

BEVERLY HILLS FIRE DEPARTMENT

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

BEVERLY HILLS, May 15, 2021.

Dear CERT volunteers, the CDC published a new set of guidelines for COVID-19 vaccinations and for the use of face coverings, please find the pertinent information herein.

This week information, as follows:

- COVID-19 CDC updated guidelines
- COVID-19 vaccination updated groups
- JUST IN CASE BH
- Disaster Preparedness
- CERT Callout Team registration

On Thursday, May 20, 2021 at 7:00 pm the BHFD-CERT will be hosting Jennifer Garland RN-BC, PhD, CIC Special Pathogens Clinical Program Manager with Cedars-Sinai to talk COVID-19, vaccines and addressing your questions.

Please sign up at cert@beverlyhills.org subject line: CS

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.](#)

The Centers for Disease Control and Prevention released guidance indicating that people who are fully vaccinated against COVID-19 can safely resume activities that were done prior to the pandemic.

L.A. County and the State will review the recommendations in order to make sensible adjustments. In the interim, please note that fully vaccinated people do not need to wear a mask when indoors around other fully vaccinated people, or outside in uncrowded areas.

When at businesses and in crowded venues, both indoors and outdoors, masks are still required to be worn by everyone. It remains important to protect workers at all worksites and all worksites must follow the requirements set forth by California's Division of Occupational Safety and Health, Cal/OSHA.

Everyone must continue to adhere to required distancing and masking at all workplaces.

To stay updated on the latest COVID-19 news, visit beverlyhills.org/coronavirus or call the City's COVID-19 Hotline Monday-Friday from 9 a.m. – 6 p.m. at 310-550-4680.



When You've Been Fully Vaccinated

How to Protect Yourself and Others

Choosing Safer Activities

- [If you are fully vaccinated](#), you can resume activities that you did prior to the pandemic.
- Fully vaccinated people can resume activities without wearing a mask or physically distancing, except where required by federal, state, local, tribal, or

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

territorial laws, rules, and regulations, including local business and workplace guidance.

- If you haven't been vaccinated yet, [find a vaccine](#).

Safer Activities

[COVID-19 vaccines](#) are effective at protecting you from getting sick. Based on [what we know](#) about COVID-19 vaccines, people who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic.

These recommendations can help you make decisions about daily activities after you are fully vaccinated. They are *not* intended for [healthcare settings](#).

Have You Been Fully Vaccinated?

In general, people are considered fully vaccinated: ±

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

If you don't meet these requirements, regardless of your age, you are NOT fully vaccinated. Keep taking all [precautions](#) until you are fully vaccinated.

If you have a condition or are taking medications that weaken your immune system, you may NOT be fully protected even if you are fully vaccinated. Talk to your healthcare provider. Even after vaccination, you may need to continue taking all [precautions](#).

What You Can Start to Do



If you've been fully vaccinated:

- You can resume activities that you did prior to the pandemic.
- You can resume activities without wearing a mask or staying 6 feet apart, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance.
- If you [travel in the United States](#), you do not need to get tested before or after travel or self-quarantine after travel.

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

- You need to pay close attention to [the situation at your international destination](#) before traveling outside the United States.
 - You do NOT need to get tested **before** leaving the United States unless your destination requires it.
 - You still need to [show a negative test result](#) or documentation of recovery from COVID-19 **before** boarding an international flight to the United States.
 - You should still get tested 3-5 days **after** international travel.
 - You do NOT need to self-quarantine **after** arriving in the United States.
- If you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.
 - However, if you live or work in a correctional or detention facility or a homeless shelter and are around someone who has COVID-19, you should still get tested, even if you don't have symptoms.

What You Should Keep Doing



For now, if you've been fully vaccinated:

- You will still need to follow guidance at your workplace and local businesses.
- If you [travel](#), you should still take steps to [protect yourself and others](#). You will still be [required to wear a mask](#) on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States, and in U.S. transportation hubs such as airports and stations. Fully vaccinated [international travelers](#) arriving in the United States are still [required to get tested](#) within 3 days of their flight (or show documentation of recovery from COVID-19 in the past 3 months) and should still get tested 3-5 days after their trip.
- You should still watch out for [symptoms of COVID-19](#), especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get [tested](#) and [stay home](#) and away from others.
- People who have a condition or are taking medications that weaken the immune system, should talk to their healthcare provider to discuss their activities. They may need to keep taking all [precautions](#) to prevent COVID-19.

What We Know

- COVID-19 vaccines are effective at preventing COVID-19 disease, especially severe illness and death.

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

- COVID-19 vaccines reduce the risk of people spreading COVID-19.

What We're Still Learning

- How effective the vaccines are against variants of the virus that causes COVID-19. Early data show the vaccines may work against some variants but could be less effective against others.
- How well the vaccines protect people with weakened immune systems, including people who take immunosuppressive medications.
- How long COVID-19 vaccines can protect people.

As we know more, CDC will continue to update our recommendations for both vaccinated and unvaccinated people.

