



Your Encinitas CERT September 2018 Newsletter
Series 2, Volume 9

Welcome to *Emergency Preparedness Month!* Much of the information you will be seeing in this month’s newsletter comes from FEMA’s, Ready.gov site. By the way, it’s the First Anniversary of the newsletter!! If you want to submit an idea or an article (and we really hope you will), let us know at 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

September 3
Labor Day

September 11
Encinitas CERT Board Meeting – All Encinitas CERT members are welcome.
5:30p.m. @ Encinitas Community Center

September 14
County Office of Emergency Services, Operations Center Field Trip
Space is limited – please RSVP to info@enccert.org a.s.a.p.

September 29
Skills Refresher Class with Captain Josh Gordon
9:00a.m. Topic and Location TBD

September 30
Oktoberfest Street Fair – Located on Mountain Vista Drive between El Camino Real and Wandering Road.
Volunteers needed, starts at 8:00a.m.

NEXT MONTH...

October 9
Encinitas CERT Board Meeting – All Encinitas CERT members are welcome.
5:30p.m. @ Encinitas Community Center

October 17
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. An R.S.V.P. is required as space is limited!

October 18
The Great California Shakeout!
10:18a.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).

OKTOBERFEST

The Oktoberfest Street Fair is September 30? Yes that's not a typo. Apparently the city fathers (and mothers) decided there was no reason to put it off! Besides, Oktoberfest is a good time waiting to happen! All it needs is you and your family to attend to be a truly outstanding event.

There is a lot to see and do! Whether its games, a rock climbing wall, live music, or delicious German food and drink, the Oktoberfest street fair is tons of fun! Attendees will be stopping by our CERT booth to learn about the usual topics: disaster preparedness, sidewalk CPR, the next academy, the Are You Ready presentation, and of course, what a great organization CERT is.

If you're planning on attending Oktoberfest, please consider volunteering a couple hours at our booth. Share your knowledge and experiences with the folks that stop by. If you haven't worked at our booth before, have no fear, we will walk you thru everything you need to know. Honest! It can be quite rewarding and fulfilling and **fun!** To sign up, contact our Event Coordinator, Brie Cardosa at; brie@enccert.org

~~~~~

## THINGS YOU CAN DO TO PREPARE FOR EMERGENCIES/DISASTERS

One of the things that FEMA recommends is an Emergency Communications Plan (ECP). There are three simple steps you can take to complete your own ECP.

### **1. Collect.**

Create a paper copy of the contact information for your family and other important people/offices, such as medical facilities, doctors, schools or service providers.

### **2. Share.**

Make sure all of your family members carry a copy in his or her backpack, purse, or wallet. If you complete your Family Emergency Communication Plan online at [ready.gov/make-a-plan](http://ready.gov/make-a-plan), you can print it onto a wallet-sized card. It is also recommended that you place a copy at a central location in your home, such as the refrigerator.

### **3. Practice.**

Have regular household meetings to review and practice your plan.

If you are using a mobile phone to communicate, a text message may get through when a phone call will not. This is because a text message requires far less bandwidth than a phone call. Your phone may save a text message if the network is busy and then send automatically as soon as enough bandwidth becomes available.

For more information go to FEMA's website, [click here](#).

~~~~~

WELCOME TO THE FORUM

As you may already be aware, the "Forum" on the Encinitas CERT website, <https://www.enccert.org/members/forum>, was recently activated. The Forum is a tool that allows all of the members of Encinitas CERT to voice their thoughts or opinions regarding the various posted topics, ask questions, provide answers and just generally serve to be a means of communicating information so everyone can stay informed on the various goings on in our group.

It can be found under the "Members" menu. Just click on "Forum" (or use the link above) and use the login name that was provided to you. There will be a password that is suggested, but if you prefer to use something easier to remember, that option is available to you as well.

We hope you will enjoy using this new tool and find it useful.

EMERGENCY QUESTIONS & ANSWERS

from <https://www.earthquakecountry.org/sandiego/>

Frequently asked questions about whom to turn to for help in San Diego County:

Q. It's a life threatening emergency, who do I call?

A. Call 9-1-1

Q. Nobody is dying, but we need help, and we're not sure whom to call.

A. Call 2-1-1

Q. I need to find a shelter. Where are they?

A. Use the Shelter Locator on the Red Cross Earthquake Mobile App, or visit RedCross.org, SanDiegoEmergency.com, or call 2-1-1.

