BEVERLY HILLS, April 10, 2021.

Dear CERT volunteers, I hope this newsletter find you well. April is presenting us with good and positive updates and at the same time we had a reminder that earthquakes have their own schedule and do not wait for you to be fully prepared, so take this as the perfect opportunity/reminder to prepared and or check on your supplies for a bigger earthquake.

Another reminder is to isolate if you feel any symptoms related to COVID-19 or you know you have been exposed.

This week information, as follows:

- COVID-19 vaccination updates
- JUST IN CASE BH informational walk
- Earthquake Preparedness
- Emergency Preparedness

April is Earthquake Preparedness in the City of Beverly Hills, are you prepared?

Neighbors helping neighbors.
Also stay in touch with your medical care provider for the latest information regarding vaccination appointments.
Stay updated about the vaccine by visiting beverlyhills.org/coronavirus or contact our Hotline at 310-550-4680 M-F 9a.m.-6p.

Vaccination is rolling out to different groups, it’s very important to know the latest information. Find more information by visiting https://myturn.ca.gov/

Also stay in touch with your medical care provider for the latest information regarding vaccination appointments.
Possible Side Effects After Getting a COVID-19 Vaccine

COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects may affect your ability to do daily activities, but they should go away in a few days. Some people have no side effects.

Common side effects

On the arm where you got the shot:

- Pain
- Redness
- Swelling

Also stay in touch with your medical care provider for the latest information regarding vaccination appointments.
Throughout the rest of your body:

- Tiredness
- Headache
- Muscle pain
- Chills
- Fever
- Nausea

Helpful tips

Talk to your doctor about taking over-the-counter medicine, such as ibuprofen, acetaminophen, aspirin, or antihistamines, for any pain and discomfort you may experience after getting vaccinated. You can take these medications to relieve post-vaccination side effects if you have no other medical reasons that prevent you from taking these medications normally.

It is **not recommended** you take these medicines before vaccination for the purpose of trying to prevent side effects.

To reduce pain and discomfort where you got the shot:

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

To reduce discomfort from fever:

- Drink plenty of fluids.
- Dress lightly.

If you received a second shot

Side effects after your second shot may be more intense than the ones you experienced after your first shot. These side effects are normal signs that your body is building protection and should go away within a few days.

When to call the doctor

In most cases, discomfort from pain or fever is a normal sign that your body is building protection. Contact your doctor or healthcare provider:

Also stay in touch with your medical care provider for the latest information regarding vaccination appointments.
• If the redness or tenderness where you got the shot gets worse after 24 hours
• If your side effects are worrying you or do not seem to be going away after a few days

If you get a COVID-19 vaccine and you think you might be having a severe allergic reaction after leaving the vaccination site, seek immediate medical care by calling 911. Learn more about COVID-19 vaccines and rare severe allergic reactions.

Remember

• **Side effects can affect your ability to do daily activities**, but they should go away in a few days.
• **The Pfizer-BioNTech COVID-19 Vaccine and Moderna COVID-19 Vaccine both need 2 shots** in order to get the most protection. You should get the second shot even if you have side effects after the first shot, unless a vaccination provider or your doctor tells you not to get it.
• **You only need 1 shot of the Johnson & Johnson’s Janssen (J&J/Janssen) COVID-19 Vaccine** to get the most protection. Learn more about the different COVID-19 vaccines.
• **It takes time for your body to build protection after any vaccination.** People are considered fully vaccinated two weeks after their second shot of the Pfizer-BioNTech or Moderna COVID-19 vaccine, or two weeks after the single-dose J&J/Janssen COVID-19 vaccine. You should keep using all the tools available to protect yourself and others until you are fully vaccinated.
• **After you are fully vaccinated for COVID-19, you may be able to start doing some things that you had stopped doing because of the pandemic.** Learn more about what you can do when you have been fully vaccinated.
• **We are still learning how vaccines will affect the spread of COVID-19.** After you’ve been fully vaccinated against COVID-19, you should keep taking precautions in public places like wearing a mask, staying 6 feet apart from others, avoiding crowds and poorly ventilated spaces, and washing your hands often. CDC will continue to update recommendations as we know more.

For more detailed information, please visit the following link:

[http://publichealth.lacounty.gov/media/coronavirus/vaccine/index.htm](http://publichealth.lacounty.gov/media/coronavirus/vaccine/index.htm)

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JUST IN CASE BH

"JUST IN CASE, BH brings Residents, Businesses, and all by seamlessly assisting during and after disaster preparedness, leadership, and

As a CERT member we encourage you to participate and also to about this opportunity

encourage you to let everyone know for a better community.

To sign up, please visit: http://www.beverlyhills.org/departments/firedepartment/justincasebh/web.jsp

To watch Fire Chief Greg Barton's message, visit:

If you can volunteer your time and safely enjoy walking with your Beverly Hills Fire Department, Beverly Hills Police Department personnel and members of the Just in Case BH committee, cordially we encourage you to join and participate with us to continue making Beverly Hills a safer, resilient community.

Register at: justincasebh@beverlyhills.org subject line, Zone 9 volunteers

Please see below for more in-detail information:

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PREPAREDNESS

Prepare Before an Earthquake

The best time to prepare for any disaster is before it happens.

- Practice **Drop, Cover, and Hold On** with family and coworkers.
- **Make an Emergency Plan:** Create a [family emergency communications plan](#) that has an out-of-state contact. Plan where to meet if you get separated. Make a supply kit that includes enough food and water for several days, a flashlight, a fire extinguisher and a whistle.
  - Include non-perishable foods, cleaning supplies, and water for several days, in case services are cut off in your area. If you are able to, set aside items like soap, hand sanitizer that contains at least 60 percent alcohol, disinfecting wipes, and general household cleaning supplies that you can use to disinfect surfaces you touch regularly. After an earthquake, you may not have access to these supplies for days or even weeks.
  - Being prepared allows you to avoid unnecessary excursions and to address minor medical issues at home, alleviating the burden on urgent care centers and hospitals.
  - Remember that not everyone can afford to respond by stocking up on necessities. For those who can afford it, making essential purchases and slowly building up supplies in advance will allow for longer time periods between shopping trips. This helps to protect those who are unable to procure essentials in advance of the pandemic and must shop more frequently. In addition, consider avoiding WIC-labeled products so that those who rely on these products can access them.

- **Protect Your Home:** Secure heavy items in your home like bookcases, refrigerators, televisions and objects that hang on walls. Store heavy and breakable objects on low shelves. Consider making improvements to your building to fix structural issues that could cause your building to collapse during an earthquake. Consider obtaining an [earthquake insurance policy](#). A standard homeowner’s insurance policy does not cover earthquake damage.
- Wear a mask when in public to slow the spread of COVID-19. You may not have time to put on a mask in the event of an earthquake. Wearing one regularly will allow you to be prepared

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- More information at ready.gov: https://www.ready.gov/earthquakes#before

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**Upcoming Virtual CERT Refreshers**

**April 21st at 7 pm (virtual training with LAFD-CERT)**

Please register at: cert@beverlyhills.org subject line LAFD

**May, 2021 at 7pm. (day & time TBD)**

Follow and Share our BHFD and Just in Case BH Social Media sites:

Facebook @BeverlyHillsFire  Instagram @beverlyhillsfd  Twitter @CityofBHFIRE

Facebook @JustincaseBH

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Respectfully,

Gabriel Mier
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Community Risk Reduction

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