



Your Encinitas CERT July 2018 Newsletter  
Series 2, Volume 7

This month’s newsletter is focusing on retirees and the hot, dog days of summer. There is also some info for those who are planning on getting out of town this summer! 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 always remember, You Can’t Predict, But You Can Prepare!

**UPCOMING EVENTS**

July 4

Happy Independence Day! Last day of the Fair!

July 11\*

Encinitas CERT Board Meeting – All Encinitas CERT members are welcome. \*Moved from July 10.  
5:30p.m. @ Encinitas Community Center

**NEXT MONTH...**

August 15\*\*

Encinitas CERT Board Meeting – All Encinitas CERT members are welcome. \*\*Moved from August 14.  
5:30p.m. @ Encinitas Community Center

August 15

CPR Class @ Encinitas Fire Dept., Station 5, 540 Balour Drive. *See the city’s webpage for details.* [Click here.](#)  
5:00p.m. – 9:00p.m.

*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!](#)

~~~~~

**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).

~~~~~

**FOURTH OF JULY FIREWORKS SHOWS**

Annual Big Bay Boom Fireworks Show – San Diego Bay starts at 9:00 p.m. The fireworks are choreographed to music broadcast on 1090AM or 105.7FM.

SeaWorld will feature a 15-minute fireworks show choreographed to music. Starts at 9:40 p.m.

San Diego County Fair. Park anywhere in the immediate vicinity for a front row seat. Starts at 9:00 p.m.

LegoLand. Again, park anywhere in the immediate vicinity for a front row seat. Parking lot at Costco is always a good choice. Starts at 8:30 p.m.



## WHERE SENIORS AND THE DISABLED CAN GO TO BEAT THE SUMMER HEAT

Some years ago, County Supervisor Dianne Jacob initiated the “Cool Zones Program”. It established a network of Cool Zone sites for seniors and persons with disabilities to escape the extreme summer heat. More than 115 locations have been established throughout the county. Cool Zones are designated, air-conditioned buildings, identified by a Polar Bear Cool Zone logo.

Aging & Independence Services has partnered with San Diego Gas & Electric on this program since 2001. Low-income, homebound seniors and persons with disabilities can request a free electric fan if they are unable to travel to a Cool Zone site.

The Cool Zones Program was initiated this year on May 22, and will remain in effect through October 31. Below are a couple of local Cool Zone sites. For a complete list of Cool Zone sites, [click here](#).

**Encinitas Senior Center**  
1140 Oak Crest Park Drive  
(760) 943-2259

Hours of operation:  
Monday - 8a.m. to 10p.m.  
Saturday - 8a.m. to 10p.m.  
Sunday - 12 noon to 5p.m.

Contact:  
Derrick Monroe – Center Manager

**Cardiff-by-the-Sea Library**  
2081 Newcastle Avenue  
(760) 753-4027

Hours of operation:  
Monday and Tuesday - 9:30a.m. to 6p.m.  
Wednesday and Thursday - 9:30a.m. to 8p.m.  
Friday and Saturday - 9:30a.m. to 5p.m.

Contact:  
Gabe Aguirre – Branch Manager

For further assistance call 1-800-510-2020 and press 6 to reach the Cool Zone Helpline.



## MOSQUITOES



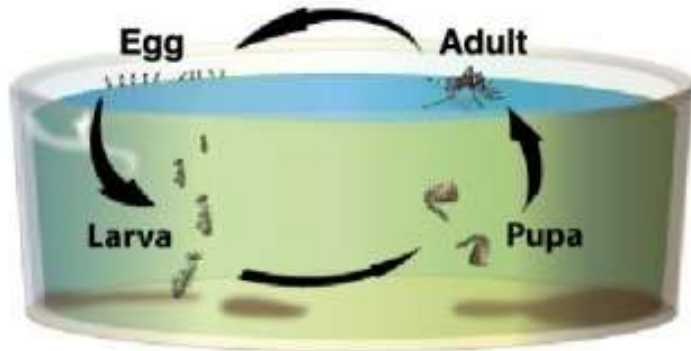
Mosquitoes, Spanish for “little fly”, are much more than just a nuisance, buzzing around your head. According to an article in AAA’s Westways magazine, it is the most dangerous creature on the planet. Luckily for San Diegans, the variety that carries malaria isn’t found here. However, the variety “Culex” which is known to transmit West Nile Virus is, and the potential for contracting the virus is no joke. One of our Board members knew a woman who died from West Nile Virus 6 years ago.

