

BEVERLY HILLS FIRE DEPARTMENT

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

BEVERLY HILLS, August 14, 2021.

Dear CERT volunteers, the side effects after getting your COVID-19 vaccine are normal and is a sign your body is building protection. They should go away in a few days.

Compared to vaccine side effects, symptoms from COVID-19 can be wider-ranging and more severe. They often last weeks but can sometimes last months. Even people who did not have COVID-19 symptoms in the days or weeks after they were infected can have symptoms appear later.

COVID-19 vaccines help prevent you from getting COVID- 19, and from severe illness, hospitalization, and death if you do get it.

You can also find the latest COVID-19 news by visiting beverlyhills.org/coronavirus or call the City's COVID-19 Hotline Monday-Friday from 9 a.m. – 6 p.m. at 310-550-4680.

This week information, as follows:

- COVID-19 Delta variant updates
- JUST IN CASE BH Zone 6 walk on August 29, 2021 at 9:30 am
- Disaster Preparedness
- CERT Callout Team registrations


Neighbors helping neighbors.



CORONAVIRUS DISEASE 2019 | COVID-19 |

Vaccine Side Effects vs. COVID-19 Symptoms

	Common Vaccine Side Effects	Common COVID-19 Symptoms
Lasts a few days	✓	
Can last a few weeks or months		✓
Tiredness	✓	✓
Fever or chills	✓	✓
Headache	✓	✓
Cough		✓
Shortness of breath		✓
Sore throat		✓
Loss of taste or smell		✓
Difficulty concentrating or "brain fog"		✓
Symptoms that get worse after physical or mental activities		✓



cdc.gov/coronavirus

CS32661-A 08/10/2021

The CDC has accepted a recommendation by the Advisory Committee on Immunization Practices (ACIP) that people who are moderately to severely immunocompromised get an additional dose of an mRNA COVID-19 vaccine (Pfizer-BioNTech, Moderna). This group includes people with different health conditions that can weaken the immune system:

- Recipients of organ or stem cell transplants
- People with advanced or untreated HIV infection
- Those currently being treated for cancer
- People who are taking some medications that weaken the immune system
- People with some other conditions


If you have questions about an additional dose of COVID-19 vaccine, you can talk to your healthcare provider.

Also, for those immunocompromised people who got Johnson & Johnson's Janssen vaccine, there's insufficient data to support getting an additional mRNA COVID-19 vaccine dose.

At this time, CDC does NOT recommend additional doses or booster shots for people who aren't immunocompromised.

More: <https://bit.ly/3yLmOc5>

SELF-QUARANTINE 101



- WHO**
 - Anyone unvaccinated who has been in close contact with a person diagnosed with COVID-19.
 - Those vaccinated don't have to quarantine. But if they develop symptoms they have to isolate.
- HOW LONG**
 - 10 days from the time you were exposed by someone to COVID-19.
- WHAT**
 - Stay away from other people, even in your own household.
 - Limit time spent in communal areas ie. kitchens, bathrooms, living rooms.
 - Monitor your health for 14 days.
- WHY**
 - To avoid infecting others.
 - To #SlowtheSpread of COVID-19.

Travelers arriving to LA County should visit our website for quarantine recommendation and guidelines at publichealth.lacounty.gov/coronavirus



COUNTY OF LOS ANGELES
Public Health

Get your COVID-19 vaccine to protect yourself and your loved ones: vaccines.gov.

JUST IN CASE BH

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

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



*brings Residents,
City services together
each other before,
emergencies through
organizational
communication."*

*encourage you to
let everyone know
for a better community.*

DO YOU KNOW YOUR JUST IN CASE BH ZONE? *One of the major aspects of JUST IN CASE BH is the division of the City into geographic zones. Each zone is designed to support itself during times of emergency or disaster.*

Get to know your zone area: https://gis.beverlyhills.org/VBH/MyJICBHZone_FinderApp/

For more information, please visit: www.justincasebh.org



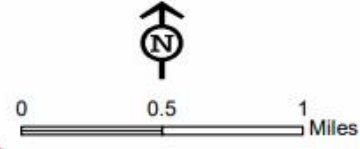
The Just In Case BH program is offering emergency kits through [Beverly Hills CPR](#) Automated External Defibrillator, AED can be purchased for any home or facility. Stop The Bleed kits are available for purchase, as well CPR books.



