

# BEVERLY HILLS FIRE DEPARTMENT

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

BEVERLY HILLS, March 20, 2021.

Greetings CERT volunteers, I hope this newsletter finds you and your loved ones healthy. COVID-19 vaccinations are increasing in the County, please keep informed and listen to the CDC guidelines, accordingly, consult with your Medical provider and local authorities.

As more and more activities are back to usual, this is the right time to keeping vigilant for your health and your family and remember to isolate if you feel any symptoms related to COVID-19.

This week information, as follows:

- COVID-19 vaccination updates
- JUST IN CASE BH
- Fire prevention
- Preparedness
- Upcoming CERT refreshers

Keep safe and share the importance of CERT in our community.

*Neighbors helping neighbors.*



COVID-19 VACCINE

## Sign up for the Vaccine Newsletter at VaccinateLACounty.com



lapublichealth

## DO I NEED TO SELF-ISOLATE?

- ✓ I have tested positive for COVID-19
- ✓ I have symptoms and a healthcare provider thinks I have COVID-19

### HOW DO I SELF-ISOLATE?

- **STAY HOME** from work, school, and public areas
- **STAY AWAY** from others at home
- **TELL CLOSE CONTACTS** to self-quarantine for 14 days from the day they were exposed
- **WEAR A FACE COVERING** if you must be around others
- **CLEAN & SANITIZE** any shared surfaces and rooms

### HOW LONG DO I SELF-ISOLATE?


- At least 10 days since symptoms started **and**
- No fever for at least 24 hours (without fever-reducing medicine) **and**
- Symptoms have improved



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

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/>



# COVID-19 Vaccination Information

#BHHHealthyCity

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

Also stay in touch with your medical care provider for the latest information regarding vaccination appointments.

## 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.*

**To sign up, please visit:**

<http://www.beverlyhills.org/departments/firedepartment/justincasebh/web.jsp>



<https://www.facebook.com/BeverlyHillsFire/videos/2683541218533262/>

Also stay in touch with your medical care provider for the latest information regarding vaccination appointments.

# FIRE PREVENTION


## Cooking Fire Safety

**Cooking fires are the number one cause of home fires and home fire injuries. Know how to prevent a kitchen fire and what to do if you have one.**

Clean cooking equipment after each use. Crumbs in a toaster or grease on the stove can catch on fire.




If you have a fire in your oven, turn it off. Let the contents cool before cleaning.




If you have a fire in your oven and the flames escape it, leave your home and call 911.



For more information and free fire-safety resources, visit [www.usfa.fema.gov](http://www.usfa.fema.gov).



Click here to add image.



Interested in learning more Fire safety resources and prevention tips, please visit <https://www.usfa.fema.gov/>

Also stay in touch with your medical care provider for the latest information regarding vaccination appointments.

# Cooking fire safety essentials

Prevention tips to accompany our free photos:

- When cooking, stay in the kitchen and keep an eye on the stove.
- Wear short or tight-fitting sleeves when cooking.
- Keep towels, pot holders, curtains, and paper products away from the stove.



Always practice caution when cooking, please watch this short video for more information:

<https://youtu.be/-JN8p-XX9xg>

Also stay in touch with your medical care provider for the latest information regarding vaccination appointments.

Fire deaths can be reduced by teaching people the basic facts about fire. This video contains some simple messages to help you explain to community members the characteristics of fire:

<https://youtu.be/yvRcPb0bIdo>



**Think about your needs.**

Be sure to keep your glasses, hearing aid, cane or wheel chair close to your bed at night. If there is an emergency, you will be able to grab them quickly as you leave.

U.S. Fire Administration |  FEMA |  Fire is Everyone's Fight.

Also stay in touch with your medical care provider for the latest information regarding vaccination appointments.

## Upcoming Virtual CERT Refreshers

Tuesday, March 23, 2021 at 7pm.

**Triage Training**, in collaboration with Culver City CERT and Beverly Hills CERT. register at: <https://www.eventbrite.com/e/culver-city-cert-triage-refresher-additional-date-registration-144587801005> under **BH CERT**

Thursday, March 25, 2021 at 7 pm.

**Medical (First Aid-Hands-on CPR)**, join us to welcome our new CERT instructor Trisha Bodaghi, she is no stranger to the City of Beverly Hills, proactively working with BH CPR, the American Heart Association, Stop the Bleed Program and now proudly BHFD CERT instructor refreshing our medical skills.

Please register at: [cert@beverlyhills.org](mailto:cert@beverlyhills.org) subject line: **WTB**

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

Facebook [@BeverlyHillsFire](https://www.facebook.com/BeverlyHillsFire) Instagram [@beverlyhillssf](https://www.instagram.com/beverlyhillssf) Twitter [@CityofBHFire](https://twitter.com/CityofBHFire)

Facebook [@JustincaseBH](https://www.facebook.com/JustincaseBH)



Also stay in touch with your medical care provider for the latest information regarding vaccination appointments.

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, complete your registration at: [Beverly Hills Community Connect](#)

Respectfully,

Gabriel Mier

C.E.R.T. Coordinator

Community Risk Reduction

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**Fire Department**

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