Typically, both male and female mosquitoes feed on nectar and plant juices, but in many species the mouthparts of the females are adapted for piercing the skin of animal hosts and sucking their blood as ‘ectoparasites’. In some species, the female needs to obtain nutrients from a blood meal before it can produce eggs, whereas in many other species, it can produce more eggs after a blood meal.

*continued on next page*

A mosquito has a variety of ways of finding its prey, including chemical, visual, and heat sensors. Both plant materials and blood are useful sources of energy in the form of sugars, and blood also supplies more concentrated nutrients, such as lipids (fatty acids), but the most important function of blood meals is to obtain proteins as materials for egg production. The feeding preferences of mosquitoes include those with type O blood, heavy breathers, those with a lot of skin bacteria, people with a lot of body heat, and the pregnant. Individuals' attractiveness to mosquitoes also has a heritable, genetically controlled component.

## Mosquitoes Life Cycle



A mosquito has four stages of life:

1. Egg: Once laid in water, eggs will hatch in 2 to 3 days.
2. Larva: A mosquito larva looks like a tiny wiggling worm in the water.
3. Pupa: A larva becomes a pupa and the adult mosquito develops inside.
4. Adult: Total development time from egg to adult can be less than 1 week during periods of warm weather. The average mosquito will live for about 2 weeks.

## Mosquito Fish

Mosquito fish are an effective and natural method of controlling mosquitoes. They are small, freshwater fish (1-2 inches long) that eat mosquito larvae. Mosquito fish are ideal for controlling mosquito larvae in backyard ponds, birdbaths, fountains, animal troughs, unused swimming pools and other standing water sources.

**Mosquito fish should never be placed in any natural habitat such as lakes, streams, rivers or creeks. They are greedy eaters, so by placing them into natural waterways, they may impact natural species and disrupt the balance of life.**

Mosquito fish may be picked up free of charge at different locations throughout San Diego County.

Learn more about mosquito fish and their care, [click here](#).



To report mosquito activity or breeding, please call (858) 694-2888, or email [vector@sdcounty.ca.gov](mailto:vector@sdcounty.ca.gov), or use this [online form](#).



### Sources

AAA's Westways Magazine, June 2016 issue, page 20

Wikipedia

San Diego County's Environmental Health site;

[https://www.sandiegocounty.gov/content/sdc/deh/pests/wnv/general\\_information/chd\\_wnv\\_mosquito.html](https://www.sandiegocounty.gov/content/sdc/deh/pests/wnv/general_information/chd_wnv_mosquito.html)

Summer's here, and this month we will be providing you with some info, courtesy of the Federal government, regarding coping with hotter temperatures. We generally like spending more time outside this time of year, but there are some precautions need to be considered prior to your outdoor activities. Whether it's activation, training, working in the yard, exercise, etc., this information should help make your time spent outdoors safer, more productive and more enjoyable!

## **PROTECTING YOURSELF FROM HEAT STRESS\***

Heat stress, from exertion or hot environments, places workers at risk for illness such as heat stroke, heat exhaustion, or heat cramps.

### **Heat Stroke**

A condition that occurs when the body becomes unable to control its temperature, and can cause death or permanent disability.

#### **Symptoms**

- High body temperature
- Loss of coordination
- Throbbing headache
- Confusion
- Hot, dry skin or profuse sweating
- Seizures, coma

#### **First Aid**

- Request immediate medical assistance.
- Remove excess clothing and apply cool water to their body.
- Move the worker to a cool, shaded area.

### **Heat Exhaustion**

The body's response to an excessive loss of water and salt, usually through sweating.

#### **Symptoms**

- Rapid heart beat
- Extreme weakness or fatigue
- Nausea, vomiting
- Fast, shallow breathing
- Heavy sweating
- Dizziness
- Irritability
- Slightly elevated body temperature

#### **First Aid**

- Rest in a cool area.
- Take a cool shower, bath, or sponge bath.
- Drink plenty of water or other cool beverages.

