



Your Encinitas CERT March Newsletter

Series III, Volume III

Welcome to all our new members! This newsletter exists not only to provide information about CERT and related goings on, but as a way for everyone to share information. 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 never forget, You Can't Predict, But You Can Prepare!

UPCOMING EVENTS

March 12

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

NEXT MONTH...

April 9

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!](#)

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).

WINTER ACADEMY SUCCESS!

We would like to extend a very warm welcome as well as congratulations to the eleven new members of Encinitas CERT! We are hopeful that there might be a few more names added to our roster once the online portion of their training is completed.

We should always be looking for opportunities to recruit new members. The more members you have in your division or even on your block, the better you will be able help and support one another as well as those who haven't been through our training yet.

Wouldn't it be wonderful if we could double the number of academy graduates at this year's Fall Academy!

FEBRUARY GENERAL MEETING - POSTPONEMENT

It is unfortunate that we had to cancel last month's General Meeting. What is even more unfortunate is that is due to lack of response. We always provide a "light meal", so obviously it is important to know how many of you will be attending. Even if you aren't wanting to "dine" that evening, we still ask that you RSVP.

We are going to reschedule for late March. Once we have a date we will be sending out emails with the details.

We are about to shake things up some, and it's imperative that we have as many people as possible attending this meeting as we begin a new chapter in the history of Encinitas CERT.

However, this new chapter does have one major requirement... YOU!

WIRELESS EMERGENCY ALERTS (WEA'S)

Back in November of 2011, FEMA conducted the first test of the Wireless Emergency Alert (WEA, pronounced, 'WE') system. Most if not all of us have since received weather alerts or Amber Alerts. Below are some of the most commonly asked questions about WEA.

What are WEA messages?

Wireless Emergency Alerts (WEA) are emergency messages sent by authorized government alerting authorities through your mobile carrier.

What types of alerts will I receive?

• Extreme weather, and other threatening emergencies • AMBER Alerts • Presidential Alerts during a national emergency.

What does a WEA message look like?

WEA will look like a text message. The WEA message will show the type and time of the alert, any action you should take, and the agency issuing the alert. The message will be no more than 90 characters.

How will I know the difference between WEA and a regular text message?

WEA messages include a special tone and vibration, both repeated twice.

What are AMBER Alerts?

AMBER Alerts are urgent bulletins issued in the most serious child abduction cases. The, **America's Missing Broadcast Emergency Response (AMBER) Alert Program** is a voluntary partnership between law enforcement agencies, broadcasters, transportation agencies and the wireless industry.

Who will send WEA's to issue AMBER Alerts?

The National Center for Missing and Exploited Children (NCMEC), in coordination with State and Local public safety officials, sends out AMBER Wireless Emergency Alerts through the Integrated Public Alert & Warning System (IPAWS).

What should I do when I receive a WEA message?

Follow any action advised by the message. Seek more details from local media or authorities.

What if I travel into a threat area after a WEA message is already sent?

If you travel into a threat area after an alert is first sent, your device will receive the message when you enter the area.

Is this the same service public-safety agencies have asked the public to register for?

No, but they are complimentary. Local agencies may have asked you to sign up to receive telephone calls, text messages or emails. Those messages often include specific details about a critical event. WEA's are very short messages designed to get your attention in a critical situation. They may not give all the details you receive from other notification services.

Will I be charged for receiving WEA messages?

No. This service is offered for free by wireless carriers and will not count toward texting limits on your wireless plan.

Will a WEA message interrupt my phone conversations?

No, the alert will be delayed until you finish your call.

Does WEA know where I am? Is it tracking me?

No. Just like emergency weather alerts you see on local TV, WEA are broadcast from area cell towers to mobile devices in the area. Every WEA-capable phone within range receives the message, just like every TV shows the emergency weather alert if it is turned on. But, the TV stations, like WEA, don't know exactly who is tuned in.

If, during an emergency, I can't make or receive calls or text messages due to network congestion, will I still be able to receive a WEA message?

Yes, WEA messages are not affected by network congestion.

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WIRELESS EMERGENCY ALERTS (WEA'S) - CONTINUED

What if I don't want to receive WEA messages?

You can opt out of receiving WEA messages for imminent threats and AMBER Alerts, but not for Presidential messages. To opt out, adjust settings on your mobile device.

How will I receive alerts if I don't have a WEA capable device?

WEA is only one of the ways you receive emergency alerts. Other sources include National Oceanic and Atmospheric Administration (NOAA) Weather Radio, news broadcasts, the Emergency Alert System on radio and TV programs, outdoor sirens and other alerting methods offered by local and state public safety agencies.

