

# CERT NEWSLETTER



March 2019 “*Training And News For The Monterey COMMUNITY EMERGENCY RESPONSE TEAM*”. *A citizen based, volunteer emergency response team!*  
**CERT OPERATIONS & TRAINING ARE FUNDED BY THE CITY OF MONTEREY!**

***Prepare as if your life depends upon it, because it does!***

**We Are Again Issuing CERT I.D. Cards.** The immediate goal is to issue cards to those persons who have completed our CERT course, **undergone the Monterey Police background check AND** are now in the Everbridge Alert system. **If you are in the Everbridge group**, the next opportunity to receive your card is **Saturday March 2nd in the EOC from 2-4 P.M.** We will take your picture, issue your card and update your Disaster Service Worker form.

**Practice Your Basic CERT Skills.** On Saturday, March 9<sup>th</sup> from 12:45 to 4:30 we will be holding the final exercise for our current CERT class. Staging is the EOC. This is an excellent opportunity to attend the exercise and practice your basic CERT skills. To participate in this very valuable skills refresher training, send us an email of interest to: [training@montereycert.org](mailto:training@montereycert.org)

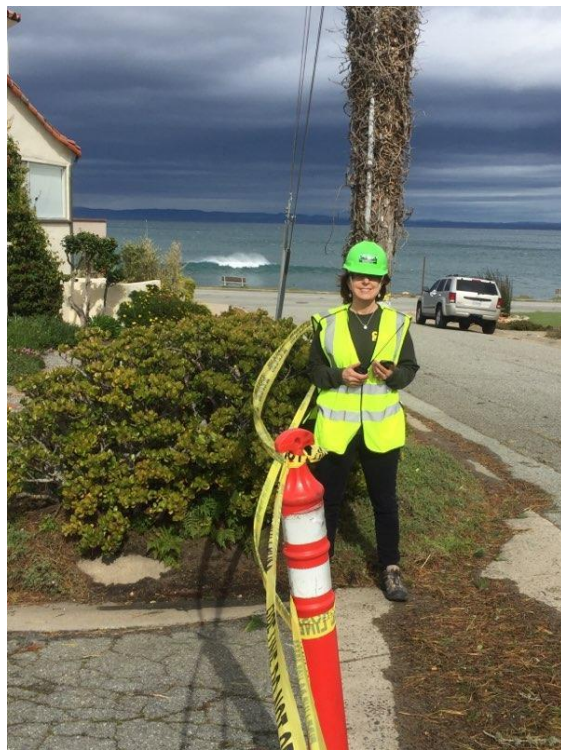
## **Please Keep Your CERT Radio On During Storm**

**Conditions.** Over 100 of you have purchased your own CERT radio! Please keep your radio ON and tuned to **CERT Channel 3** during storm conditions. During storms, we may broadcast updates regarding the conditions and the likelihood that a full CERT Everbridge Alert will be sent requesting members to respond. **NEXT RADIO NET DRILL: March 11<sup>th</sup> at 7 P.M. on Channel 3.**

**If You Receive A CERT Alert That Requests You Respond To The EOC** this is the City of Monterey Emergency Operations Center (EOC) where you received your CERT instruction. **WE WILL NOT ASK YOU TO RESPOND TO ANY OTHER EOC!** The phone message will say “This is a message from your organization”..... The alert message may request you respond to another Staging area, such as Lover’s Point in the case of a coastal incident. Please read your alert completely and respond as requested. **CERT ALERTS COME FROM THE PHONE NUMBER 555 555-5555. Enter this number into your phone and I.D. the number as CERT ALERT so you know immediately who is calling.**

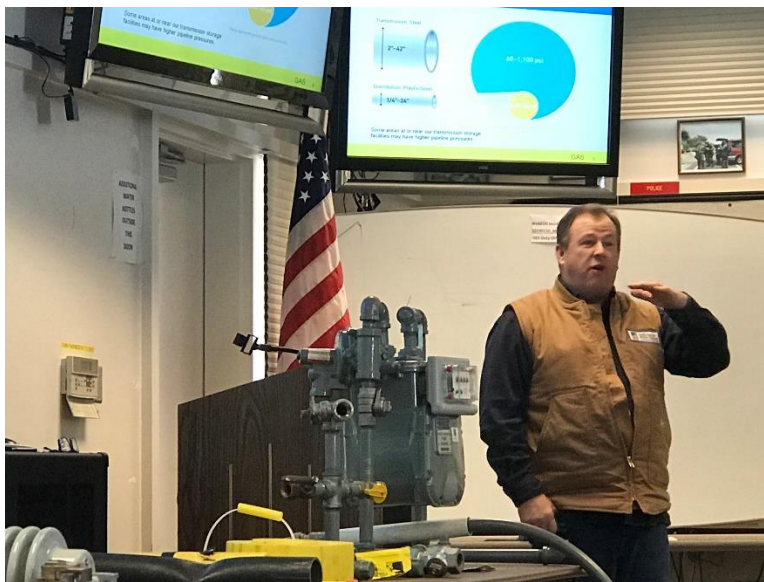
## 27 CERT Members Respond to February 13<sup>th</sup> Storm Alert!