Q. I can't find a loved one. Where do I turn?

A. Check the Red Cross Safe and Well website at SafeAndWell.org, and register yourself there too.

Q. It's been months since the disaster, but I still can't get back on my feet. Are there any resources for me?

A. Call 2-1-1, they will help you.

Q. I'm disabled. Are there any special resources for me?

A. Call 2-1-1, they will help you. Also, visit EarthquakeCountry.org/disability.

Q. I'd like to coordinate an earthquake drill at my workplace, church or community organization.

A. Visit ShakeOut.org.

Q. I want even more information. Where do I go?

A. Visit EarthquakeCountry.org, MyHazards.CalOES.ca.gov, SDCountyEmergency.com, EarthquakeAuthority.com.

Q. How do I find out if I am in a tsunami zone?

A. Visit <http://myhazards.caloes.ca.gov>.

~~~~~

### **ATTENTION ALL MEMBERS**

#### **WE NEED TO REPLACE TWO BOARD MEMBERS**

Now that we have your attention, the Board needs to replace two of our out-going Board members. Sadly, our Secretary, Holly Goldstone had to give up her position on the Board, and one of our Board Members-at-Large was also forced to step down due to unforeseen circumstances. But that means that two of our other bright, energetic members can replace these folks and help us to guide Encinitas CERT into the future.

Any and all interested members, please attend our next Board meeting on September 11 at 5:30 p.m. in the Olive Room at the Encinitas Community Center, 1140 Oakcrest Park Drive. As always, all members are welcome to attend.

~~~~~

40TH ANNUAL CARDIFF GREEK FESTIVAL

Saturday and Sunday, September 8 & 9, Saints Constantine and Helen, Greek Orthodox Church will be transforming the church grounds in to a quaint Greek village atmosphere. Immerse yourself in a uniquely Greek experience: music, dancing, FOOD, Greek coffee, the marketplace, church tours, and plenty of activities for the little ones.

Saturday, September 8, from 10 a.m. to 10 p.m. / Sunday, September 9, from 10:30 a.m. to 9 p.m.

Adults \$3, Children 12 and under free

Saints Constantine and Helen Greek Orthodox Church, 3459 Manchester Ave., Cardiff-by-the-Sea

<http://www.cardiffgreekfestival.com>

Protect Your Home

7 Ways Residents Can Reduce the Risk that their Homes & Property Will Become Fuel for a Wildfire

#1

Clear

Clear off pine needles, dead leaves & anything that can burn from your rooflines, gutters, decks, porches, patios & along fence lines. Falling embers will have nothing to burn.

#3

Screen & Seal

Wind-borne embers can get into homes easily through vents & other openings and burn the home from the inside out. Walk around your house to see what openings you can screen or temporarily seal up.

#5

Trim

Trim back any shrubs or tree branches that come closer than 5 feet to the house and attachments, and any overhanging branches.

#7

Close

If ordered to evacuate, make sure all windows & doors are closed tightly, and seal up any pet doors. Many homes are destroyed by embers entering these openings and burning the house from the inside out.

#2

Store Away

Store away furniture cushions, rattan mats, potted plants & other decorations from decks, porches & patios. These items catch embers and help ignite your home if you leave them outside.

#4

Rake

Embers landing in mulch that touches your house, deck or fence is a big fire hazard. Rake out any landscaping mulch to at least five feet away.

#6

Remove

Walk around your house and remove anything within 30 feet that could burn, such as woodpiles, spare lumber, vehicles and boats – anything that can act as a large fuel source.



NFPA has many more tips and safety recommendations on its websites, including www.firewise.org.

EMERGENCY REUNIFICATION RESOURCES

Below you will find resources for reuniting with friends and loved ones, or ascertaining their status after a disaster, whether it is here in the San Diego area, or anywhere in the U.S. In order to do this though, all parties need to have a plan and be aware of the resources available to them. Below you will find resources for people, pets and even children that have been separated from their family. Hopefully, you will never need to make use of this information.