To see the complete FAQ, follow this link; https://emilms.fema.gov/IS0248/lesson1/WEA_FAQs.pdf

For more information on the Integrated Public Alert & Warning System (IPAWS), www.fema.gov/ipaws

PROTECTING YOUR PRIVACY – PART 3

This month we are focusing on Facebook. People put a lot of personal information on social media sites. This is an environment where all variety of people including hackers can browse information that people volunteer. What follows are different ways to protect yourself on Facebook while enjoying your interactions with friends and family. Always remember that while the internet gives you access to **everything**, it also gives everything access to **you!**

- **Hide ID Theft Clues**

Your birthday. Your hometown. Your alma mater. Those are all things Facebook can reveal to the world – and they're answers to potential security questions. Hide such information by using the Privacy Checkup Tool found under the question mark in the tool bar of any Facebook page. Many people use January 1st as their birthday to thwart hackers.

- **Keep GPS Data Private**

Facebook can extract your whereabouts from your mobile phone. But you can turn the function off using your phone's settings. For an iPhone, you'll find the controls under "Location Services". If you've got an Android device, look under Facebook Permissions in Application Manager.

- **Turn on Log-In Approvals**

This is Facebook's name for two factor authentication. It keeps strangers from accessing your account – even if they steal your password.

- **Leave a Group**

Facebook lets users add friends to groups without their consent. But you can remove yourself from any group by going to your Activity Log.

- **Become Elusive**

Don't want people finding your Facebook page when they type your name into a search engine? You can change that and more under "Who Can Look Me Up?" section of Facebook Settings.

The Consumer Reports online article can be found here:

<https://www.consumerreports.org/privacy/66-ways-to-protect-your-privacy-right-now/>

This article also appeared in the November 2016 issue of Consumer Reports Magazine

While we are happy to share this information with our members, PLEASE feel free to share anything that you may know of that would be beneficial to the rest of us as well as sharing this info with your friends and family! This may not be part of the CERT mandate, but it does involve the same principals of being prepared and assisting the community in order to prevent *personal* disasters.

Thank you to Doan Hohmeyer for passing on this information!

REPLACING PERSONAL DOCUMENTS AFTER A DISASTER

All of the organizations listed below offer online resources. If a personal computer isn't available, public libraries and other agencies may have computers available to the general public.

Document	Who to Contact for Replacement
EBT Card	California's CalFresh is part of the Federal program known as the Supplemental Nutrition assistance Program (SNAP – formerly known as food stamps). For lost EBT card replacements call 877-328-9677 right away, or contact your local county social services worker.
Birth and Death Certificates	Contact the California Department of Public Health or online at, www.cdph.ca.gov or call 916-445-2684. \$25 fee for replacement.
Lost Green Card	Go to www.uscis.gov and complete the Form I-90, application to replace a permanent resident card, and file it online or by mail. Call 800-375-5283 to check the status of your application.
California Driver License	Visit a California DMV office to complete an application. Replacement license forms must be delivered in person. For more information, call 800-777-0133.
Bank checks, ATM/Debit Cards Or Safe Deposit Boxes	Contact your financial institution or get contact information from the FDIC by calling 877-275-3342 or going to www.fdic.gov . Contact the issuing institution:
Credit Cards	American Express 800-922-3404 or, www.home.american.express.com Discover 800-347-2683 or www.discover.com/credit-cards/help-center/ MasterCard 800-622-7747 or, www.mastercard.com/cgi-bin/emergserv.cgi Visa 800-847-2911 or www.usa.visa.com NOTE: If you don't remember all the credit cards you had, obtain a credit report from any of the three major credit bureaus.
Credit Report	Equifax, Experian or TransUnion 877-322-8228 or www.annualcreditreport.com
Social Security Card	Social Security 800-772-1213 or www.ssa.gov
Fraud Alerts or a Credit Freeze	Fraud Alerts: Call the identity theft helpline at 877-438-4338; contact the Federal Trade Commission at: www.ftc.gov
Medicare Cards	Social Security Administration 800-772-1213 or www.socialsecurity.gov/medicarecard/
Passport	U.S. Department of State , Passport Services, Consular Lost/Stolen Passport Section 209-955-0430 or 877-487-2778 or www.travel.state.gov/content/passports/english/passports/lost-stolen.html
U.S. Savings Bonds	U.S. Department of the Treasury 800-722-2678 or www.treasurydirect.gov
Tax Returns	Internal Revenue Service 800-829-1040 or download the Request for Copy of Tax Return at www.irs.gov/pub/irs-pdf/f4506.pdf
Military Records	National Archives and Records Administration 866-272-6272 or www.archives.gov/contact/

To see this complete document, go to; <https://www.fema.gov/news-release/2015/11/13/replacing-personal-documents-after-natural-disaster>

HOW TO STAY SAFE WHEN A POWER OUTAGE THREATENS



Take an inventory now of the items you need that rely on electricity.