JUST IN CASE BH Zones Map - City of Beverly Hills, California



JICBH Zone	Coverage Area (Zone Extent)	Designated Meeting Areas
Zone 1	North of Sunset and West of N Beverly Dr Upto City Limit	Beverly Hills Women's Club [1700 Chevy Chase Dr]
Zone 2	North of Sunset between N Beverly Dr and Doheny Dr	Coldwater Canyon Park [1100 N Beverly Dr]
Zone 3	North of Doheny Dr Up to City Limit	Greystone Mansion [501 N Doheny Rd]
Zone 4	West of N Beverly Dr between Sunset and N Santa Monica Blvd	North Section: The Maltz Park [835 Whittier Dr]; South Section: N Santa Monica & Parkway [1400 Park Way]
Zone 5	East of N Beverly Dr between Sunset and N Santa Monica Blvd	North Section: Will Rogers Park [Sunset Blvd & N Beverly Dr]; South Section: N Santa Monica & Parkway [1202 Park Way]; Southeast Section: Fountain @ Doheny & N Santa Monica [9110 Carmelita Ave]
Zone 6	West of Beverly Dr and South of Wilshire Blvd, excluding the Beverly Hilton and Waldorf Astoria	Roxbury Park [471 S Roxbury Dr]
Zone 7	South of N Santa Monica Blvd, North of Wilshire and West of Doheny Dr	Burton Median [Burton Way between Rexford & Doheny Dr]
Zone 8	South of Wilshire between Beverly Dr & Doheny; plus all city addresses between Doheny Dr & Robertson Blvd	Oakhurst Mini Park [120 S Oakhurst Dr]
Zone 9	All city addresses East of Robertson Blvd	La Cienega Park [8400 Gregory Way]



This map is for informational purposes. The City of Beverly Hills makes no representations or warranties of any kind with respect to the accuracy of the information or data furnished herein.

- Meeting Area
- Just In Case BH Zone Boundary
- City Boundary

Map produced by: City of Beverly Hills - IT - GIS
455 N. Rexford Dr. Beverly Hills, CA 90210
March 2021



STAY
CONNECTED
INFORMED
PREPARED
FOR AN EMERGENCY



6

ZONE 6 INTRODUCTORY MEETING
SEPT. 9, 3:00 PM - VIA ZOOM



Welcome! You are receiving this notification because you are in Zone 6. Beverly Hills recently launched **JUST IN CASE BH**, a City-led, neighborhood-based emergency preparedness program to bring together Beverly Hills residents, businesses, Fire, Police, and other City agencies before, during, and after disaster strikes.

Please share this flyer with everyone you know who lives or works in Beverly Hills. We need an informed and proactive community for the program to succeed.

To find out your zone and to access the Zoom meeting, scan the QR code above or visit our website at JUSTINCASEBH.ORG.

JUSTINCASEBH.ORG
@JUSTINCASEBH

DISASTER PREPAREDNESS



In case of an emergency or disaster, consider storing and protecting the following types of documents:



Basic Disaster Supplies Kit

To assemble your kit store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit could include the following recommended items:

- [Water](#) (one gallon per person per day for several days, for drinking and sanitation)
- [Food](#) (at least a three-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to [shelter in place](#))
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Wrench or pliers (to [turn off utilities](#))
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery

Additional Emergency Supplies

Consider adding the following items to your emergency supply kit based on your individual needs:

- [Masks](#) (for everyone ages 2 and above), soap, hand sanitizer, disinfecting wipes to disinfect surfaces
- [Prescription medications](#)
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Prescription eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes and diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person

- Complete change of clothing appropriate for your climate and sturdy shoes
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children



CERT CALLOUT TEAM

HIDRATION UNIT, RED FLAG PATROL, DOWNED WIRE WATCH

The BHFD-CERT is actively looking for volunteers to join the **Callout Team** to have an active participation within the training acquired. Please sign up at cert@beverlyhills.org subject line: **COT**

Thank you to the CERT volunteers who already signed up!

If you have questions, comments or concerns about the CERT program, please contact us at cert@beverlyhills.org or visit the website at <http://www.beverlyhills.org/departments/firedepartment/cert/web.jsp>

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

Facebook [@BeverlyHillsFire](#) Instagram [@beverlyhillsgfd](#) Twitter [@CityofBHFire](#)

Facebook [@JustincaseBH](#)



[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.

Respectfully,
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