### **Heat Cramps**

Affect workers who sweat a lot during strenuous activity. Sweating depletes the body's salt and moisture levels.

#### **Symptoms**

- Muscle cramps, pain, or spasms in the abdomen, arms or legs

#### **First Aid**

- Stop all activity, and sit in a cool place.
- Drink clear juice or a sports beverage, or drink water with food.
- Avoid salt tablets.
- Do not return to strenuous work for a few hours after the cramps subside.
- Seek medical attention if you have the following: heart problems, are on a low-sodium diet, or if the cramps do not subside within one hour.

*continued on next page*



## TIPS FOR RETIREES

### **Have a support network in place (family and/or friends) that can help you during an emergency.**

Having people that are familiar with your needs and/or limitations that can assist you when your need is greatest might just make all the difference in the world. Never be afraid, or too proud to ask for help.

### **Create or make copies of directions for any equipment that you might need. Keep the directions with the specific equipment.**

When stress levels are high, your ability to recall even simple things can be impaired. It may also be necessary for those in your support network to know how to properly operate any necessary equipment.

### **Develop and practice a disaster plan with your network yearly, maybe even semi-annually.**

No matter the disaster, a plan can make the difference between surviving or not. For fires, have at least two ways to exit the home from every room. If the fire is small enough, having a fire extinguisher and knowing how to use it, is vital. For earthquakes: drop-cover-hold on. When it is safe to do so, exit your home and try to contact the people in your network.

### **Create a disaster supply kit that will meet your unique needs.**

Having the basics, food, water, and first aid supplies is a start. Make copies of important documents. Keep a list of all your current medications/prescriptions so they can be refilled if necessary. Do you have pets? Service or non-service animals will need to be provided for.

### **Plan for the safe sheltering of your non-service pets.**

If you are unable to take your non-service pet with you, talk to one of the members of your support network and see if they can help you.

### **Find alternate sites for regular medical treatments in case your normal facility is not available.**

Depending on the disaster scenario you are facing, your normal hospital facility may be inaccessible or overloaded with victims. Have a list of various medical facilities throughout the county. You might need to travel a little way to get the treatment you require.

### **Know how you will replace any devices that assist you in your daily routines in case they become damaged or lost.**

Make sure you keep receipts, invoices or make a list of the various devices that you need to use on a daily basis. This will provide you with manufacturer information including model numbers, which can be very helpful. Try and keep all of this information together, and make sure that the people in your support network are aware of it as well. It may be helpful if one of your support people had a copy of the information as well, just in case something happens to your copy(s).

### **Consider setting up electronic payments of any benefits you receive.**

You can potentially eliminate problems with benefit checks by having them deposited electronically. During a disaster scenario, it will provide a little piece of mind knowing your money is there, and not have to worry about the U.S.P.S.

### **Identify items that can protect you in a disaster and others that can block evacuation routes. Make changes to ensure your safety before a disaster occurs.**

This is typically discussed when the topic turns to disaster scenarios. To protect yourself: some of the tried and true ideas work great. Have at least a couple of flashlights, a particle mask (N95 or greater), AM/FM radios, and enough batteries for all of your **necessary** electronic items.

Evacuation routes can be blocked by a variety of items that might fall during an earthquake. Anchoring certain types of furniture to a stud in the wall will help to alleviate this issue. Too much clutter in the home can have the same effect, no matter the scenario.

### **Test and make sure all alarms and communications devices meet your needs.**

Change your smoke alarm batteries yearly. Make sure you keep your cellular phone charged. Don't let it drop to low levels. If you need to charge your phone quickly, engage 'Airplane Mode' to help speed up the charging rate. Just be aware that in Airplane Mode, you cannot make or receive phone calls. If you do not have a landline in your home, consider getting one installed. In some scenarios such as earthquakes, cell phones may not work at all. For many days!