American Red Cross Reunification Website

Safe and Well is an online reunification tool that is activated during disasters and emergencies in the Nation. Individuals can mark themselves as safe during a disaster, and look up family members and friends to check their safety status. Safe and Well is a self-reporting tool, so the American Red Cross cannot verify accuracy.

Visit the website, <https://safeandwell.communityos.org/cms/>

Facebook Safety Check

The Facebook Safety Check feature is activated for areas that are experiencing a disaster, so an individual needs to have an accurate location in order to use this feature. If you are in an affected area you can mark yourself as safe and also check on friends or family in the impacted area to see if they have updated their safety status.

Visit the website, <https://www.facebook.com/about/crisisresponse/>

National Institute of Health Reunification Website and IOS/Android App

PEOPLE LOCATOR and ReUnite were designed to help the general public find missing persons after a disaster. You can search for people using photos and text, sign up to receive notifications, and report individuals who are attempting to locate their friends or family. Visit the website, <https://lpf.nlm.nih.gov/PeopleLocator-ReUnite>

FEMA – Unaccompanied Minor Registration Form

This data collection tool is focused on collecting basic information of children who have been separated from their families as a result of a disaster. Individuals can provide basic information and photos concerning a located child whose parents are missing. Once registration information is submitted, it will be cross-referenced against any potential phone calls from a child's parents who may be searching for their child.

Visit the website, <https://umr.missingkids.org/umr/reportUMR?execution=e1s1>

FEMA – National Emergency Family Registry and Locator System

This secure, online system (similar to the Red Cross' Sade and Well website) provides a platform for survivors and loved ones to communicate their location and leave messages. This resource is only activated during disasters.

Visit the website, <https://egateway.fema.gov/inter/nefrls/home.htm>

Animal Reunification Services

Human and technological resources that seek to reconnect lost pets with their families (the services listed below are available at all times, not just after a disaster).

San Diego County Animal Services Lost and Found

Visit the website, <https://www.sddac.com/content/sdc/das/lost-found.html>

Microchip Look Up – If your pet has a chip, you can check this database to see if there is any recent information about their location. Visit the website, <http://www.petmicrochiplookup.org>

Finding Rover – A free app for IOS and Android devices that utilizes facial recognition to search for pets across the United States. Visit the website, <https://findingrover.com/>

Taken from the San Diego Office of Emergency Services website, <http://www.sdcountyemergency.com/reunification/>

TYPICAL RUMORS AFTER A DISASTER

Here are some tips about how you can protect yourself, or someone you care about, from disaster fraud:

- Federal and state workers do not ask for, or accept, money. FEMA staff will never charge applicants for disaster assistance, home inspections, or help filling out applications. Stay alert for false promises to speed up the insurance, disaster assistance, or building permit process.
- There may be reports that disaster survivors should not remove flood-damaged sheetrock, flooring, carpet, etc. until the house is assessed by FEMA or insurance adjusters. This is **FALSE**. Cleaning up and making temporary repairs to your storm-damaged property will not disqualify you from federal disaster assistance. Property owners are encouraged to document storm damage to their properties – either with photographs or video – and to then begin cleaning up and making whatever temporary repairs are necessary to make their homes safe and habitable again. Put your health and safety first, take pictures of your damaged home, make repairs to prevent further damage to your property, and keep your receipts to show the inspector.
- In person, always ask to see any FEMA employee ID badges. FEMA Disaster Survivor Assistance teams may be in impacted communities providing information and assisting survivors with the registration process or their applicant files. A FEMA shirt or jacket is **not** proof of identity. All FEMA representatives, including our contracted inspectors, will have a laminated photo ID. All National Flood Insurance Program adjusters will have a NFIP Authorized Adjuster Card with their name and the types of claims they may adjust.
- If you are unsure or uncomfortable with anyone you encounter claiming to be an emergency management official, do not give out personal information, and contact local law enforcement. If you suspect fraud, contact the FEMA Disaster Fraud Hotline at 866-720-5721 or report it to the Federal Trade Commission at www.ftccomplaintassistant.gov.
- There are sometimes reports that all emergency shelters and hotels are required to accommodate pets for people who have evacuated. This is **FALSE**. The Pets Evacuation and Transportation Standards (PETS) Act (Pub. L. 109-308 (2006)) requires all state, local, tribal, and territorial governments that receive FEMA assistance to make plans to accommodate household pets and service animals during emergencies. To locate pet-friendly emergency shelters, please contact your local emergency management agency. Hotels and motels participating in FEMA's Transitional Sheltering Assistance Program do not fall under the Pets Evacuation and Transportation Standards (PETS) Act (Pub. L. 109-308 (2006)). Please call the hotel before you go and ask if pets are permitted. Hotels must accept service animals, and individuals with access and functional needs should check with the hotel to ensure that accessible lodging accommodations are available to meet their needs.
- There may be reports from businesses that a FEMA list exists that permits travel into the disaster areas. If a business is not on the list, they may not do business in the area. This is **FALSE**. FEMA will not create such a list. Public and business access into the disaster-impacted areas is solely at the discretion of local officials. Some flooded areas may have dried out and be available for the public to return, including businesses. However, some areas may remain under curfew, some areas may remain dangerous and inaccessible, and some areas may be subject to new evacuation orders. Before attempting to enter a disaster-impacted area, check with local officials.

