BEVERLY HILLS FIRE DEPARTMENT

COMMUNITY EMERGENCY RESPONSE TEAM ~ C.E.R.T ~

BEVERLY HILLS, April 24, 2021.

Dear CERT volunteers, I want to take the opportunity to thank the volunteers who participated last Saturday in support to the Just in Case BH and also to the Teen CERT Club who with dedication and energy walked Zone 9. More opportunities to volunteer are coming soon.

This week information, as follows:

- COVID-19 vaccine updates
- JUST IN CASE BH
- Earthquake Preparedness final week
- Public Information Announcements

April is Earthquake Preparedness in the City of Beverly Hills; have you check your “to go bag”?

Neighbors helping neighbors.

Beverly Hills Community Connect Find out more about Los Angeles County Community Connect, brought to you by the Beverly Hills Fire Department. Together, Building a Safer Community Through Prevention, Preparedness & Response.
Use of Johnson & Johnson’s Janssen COVID-19 Vaccine

- If you got this vaccine **more than three weeks ago**, your risk of developing a blood clot is very low.
- If you got this vaccine **within the last three weeks**, your risk of developing a blood clot is also very low. However, you should be on the lookout for possible symptoms of a blood clot:
  - Severe headache
  - Blurred vision
  - Fainting
  - Seizures
  - Pain in your abdomen (chest or stomach)
  - Leg pain or swelling
  - Shortness of breath

Also stay in touch with your medical care provider for the latest information regarding vaccination appointments.
Get **medical care right away** if you have any of these symptoms and got the J&J/Janssen COVID-19 Vaccine within the last few weeks. If you have any questions at all, call your doctor, nurse, or clinic.

Stay updated about the vaccine by visiting [beverlyhills.org/coronavirus](http://beverlyhills.org/coronavirus) or contact our **Hotline** at 310-550-4680 M-F 9a.m.-6p.

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**COVID-19 VACCINE**

**BE PREPARED**

**GETTING VACCINATED IN WARNER WEATHER**

- Stay hydrated (bring extra water, just in case)
- Eat a light snack before appointment
- Wear a hat and lightweight clothing (if at a walk-up site)
- Take your regular medications

For more information, visit: [publichealth.lacounty.gov](http://publichealth.lacounty.gov)

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Also stay in touch with your medical care provider for the latest information regarding vaccination appointments.
Walk-ins are now also welcome!

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/

For more detailed information, please visit the following link:

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 City services together by seamlessly assisting during and after disaster preparedness, leadership, and organizational communication."

As a CERT member we encourage you to participate and also to let everyone know about this opportunity 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: https://www.facebook.com/BeverlyHillsFire/videos/2683541218533262/

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EARTHQUAKE PREPAREDNESS

Stay Safe After

After an earthquake, there can be serious hazards such as damage to the building, leaking gas and water lines, or downed power lines.

- Wash your hands with soap and water after holding on to commonly touched surfaces or objects. If you are unable to wash your hands, use hand sanitizer that contains at least 60 percent alcohol.
- Expect aftershocks to follow the main shock of an earthquake. Be ready to Drop, Cover, and Hold On if you feel an aftershock.
- If you are in a damaged building, go outside and quickly move away from the building. Do not enter damaged buildings.
  - Maintain a distance of at least six feet between yourself and those who are not part of your household to help slow the spread of COVID-19.

- If you are trapped, send a text or bang on a pipe or wall. Cover your mouth with your shirt for protection and instead of shouting, use a whistle. If possible, avoid directly touching your mouth to help slow the spread of COVID-19.
- If you are in an area that may experience tsunamis, go inland or to higher ground immediately after the shaking stops. Note that there is no evidence that COVID-19 can be transmitted through water, however, you should avoid contact with floodwaters as they can contain chemicals, sewage, and debris.
- Check yourself to see if you are hurt and help others if you have training. Learn how to be the help until help arrives.
  - If you are sick or injured and need medical attention, contact your healthcare provider for instructions. If you are experiencing a medical emergency, call 9-1-1 and let the operator know if you have, or think you might have or been exposed to,

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COVID-19. If you can, put on a mask and avoid touching your eyes, nose, and mouth before help arrives.

**Once you are safe, pay attention to local news reports for emergency information and instructions via battery-operated radio, TV, social media or from cell phone text alerts.**

- Register on the American Red Cross “Safe and Well” website so people will know you are okay.
- Use text messages to communicate, which may be more reliable than phone calls.
- Be careful when cleaning up. Wear protective clothing, including a long-sleeved shirt, long pants, work gloves and sturdy thick-soled shoes. Do not try to remove heavy debris by yourself. Wear a mask and maintain a physical distance of at least six feet while working with someone else. Use an appropriate mask if cleaning mold or other debris. People with [asthma and other lung conditions and/or immune suppression](https://www.ready.gov) should not enter buildings with indoor water leaks or mold growth that can be seen or smelled. Children should not take part in disaster cleanup work.

More information at: www.ready.gov

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