## JUNE REFRESHER CLASS - MEDICAL

Well, the Medical Refresher was outstanding! Everyone was really enthusiastic about our latest refresher class. Captain Gordon reviewed treating burns, bleeding, triaging victims and the importance of wearing all of your Personal Protective Equipment (PPE). Some of our newest members commented that it seem to expand on what they learned at the academy, including how to use a tourniquet and how to deal with compound fractures. Thanks to Captain Gordon for his continued efforts to keep us in tiptop form!



That's one way to get people to volunteer!



Hi Karen!



## THE PICNIC WAS GREAT! WHERE WERE YOU?

June 9<sup>th</sup> was a typically beautiful spring day in the lovely seaside town we know as Encinitas: a perfect day for a picnic in the park. And what a picnic it was! We had outstanding food, fun games, great music and lots of great CERT folks and their families. We had people from Del Mar, Rancho Santa Fe and Solana Beach CERT that joined us as well.



It was a beautiful day for a picnic in the park!

Our Event Coordinator, Brie Cardosa really outdid herself. In addition to the wonderful food provided by Mr. Peabody's Bar & Grill, and the games, everyone got goody bags with lots of cool stuff. A very big thank you to Brie for all of her hard work in planning and executing such great event!



Dave was the Jenga referee!

But there was one more perk for those who attended the medical refresher class. The folks who attended the refresher class **and** the picnic received an Encinitas CERT t-shirt as well! Okay, it was mostly our newer academy grads that cashed in on the opportunity, but anyone who didn't already have one of our t-shirts was eligible. You really should have gone! Where were you?!

## SENIORS AND THE SUMMER HEAT

Prepare yourself and/or older friends and family members for the sweltering summer months. Check on an elderly friend or neighbor and have someone do the same for you. Bear in mind that not all of the following is just for retirees!

### **Monitor those at high risk:**

Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others:

Infants and young children

People 65 years of age and older

People who are overweight

People who overexert during work or exercise

People who are physically ill, especially with heart disease, or who take certain medications, such as for depression, insomnia, or poor circulation

Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course need much more frequent monitoring. Keep your pets hydrated. Make sure to provide plenty of fresh water for your pets, and leave it in a shady area.

In hot weather, air conditioning is your friend. Spend as much time as possible in air-conditioned spaces. If you don't have air conditioning, consider spending time somewhere that does. Certain public places do have A/C such as restaurants, movie theaters, shopping malls, senior centers, and libraries.

**Note:** The federal Low-Income Home Energy Assistance Program (LIHEAP) helps adults 65 and older who have limited incomes, cover the cost of air conditioners and utility bills. To reach your state's LIHEAP program, call 1-866-674-6327.

Eat lightly and drink plenty of fluids. Drink water even if you're not thirsty. According to Calvin Hirsch, Professor of Internal Medicine and a geriatric specialist at UC Davis, elderly folks may not even be aware they are hot or thirsty, especially if they are suffering from dementia or diabetes, which diminishes sensation.

Heidi White, M.D., Associate Professor of Medicine in Geriatrics at Duke University, recommends not only drinking plenty of water when it's hot, but vary what you drink. "Too much water can lead to electrolyte imbalance. Concentrated urine is a bladder irritant and actually increases trips to the bathroom." Keep something like Gatorade or other sports drinks on hand for hot days and drink it when you're sweating more than usual. It will replace salt and minerals. Avoid very cold drinks because they can cause stomach cramps.

**Note:** If your doctor limits your fluid intake or has you on water pills, ask how much you should drink during hot weather.

Stay away from alcohol and drinks with caffeine. Try an apple in the morning instead of coffee or tea on a hot day. Don't take salt tablets unless advised to do so by your doctor.

On hot days, avoid going outdoors to prevent overheating, dehydration, and sunburn. If you do venture outside, always put on sunscreen SPF 15 or higher (30 minutes before hand). Look for "broad spectrum" or "UVA/UVB protection" on the label as these products work best. Sunburn affects your body's ability to cool down and can cause you to dehydrate. Reapply as the directions indicate. Consider wearing a hat (the wider the brim the better), and don't forget sunglasses.

Avoid cooking. It heats up the house, and hot and heavy meals add heat to your body. Instead consider salads, cereal, smoothies, fresh fruits, and sandwiches. You can stay well fed without taxing your A/C, or yourself.