Talk to your medical provider about a power outage plan for medical devices powered by electricity and refrigerated medicines. Find out how long medication can be stored at higher temperatures and get specific guidance for any medications that are critical for life.

Plan for batteries and other alternatives to meet your needs when the power goes out.

Sign up for local alerts and warning systems. Monitor weather reports.

Install carbon monoxide detectors with battery backup in central locations on every level of your home.

Determine whether your home phone will work in a power outage and how long battery backup will last.

Review the supplies that are available in case of no power. Have flashlights with extra batteries for every household member. Have enough nonperishable food and water.

Use a thermometer in the refrigerator and freezer so that you can know the temperature when the power is restored.

Keep mobile phones and other electric equipment charged and gas tanks full.



Keep freezers and refrigerators closed. The refrigerator will keep food cold for **about four hours**. A full freezer will keep the temperature for **about 48 hours**. Use coolers with ice if necessary. Monitor temperatures with a thermometer.

Use food supplies that do not require refrigeration.

Avoid carbon monoxide poisoning. Generators, camp stoves, or charcoal grills should always be used outdoors and at least 20 feet away from windows. Never use a gas stovetop or oven to heat your home.

Check on your neighbors. Older adults and young children are especially vulnerable to extreme temperatures.

Go to a community location with power if heat or cold is extreme.

Turn off or disconnect appliances, equipment, or electronics. Power may return with momentary “surges” or “spikes” that can cause damage.



When in doubt, throw it out! Throw away any food that has been exposed to temperatures 40 degrees or higher for two hours or more, or that has an unusual odor, color, or texture.

If the power is out for more than a day, discard any medication that should be refrigerated, unless the drug’s label says otherwise. If a life depends on the refrigerated drugs, consult a doctor or pharmacist and use medicine only until a new supply is available.

Take an Active Role in Your Safety

Go to **Ready.gov** and search for **power outage**. Download the **FEMA app** to get more information about preparing for a **power outage**.



FOOD

Following a disaster, there may be power outages that could last for several days. Stock canned foods, dry mixes and other staples that do not require refrigeration, cooking, water or special preparation. Be sure to include a manual can opener and eating utensils.



Suggested Emergency Food Supplies

Consider the following things when putting together your emergency food supplies:

- Store at least a three-day supply of non-perishable food.
- Choose foods your family will eat.
- Remember any special dietary needs.
- Avoid foods that will make you thirsty.

The following items are suggested when selecting emergency food supplies. You may already have many of these on hand. Download the [Recommended Supplies List](#) (PDF)

- Ready-to-eat canned meats, fruits, vegetables and a can opener
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Canned juices
- Non-perishable pasteurized milk
- High energy foods
- Food for infants
- Comfort/stress foods

Food Safety & Sanitation

Without electricity or a cold source, food stored in refrigerators and freezers can become unsafe. Bacteria in food grow rapidly at temperatures between 40 and 140 °F, and if these foods are consumed you can become very sick. Thawed food usually can be eaten if it is still “refrigerator cold.” It can be re-frozen if it still contains ice crystals. To be safe, remember, “When in doubt, throw it out.”

Do:

Keep food in covered containers.

Keep cooking and eating utensils clean.

Discard any food that has come into contact with contaminated flood water.

Discard any food that has been at room temperature for two hours or more.

Discard any food that has an unusual odor, color or texture.

Use ready-to-feed formula. If you must mix infant formula use bottled water, or boiled as a last resort.

Food Safety & Sanitation - continued

Don't:

- Eat foods from cans that are swollen, dented or corroded, even though the product may look safe to eat.
- Eat any food that looks or smells abnormal, even if the can looks normal.
- Let garbage accumulate inside, both for fire and sanitation reasons.

Cooking

Alternative cooking sources can be used in times of emergency including candle warmers, chafing dishes, fondue pots or a fireplace. Charcoal grills and camp stoves are for outdoor use only. Commercially canned food may be eaten out of the can without warming.

To heat food in a can:

1. Remove the label.
2. Thoroughly wash and disinfect the can. (Use a diluted solution of one part bleach to ten parts water.)
3. Open the can before heating.