Taken from the FEMA website.

WHAT IS A “N99 – CV PARTICLE MASK” AND WHY SHOULD YOU GET ONE?

When each of us joined CERT we were given a backpack that included our Personal Protective Equipment (PPE). Many CERT members have chosen to “upgrade” some or all of their PPE. Not a bad idea when you consider that not everything we are given is “top quality”. In particular, the mask that is recommended, but not always included with the PPE, is referred to as an N95 particle mask. These masks are capable of filtering 95% of PM_{2.5}.

What is PM_{2.5}?

PM_{2.5} refers to atmospheric particulate matter (PM) that have a diameter of less than 2.5 micrometers, which is about 3% the diameter of a human hair. These are referred to as fine particles. They can come from various sources. They include power plants, motor vehicles, airplanes, residential wood burning, forest fires, agricultural burning, volcanic eruptions and dust storms among others. Since they are so small and light, fine particles tend to stay longer in the air than heavier particles. You should also have multiple masks as none of them are designed to be effective more than 40 hours.

N95 masks filter 95% of PM_{2.5}

N99 masks filter 99% of PM_{2.5}

CV masks!!

The “C” in CV refers to an activated charcoal filter. In addition to combating foul smell, this filter helps in fighting pollutants like Ozone and Sulphur Dioxide.

The “V” in CV signifies that said mask has a built-in valve(s) (either 1 or 2) for the air we exhale, which prevents fogging or moisture retention inside the mask. The valve(s) will help prevent moisture building up near the bridge of the nose or your eyes when you exhale, which would act to collect the particles you’re trying to avoid.

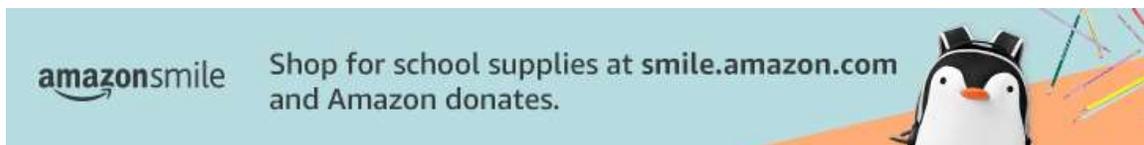
A mask is only as efficient as the fitting on your face. Gaps between the mask and your skin will allow for pollutants to enter your nasal passages and cause health issues. When buying a mask, you should be careful of the size and also read the instruction manual that comes with the mask carefully. CV masks are usually available in either the N95 or N99.

YOU CAN HELP THE CAUSE, OUR CAUSE!

It’s really very simple. Many of us shop on the Amazon website. Amongst their many services is one called “Amazon Smile”. We have mentioned it before, but Amazon Smile gives you the option of donating some of the money you spend to the organization of your choice. While there are many choices, we would like to recommend Encinitas CERT.