Taking a cool shower or bath can help bring down your body temperature. Also try soaking a small towel or cloth in cool water and drape it around your neck or on top of your head to help cool yourself down. Do not rely on a fan as your main cooling source when it's really hot outside.

Do not engage in strenuous activities and get plenty of rest. Try to limit your outdoor activity to morning or evening hours when it is coolest. Rest often in shaded areas so that your body has a chance to recover.

Seek medical care immediately if you have, symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting. Stay informed. Check local news broadcasts for extreme heat alerts.

When it comes to hot weather remember:

**Stay Cool**

**Stay Hydrated**

**Stay Informed**

## **REMINDER OF THE MONTH**

### **FIRE SUPPRESSION SAFETY\***

As a CERT member, small fire suppression may be one of your roles. Your personal safety must always be your number one concern. You will be unable to help anyone if you are injured through careless sizeup or unsafe acts.

#### **Fire Suppression Safety Rules**

- Use safety equipment at all times. Wear your helmet, goggles, dust mask, leather gloves, and sturdy shoes or boots. If you are not equipped to protect your personal safety, leave the building.
- Work with a buddy. Buddies serve an important purpose. They protect your safety. Don't ever try to fight a fire alone.
- Have a backup team, whenever possible. A backup team just makes good sense. A backup team can support your fire suppression efforts and can provide help if you need it.
- Always have two ways to exit the fire area. Fires spread much faster than you might think. Always have a backup escape plan in case your main escape route becomes blocked.
- Look at the door. If air is being sucked under the door or smoke is coming out the top of the door, do not touch the door.
- Feel closed doors with the back of your hand, working from the bottom of the door up. Do not touch the door handle before feeling the door. If the door is hot, there is fire behind it. Do not enter! Opening the door will feed additional oxygen to the fire.
- Confine the fire, whenever possible, by closing doors and keeping them closed.
- Stay low to the ground. Smoke will naturally rise. Keeping low to the ground will provide you with fresher air to breathe.
- Maintain a safe distance. Remember the effective range of your fire extinguisher. Don't get closer than necessary to extinguish the fire.
- Never turn your back on a fire when backing out.
- Overhaul the fire to be sure that it is extinguished – and stays extinguished.

Sometimes, what CERTs don't do when suppressing fires is as important as what they should do. DON'T:

- Get too close. Stay near the outer range of your extinguisher. If you feel the heat, you are too close.
- Try to fight a fire alone. Remember that your first priority is your personal safety.
- Try to suppress large fires. Learn the capability of your equipment, and do not try to suppress a fire that is clearly too large for the equipment at hand (i.e., a fire that is larger than the combined ratings of available fire extinguishers).
- Enter smoke-filled areas. Suppressing fires in smoke-filled areas requires equipment that CERTs don't have.

*continued on next page*

## Proper Fire Suppression Procedures

A buddy system is used in all cases.

- The job of Team Member 1 is to put out a fire with an extinguisher.
- The job of Team Member 2 is to watch for hazards and ensure the safety of both team members.

Here is the proper fire suppression procedure:

1. Assume ready position. With the pin pulled, Team Member 1 holds the extinguisher aimed and upright, approximately 20 to 25 feet from the fire for small fires.
2. When ready to approach the fire, Team member 1 should say “Ready.” Team Member 2 should repeat, “Ready.”
3. As Team Member 1 begins to move forward, he or she should say, “Going in.” Team Member 2 should repeat the command and stay within reach of Team Member 1.
4. Both team members should walk toward the fire. Team Member 1 should watch the fire and Team Member 2 should stay close to Team Member 1, keeping his or her hand on Team Member 1’s shoulder. Team Member 2’s job is to protect Team Member 1.
5. When Team Member 1 is exiting the fire area, he or she should say, “Backing out.” Team Member 2 should repeat the command.
6. Team Member 2 should guide Team Member 1 from the area with his or her hands as Team Member 1 continues facing the fire and looking for other hazards. Team Member 1 must never turn his or her back on the fire scene.

\* taken verbatim from the CERT Basic Training, Participant Manual FEMA P-925/September 2012, Unit 2, ‘Fire Safety and Utility Controls’, pages 27, 28 & 29.

...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).