Managing Food without Power

- Keep the refrigerator and freezer doors closed as much as possible.
- The refrigerator will keep food cold for about 4 hours if it is unopened.
- Refrigerated or frozen foods should be kept at 40° F or below for proper food storage.
- Use a refrigerator thermometer to check temperature.
- Refrigerated food should be safe as long as the power was out for no more than 4 hours.
- Discard any perishable food (such as meat, poultry, fish, eggs or leftovers) that has been above 40° F for two hours or more.

Using Dry Ice:

- Know where you can get dry ice prior to a power outage.
- Twenty-five pounds of dry ice will keep a 10-cubic-foot freezer below freezing for 3-4 days.
- If you use dry ice to keep your food cold, make sure it does not come in direct contact with the food.
- Use care when handling dry ice, wear dry, heavy gloves to avoid injury.

For more information about food safety during an emergency, visit [FoodSafety.gov](https://www.foodsafety.gov).

Taken verbatim from Ready.gov website, under the 'Shelter' section.

<https://www.ready.gov/shelter><https://www.ready.gov/food>

ATTENTION AAA MEMBERS

Have any concerns about the condition of your vehicle? Now through March 31, you can get a free 40-point inspection at participating AAA Approved Auto Repair facilities. This is a \$60 value and includes a battery test, fluid check, tire pressure check, belt and hose inspection and more. There is no purchase necessary.

To find a facility near you just follow this link; https://apps.calif.aaa.com/aceapps/automotive/aar/searchtag/35?zip=92626-AAA&area=email_EAAR012319&cid=042144020021832&jid=261866

REMINDER OF THE MONTH

CERT ORGANIZATION*

Although there are a number of detailed responsibilities under each ICS function, the system itself is straightforward. CERTs will typically require Operations, Planning and Logistics functions. The CERT Incident Commander/Team Leader (IC/TL) is responsible for handling or delegating each function.

As the incident expands, CERT members are assigned or re-assigned to each section to handle specific aspects of the response while maintaining an effective span of control.

CERT Incident Commander/Team Leader

- Provides overall leadership for incident response
- Ensures incident safety
- Establishes incident objectives
- Is responsible for all functions until delegated
- Delegates authority to others
- Provides information to internal and external parties
- Establishes and maintains liaison with other responders (e.g., fire, law enforcement, public works, other CERTs)
- Takes direction from agency official

Operations Section

- Directs and coordinates all incident tactical operations
- Is typically one of the first functions to be assigned

Planning Section

- Tracks resource status (e.g., number of CERT members who have “reported for duty”)
- Tracks situation status
- Prepares the Team’s action plan
- Develops alternative strategies
- Provides documentation services

Logistics Section

- Provides communications
- Provides food and medical support to Team members
- Manages supplies and facilities

Finance and Administration Section

- Contract negotiation and monitoring
- Time keeping
- Cost Analysis
- Compensation for injury or damage to property

Finance and Administration is a function in the formal Incident Command System; however, ***CERTs will have very limited need if any, for this function.***

CERT ORGANIZATION CONTINUED

CERT OPERATIONS

Based on the principles of ICS, CERTs follow these protocols:

- Each CERT must establish a command structure.
- The CERT Incident Commander/Team Leader (IC/TL) directs team activities. During activation for a disaster, the first person at a predesignated staging area assumes this responsibility. The Initial IC/TL may hand off this role to a predesignated leader when that person arrives.
- The location established by the ERT IC/TL as the central point for command and control of the incident is called the Command Post for the CERT. The IC/TL stays in the Command Post. If the IC/TL has to leave, the responsibility of IC/TL must be delegated to someone in the Command Post.

Using the ICS structure, CERT members are assigned to assist with a range of functions:

- Logistics – managing resources, services, and supplies
- Planning/Intelligence – collecting and displaying information; collecting and compiling documentation
- Operations – conducting fire suppression, medical operations, search and rescue

In all situations, each unit assigned must have an identified leader to supervise tasks being performed, to account for team members, and to report information to his or her designated leader.

In all situations, a manageable span of control is three to seven team members reporting to their designated leader.

CERT personnel assigned to Operations should always be assigned to teams consisting of at least three or four persons:

- One person will serve as runner and communicate with the Command Post.
- Two people will “buddy up” to respond to immediate needs.
- Search and rescue teams must include at least four people, with a safety person remaining outside the area to be searched and at least two people to conduct the search.

* taken verbatim from the CERT Basic Training, Participant Manual FEMA P-925/July 2014, Unit 6, ‘CERT Organization’, pages 6, 7 and 8.

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

Encinitas CERT Board

Dave Tostenson, President Doug Cochrane, Vice President **Your Name Here**, Secretary Loyd Wright, Treasurer
Alice Jacobson, Doug Jones

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



Loose lips sink ships!