After registering with Amazon Smile the only catch is that you need to make sure you log into smile.amazon.com for your purchase to be counted. Not all items are eligible for the Amazon Smile program, but it will be mentioned on the product page, below the price of the item.

To learn more go to, <https://www.amazon.com/gp/help/customer/display.html?nodeId=201365340>



SALT-DOG CLASSIC - BEACH FESTIVAL

The Salt-Dog Classic, held at Seaside State Beach in Solana Beach, is a music and art festival held right on beach. There is a Tiki Bar for adults and snacks and games for kids. Dogs and their humans are welcome. Don’t forget the sunscreen!

September 22, 11a.m. – 6p.m., \$10, <https://www.saltdogclassic.com/>

EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT DISASTERS AND PREPAREDNESS, BUT WERE AFRAID TO ASK

FEMA's, Ready.gov website has a plethora of information regarding preparing for disaster, what to do before, during and after, and so much more! We have tried to gather as many of the various web pages as we could find so as to make it easier for you to find information you want. Bear in mind that there are many links on these pages, and some will take you to other sites. We have chosen to include links mostly for the Ready.gov site. This is what we have found, so far.

Emergency Situations - [Be Informed](#)

[Active Shooter](#)

[Avalanche](#)

[Bioterrorism](#)

[Chemical Emergencies](#)

[Cyber-security](#)

[Drought](#)

[Earthquakes](#)

[Emergency Alerts](#)

[Explosions](#)

[Extreme Heat](#)

[Floods](#)

[Hazardous Materials Incident](#)

[Home Fires](#)

[Household Chemical Emergencies](#)

[Hurricanes](#)

[IPAWS](#)

[Landslides & Debris Flow](#)

[Nuclear Explosion](#)

[Nuclear Power Plants](#)

[Pandemic](#)

[Power Outages](#)

[Radiological Dispersion Device](#)

[Severe Weather](#)

[Snowstorms & Extreme Cold](#)

[Space Weather](#)

[Thunderstorms & Lightning](#)

[Tornadoes](#)

[Tsunamis](#)

[Volcanoes](#)

[Wildfires](#)

[Wireless Emergency Alerts \(WEA\) \(1\) & \(2\)](#)

Preparedness Steps - [Build a Kit](#)

[Business](#)

[Business Emergency Toolkit](#)

[Car Safety](#)

[Educators](#)

[Emergency Plan for Parents](#)

[Emergency Supply List](#)

[Evacuation](#)

[Family Communications](#)

[FEMA App](#)

[Financial Preparedness](#)

[Food](#)

[Get Tech Ready](#)

[Helping Children Cope](#)

[Individuals with Disabilities](#)

[Kids](#)

[Kids Games](#)

[Make a Plan](#)

[Military](#)

[NOAA Weather Radio](#)

[Parents](#)

[Pets and Animals](#)

[Plan for Locations](#)

[Ready Campus](#)

[Ready Indian Country](#)

[Ready Responders](#)

[Safety Skills](#)

[School & Daycare](#)

[Seniors](#)

[Shelter](#)

[Water](#)

[Family Emergency Communication Plan Wallet Cards](#) – All of your information in one place. Folds up to fit in your wallet!

REMINDER OF THE MONTH

SAFETY DURING SEARCH AND RESCUE OPERATIONS* - PART 2 OF 3

Step 1: Gather Facts

The facts of the situation must guide your search and rescue efforts.

When gathering facts, CERT members need to consider:

- The time of the event and day of the week. At night, more people will be in their homes, so the greatest need for search and rescue will be in residential settings. Conversely, during the day, people will be at work, so the need will be in commercial buildings. Search and rescue operations may also be affected by where people are located in their homes and the amount of daylight available.
- Construction type and terrain. Some types of construction are more susceptible to damage than others. The type of terrain will affect how the search is conducted.
- Occupancy. The purpose for which the structure was designed may indicate the likely number of victims and their location.
- Weather. Severe weather will have an effect on victims and rescuers alike and will certainly hamper rescue efforts. Forecasts of severe weather should be considered as a limiting factor on the time period during which search and rescue can occur.
- Hazards. Knowledge of other potential hazards in the general and immediate areas is important to search and rescue efforts. For example, if a gas leak is suspected, taking the time to locate and shut off the gas can have a big impact in terms of loss of life.

