance policy in place to get earthquake insurance through CEA. You cannot buy earthquake insurance directly from CEA, but you can buy it directly from their member insurance companies, and it must be purchased from the same company that provides your residential policy. Here is the link:

<https://www.earthquakeauthority.com/California-Earthquake-Insurance-Policies/Participating-Residential-Insurers-Earthquake>

There are more than twenty insurance companies that are partnered with CEA including; State Farm, Liberty Mutual, Mercury, USAA, Farmers, Allstate, AAA, and Progressive. Follow the link above for the complete list.

For more information regarding what is and isn't covered, in addition to a great deal of other helpful information go to the state's web site, <http://www.insurance.ca.gov/01-consumers/105-type/95-guides/03-res/eq-ins.cfm#beforeyoubuy>

## COUNTY DRILL REVIEW

This years County-wide CERT Drill was held at the Heartland Fire & Rescue Training Facility in El Cajon. If you haven't had the opportunity to visit, it's ENORMOUS! There were great presentations, outstanding instructors and some highly valuable training! Our own Arnie Lewin was on hand with an insightful presentation on the Incident Command System.

There were 200 people that got the opportunity to train with CERT members from 20 different CERT chapters. We all received plenty of valuable training in search and rescue, cribbing, dealing with arterial bleeding, fire suppression, ICS, and so much more.



Look at all those CERT folks!



That's a lot bigger chunk of cement than we had to lift at the academy!

Ten members of Encinitas CERT (including some of our recent graduates) that had the opportunity to attend this exceptional training event. It was a wonderful sight, CERT members from 20 different CERT chapters, converging for some intensive training and camaraderie.



Fire personnel from all over the county as well as CAL FIRE personnel were directing us through the various exercises.

There were a few presentations including one particularly interesting presentation by San Diego County Sheriff's about their 'drone' fleet. They refer to it as their Unmanned Aerial System (UAS). They are able to assist in various scenarios, from looking for lost hikers in rough terrain to tracking suspects to aerial surveying of crime scenes. They even have a drone with a \$12,000 infrared camera for night operations.

Unfortunately this is no longer a semi-annual event, so opportunities to experience this outstanding training event will be reduced to just once a year. All members are encouraged to take advantage of this opportunity when it is offered.



It was as realistic as they could make it!

A big thank you to our sponsor, the San Diego County Office of Emergency Services, and to our hosts, Heartland Fire and Rescue!! We had a great time!

With summer upon us, it seems like the right time for some friendly reminders when it comes to outdoor activities in the good old summer sunshine. Whether it's activations, training, working around the house, exercise, etc., this information should help make your time spent outdoors more enjoyable!

## **PROTECTING YOURSELF FROM SUN EXPOSURE\***

Anyone working outdoors is exposed to the sun's ultraviolet (UV) rays, even on cloudy days. UV rays are a part of sunlight that is an invisible form of radiation. There are three types of UV rays. UVA is believed to damage connective tissue and increase the risk for developing skin cancer. UVB penetrates less deeply into the skin, but can still cause some types of skin cancer. Natural UVC is absorbed by the atmosphere and does not pose a risk.

### **SUNBURN**

Sunburn is not immediately apparent. Symptoms usually start about 4 hours after sun exposure, worsen in 24-36 hours, and resolve in 3-5 days. They include red, tender and swollen skin, blistering, headache, fever, nausea, and fatigue. In addition to the skin, eyes can become sunburned. Sunburned eyes become red, dry painful, and feel gritty. Chronic eye exposure can cause permanent damage, including blindness.

### **FIRST AID**

- Take aspirin, acetaminophen, or ibuprofen to relieve pain, headache, and fever.
- Drink plenty of water to help replace fluid losses.
- Comfort burns with cool baths or gentle application of cool wet cloths.
- Avoid further exposure until the burn has resolved.
- Use of a topical moisturizing cream, aloe, or 1% hydrocortisone cream may provide additional relief.

If blistering occurs:

- Lightly bandage or cover the area with gauze to prevent infection.
- Do not break blisters. (This slows healing and increases risk of infection.)
- When blisters break and the skin peels, dried skin fragments may be removed and an antiseptic ointment or hydrocortisone cream may be applied.

Seek medical attention if any of the following occur:

- Severe sunburns covering more than 15% of the body.
- Dehydration
- High fever (>101°F)
- Extreme pain that persists for longer than 48 hours.