On Wednesday, February 13, 2019, strong winds struck the Monterey Peninsula. A CERT Alert was initiated at 9:30 A.M. 27 CERT members responded to Staging. CERT members were engaged in emergency activities until 4:30 P.M. Many trees fell and took down power lines and/or seriously damaged buildings, blocked streets and created problems in many locations. CERT members provided support at a dozen or more locations and in many instances **were on scene for SEVERAL HOURS!!!!** CERT response frees the fire department to respond to subsequent emergencies. **CERT also provided emotional support to a citizen while he was trapped in an elevator during the power outage.**



*A fallen tree with wires down blocks a street in PG. CERT secured the area.*

**37 Members attend outstanding PG&E safety training!** On Saturday, February 9<sup>th</sup> Pacific Gas & Electric Company Senior Safety Specialist Stewart Roth delivered an outstanding training session on gas and electric safety to our community. Members present received excellent instruction that included some very graphic videos and props to demonstrate the need to exercise safety practices at all times. Gas and electricity NEVER make a mistake and will ALWAYS do exactly what the laws of physics dictate. We as CERT members must be diligent at all times and by following basic safety guidelines, essentially NEVER GET TOO CLOSE, we can assure a safe deployment and return! We thank Safety Specialist Roth for his outstanding commitment to our community.



**CERT members learn how even very low amperage electrical current can pass from one person to another. The current starting on the right, passed to the person on the far left!**

**CERT Across America: Fresno CERT member and grandson “Assist” Fresno fire department.** *“Stories like this are what keep me getting up in the morning .....” Demetrius Kastros*



**Toddler helps Fresno firemen responding to call in neighborhood --** On Friday, February 8<sup>th</sup>, two-year-old Jackson McNary got the chance to help out the Fresno Fire Department as they were responding to a burning shed in his neighborhood. **His grandmother, a Fresno CERT member, brought her grandson to help.** "I saw this young firefighter who was about 3 feet tall, dressed in full turnouts with a red plastic helmet. I didn't recognize this firefighter I thought he must be a rookie in our department," said Battalion Chief Thomas Cope with a smile. He's not quite old enough yet, but Judy McNary, his grandmother, says Jackson loves firefighters and put on his Halloween costume and came outside to check out the action. "He brought his plastic axe and his whistle and his fake microphone and he came running down. He wanted to see what the firemen were doing and I told them he would help," McNary said. Fresno Fire took them up on that offer. "It was wonderful. It was great to see the firemen interact with him and be so kind to him," McNary said. Jackson still has a few more years before he can be hired by the department, but Battalion Chief Cope says it's moments like this that can spark interest and leave a lasting impact. "Most of us are moms and dads of course and this tugs at the Nomex (fire clothing material) heartstrings, so to speak, but it's also an important part of what we do. We are role models for little boys and girls," Cope said.

See the TV news story at this link:

<https://abc30.com/society/video-toddler-helps-fresno-firemen-responding-to-call/5129774/>

## Training: Treating An Allergic Reaction. (Source webmd.com)

### 1. Seek emergency care: Call 911

Get immediate help if the person has one or more of these symptoms ([anaphylaxis](#))

- Difficulty breathing or [wheezing](#)
- Tightness in the throat or a feeling that the airways are closing
- Hoarseness or trouble speaking
- Swollen lips, [tongue](#), or throat
- [Nausea](#), [abdominal pain](#), or [vomiting](#)
- Fast heartbeat or [pulse](#)
- [Skin](#) that itches, tingles, swells, or develops raised red areas ([hives](#))
- [Anxiety](#) or [dizziness](#)
- Loss of consciousness

### 2. Inject Epinephrine or Give Antihistamine Immediately

**A person with a history of allergic reactions usually knows their treatment options.** Always ask the patient what they do to treat a reaction. If they have oral medicine, such as an antihistamine, help them take the medication. If they have an injector, help them use it. If they do not have their injector ask them if common antihistamines, such as Benadryl, are effective. If antihistamines are effective, you can help them take an over-the-counter medicine.

If they have their injector, inject immediately at first sign of anaphylaxis. The injection cannot harm them if it is a false alarm, but could save their life. **If the person has an anaphylaxis action plan from a doctor for injecting [epinephrine](#) and other emergency measures, follow it.**

Otherwise, if the person carries an epinephrine shot:

- Inject epinephrine if the person is unable to.
- If the person has a history of anaphylaxis, don't wait for signs of a severe reaction to inject epinephrine.
- Read and follow patient instructions carefully.
- Inject epinephrine into outer muscle of the thigh. Avoid injecting into a vein or buttock muscles.
- Do not inject medicine into hands or feet, which can cause tissue damage. If this happens, notify the emergency room staff.
- The person may need more than one injection if there's no improvement after the first. For an adult, inject again after 5 to 15 minutes. For a child, inject again after 5 to 20 minutes.

### 3. Do CPR if the Person Stops Breathing

For a child, start [CPR for children](#)

## CERT Across the Peninsula!



*CERT member Gerald Swisher gets a briefing from Monterey firefighters. A car on Scenic Drive is damaged by a falling tree, the driver narrowly avoiding severe injuries. CERT closed Scenic Drive for several hours until crews could remove the tree.*



*CERT members Michelle Irvin and Glenn Leon-Guerrero coordinating multiple CERT teams in the field from CERT Staging in the Fire Administration Building*