Step 2: Assess and Communicate Damage

There are general guidelines for assessing damage in interior searches and exterior searches. When in doubt about the condition of a building, CERT members should always use the more cautious assessment. If unsure about whether a building is moderately or heavily damaged, CERT's should assume heavy damage. The CERT mission changes depending on the amount of structural damage.

CERT Mission and Types of Damage

The CERT mission for interior searches changes if:

- Damage is light (superficial or cosmetic damage, superficial cracks or breaks in the wall surface, minor damage to interior contents)

The CERT mission is to locate; triage; treat airway, major bleeding, and shock; continue sizeup; and document.

- Damage is moderate (visible signs of damage, decorative work damaged or fallen, many visible cracks in the wall surface, major damage to interior content, building is on its foundation)

The CERT mission is to locate; treat airway, major bleeding, and shock; evacuate; warn others; continue sizeup while minimizing the number of rescuers and time spent inside the structure.

- Damage is heavy (partial or total collapse, tilting, obvious structural instability, building is off its foundation, heavy smoke or fire, hazardous materials inside, gas leaks, rising or moving water)

The CERT mission is to secure the building perimeter and warn others of the danger in entering the building.

CERT members are not to enter a building with heavy damage under any circumstances.

Step 3: Consider Probabilities

Because you will be working in such close proximity to the dangerous situation, considering what will probably happen and what could happen are of critical importance. Be sure to identify potential life-threatening hazards and ask:

- **How stable is the situation?** Even within a structure that appears from the outside to have only minimal to moderate damage, nonstructural damage or instability inside the structure can pose real danger to the rescue team. CERT members should think about what they already know about the structure that’s been damaged. Are lawn chemicals, paints, or other potentially hazardous materials stored within the structure? How are they stored? Where are they? It won’t take CERT members much time to answer these types of questions, but the answers could make a huge difference in how they approach the search.
- **What else could go wrong?** Based on the information gathered during Steps 1 and 2 of the sizeup, CERT members should take a few moments to play “What if?” to try to identify additional risks they may face. What if the electricity fails during the search? What if a wall that appears stable shifts and collapses? Applying “Murphy’s Law” to the situation could save CERT members’ lives.
- **What does it all mean for the search and rescue?** Based on the probabilities, CERTs should think about what they can do to reduce the risks associated with the probabilities that they have identified. Is a spotter necessary to look for movement that could indicate a possible collapse and warn the rescue team? Is some remedial action required to stabilize nonstructural hazards before beginning the search? CERT search and rescue teams must remember that their own safety is the first priority.

Step 4: Assess Your Situation

Remember that sizeup is a building process, with each step building upon the previous steps until the decision is made to begin the search and rescue operation (or that the situation is unsafe). You may need to draw on everything you’ve learned from Steps 1 through 3 to assess your situation to determine:

- Whether the situation is safe enough to continue
- The risks that rescuers will face if they continue
- What resources will be needed to conduct the operation safely and what resources are available

Assessing resources, including personnel, tools, and equipment, is extremely important to search and rescue operations.

Search and Rescue Resource Planning Questions

Resource	Planning Questions
Personnel	<ul style="list-style-type: none"> • How many trained CERT members are available for this operation? • Who lives and/or works in the area? • During which hours are these people most likely to be available? • What skills or hobbies do they have that might be useful in search and rescue operations • What might be the most effective means of mobilizing their efforts?
Equipment	<ul style="list-style-type: none"> • What equipment is available locally that might be useful for search and rescue? • Where is it located? • How can it be accessed? • On which structures (or types of structures) might it be most effective?
Tools	<ul style="list-style-type: none"> • What tools are available that might be useful for lifting, moving, or cutting disaster debris?

* taken verbatim from the CERT Basic Training, Participant Manual FEMA P-925/September 2012, Unit 5, ‘Light Search and Rescue Operations’, pages 8, 11, 15 and 16

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

Encinitas CERT Board

Doan Hohmeyer, President Dave Tostenson, Vice President **Your Name Here**, Secretary Loyd Wright, Treasurer
 Doug Cochrane

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