### **SKIN CANCER**

Skin cancer is the most common form of cancer in the United States. The most common types of skin cancer include basal cell carcinoma, squamous cell carcinoma, and melanoma.

Indicators of skin cancer may include:

- Irregular borders on moles (ragged, notched, or blurred edges)
- Moles that are not symmetrical (one half doesn't match the other)
- Colors that are not uniform throughout
- Moles that are bigger than a pencil eraser
- Itchy or painful moles
- New moles
- Sores that bleed and do not heal
- Red patches or lumps

## **PROTECT YOURSELF**

- Avoid prolonged exposure to the sun when possible.
- Wear sunscreen with a minimum of SPF 15
  - SPF refers to how long a person will be protected from a burn. (SPF 15 means a person can stay in the sun 15 times longer before burning.) SPF only refers to UVB protection.
  - To protect against UVA, look for products containing: Mexoryl, Parsol 1789, titanium oxide, zinc oxide, or avobenzone.
  - Sunscreen performance is affected by wind, humidity, perspiration, and proper application.
  - Throw away sunscreens after 1-2 years (they lose potency).
  - Apply liberally (minimum 1 oz) at least 20 minutes before sun exposure.
  - Apply to ear, scalp, lips, neck, tops of feet, and backs of hands.
  - Reapply at least every 2 hours and each time a person gets out of the water or perspires heavily.
  - Some sunscreens may lose their effectiveness when applied with insect repellents. You may need to reapply more often.
- Wear clothing with a tight weave or high-SPF clothing.
- Wear wide-brimmed hats and sunglasses with UV protection and side panels.
- Take breaks in shaded areas.

\*This information was taken verbatim from a brochure provided by;

The Department of Health and Human Services  
Centers for Disease Control and Prevention  
National Institute for Occupational Safety and Health.  
DHHS (NIOSH) Publication No. 2010-116

For more information about outdoor occupational hazards go to: <https://www.cdc.gov/niosh/topics/outdoor/>

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## REMINDER OF THE MONTH

### MOST EFFECTIVE USE OF CERT RESOURCES\*

In addition to the safety of rescuers and victims, a second overall consideration for setting up treatment areas is how to make the best use of CERT resources, e.g., CERT members themselves, time, medical supplies, and equipment.

To help meet the challenge of limited resources, particularly if initial treatment operations will continue for some time, CERT may need decentralized treatment locations and/or may establish one central medical treatment location, depending on the circumstances. The CERT may need to include one or both in their medical operations plan:

- **Decentralized Treatment Sites:** In a widespread event with many injured, it is sometimes necessary to set up and maintain more than one medical treatment location, especially when a central treatment location would be a considerable distance from the initial treatment site.
  - A medical treatment location would be set up close to, but a safe distance from, each of the damage sites. Each of the treatment locations would include areas for Immediate, Delayed, and Minor victims and a morgue.
  - Victims remain under treatment at the location until they can be transported to a location for professional medical care or to the CERT's main treatment area.
- **Centralized Treatment Site:** In an event with one or a few injured victims at each of a number of sites, the CERT may need to establish one central medical treatment location. A centralized location may need to be set up even when there are decentralized sites established.
  - The location would include treatment areas for Immediate, Delayed, and Minor victims, and a morgue.
  - Victims are moved from where they were rescued, triaged, and initially treated to the central location, and remain under treatment there until they can be transported to a location for professional medical treatment.
  - A central medical treatment location allows for effective use of resources since a limited number of CERT medical operation personnel in one location can take care of a greater number of victims.
  - EMS or other medical professionals will generally be able to transport the injured more efficiently from one central location than from multiple decentralized locations.
- Whether a treatment site is centralized or one of a number of decentralized sites, the location(s) selected should be:
  - Accessible by transportation vehicles (ambulances, trucks, helicopters, etc.)
  - Expandable

\* taken verbatim from the CERT Basic Training, Participant Manual FEMA P-925/September 2012, Unit 4, 'Disaster Medical Operations – Part II', pages 8 & 9.

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

#### Encinitas CERT Board

Doan Hohmeyer, President    Dave Tostenson, Vice President    Holly Goldstone, Secretary    Loyd Wright, Treasurer  
Doug Cochrane

If you do not wish to receive the newsletter, reply to [newsletter@enccert.org](mailto:newsletter@enccert.org).