Want to learn more about these recommendations? Read our expanded [Interim Public Health Recommendations for Fully Vaccinated People](#).

± This guidance applies to COVID-19 vaccines currently authorized for emergency use by the U.S. Food and Drug Administration: Pfizer-BioNTech, Moderna, and Johnson & Johnson (J&J)/Janssen COVID-19 vaccines. This guidance can also be applied to COVID-19 vaccines that have been authorized for emergency use by the World Health Organization (e.g. AstraZeneca/Oxford).

What You Need to Know About COVID-19

EXPANDED LIST OF COVID-19 SYMPTOMS

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting

Call your provider if you are experiencing even mild illness. If you need a provider, you can call 2-1-1 and they can connect you to one.

For more information, visit: publichealth.lacounty.gov/coronavirus



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

COVID-19 Vaccines for Children and Teens

Although fewer children have been infected with COVID-19 compared to adults, [children can be infected with the virus that causes COVID-19](#), can get sick from COVID-19, and can spread COVID-19 to others. **CDC recommends COVID-19 vaccination for everyone 12 years of age and older to help protect against COVID-19.** Children 12 years of age and older are able to get the [Pfizer-BioNTech COVID-19 Vaccine](#).

Find a COVID-19 Vaccine for Your Child

- Check your **local pharmacy's website** to see if vaccination walk-ins or appointments are available.
- Check with your **child's healthcare provider** about whether they will offer COVID-19 vaccination.
- Contact your **state or local health department** for more information.

Find a COVID-19 Vaccine: Search [vaccines.gov](#), text your ZIP code to 438829, or call 1-800-232-0233 to find locations near you.

Help Protect Your Child and Your Family

Getting a COVID-19 vaccine can help protect your child from getting COVID-19, and also help keep your child from getting seriously sick even if they do get COVID-19. Help protect your whole family by getting yourself and your children 12 years of age and older vaccinated against COVID-19.

Early data show that the vaccines may help keep people from spreading COVID-19 to others, and we are learning more as more people get vaccinated. Widespread vaccination is a critical tool to help stop the pandemic. Getting your child or teen vaccinated can bring you one step closer to enjoying the activities you miss.

Information about COVID-19 Vaccines for Children and Teens Get a COVID-19 vaccine for your child as soon as you can.

- Studies show that COVID-19 vaccines are [safe](#) and [effective](#).
- The COVID-19 vaccines have been used under the most intensive safety monitoring in U.S. history, including studies in adolescents.
- Your child will need a second shot of the [Pfizer-BioNTech COVID-19 Vaccine](#) 3 weeks after their first shot.
- Your child can't get COVID-19 from any COVID-19 vaccine, including the Pfizer-BioNTech vaccine.

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

Prepare for your child's vaccination visit.

- [Get tips](#) for how to support your child before, during, and after the visit.
- Talk to your child before the visit about [what to expect](#).
- Tell the doctor or nurse if your child has any allergies to any ingredient in the [Pfizer-BioNTech COVID-19 Vaccine](#).
- Comfort your child during the appointment.
- To prevent fainting and injuries related to fainting, your child should be seated or lying down during vaccination and for 15 minutes after the vaccine is given.
- After your child's COVID-19 vaccination, you will be asked to stay for 15–30 minutes so your child can be observed in case they have a severe allergic reaction and need immediate treatment.

Possible side effects

Your child may have some [side effects](#), which are normal signs that their body is building protection.

On the arm where you got the shot:

- Pain
- Redness
- Swelling

Throughout the rest of your body:

- Pain, redness or swelling where you got the shot
- Tiredness
- Headache
- Muscle pain
- Chills
- Fever
- Nausea

These side effects may affect your child's ability to do daily activities, but they should go away in a few days. Some people have no side effects.

Ask your child's healthcare provider for advice on using a non-aspirin pain reliever and other steps you can take at home to comfort your child. It is not recommended you give pain relievers before vaccination for the purpose of trying to prevent side effects.

After your child is fully vaccinated against COVID-19, your family may be able to start doing some things that you stopped doing because of the pandemic. Learn more about what your child and your family can do [when you have been fully vaccinated](#).

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

Get started with v-safe

Ask your child's about getting started with v-safe, a free, smartphone-based tool that uses text messaging and web surveys to provide personalized health check-ins after your child receives a COVID-19 vaccination. Through v-safe, you can report any side effects your child may have after vaccination. V-safe also reminds you to get your child's second dose. Learn more about [v-safe](#).

Cost of vaccines

You will not be charged for a COVID-19 vaccine.

COVID-19 vaccination providers **cannot**:

- Charge you for the vaccine.
- Charge you any administration fees, copays, coinsurance, or the balance of the bill after appropriate reimbursement.
- Deny vaccination to anyone who does not have health insurance coverage, is underinsured, or is out of network.
- Charge an office visit or other fee to the recipient if the only service provided is a COVID-19 vaccination.
- Require additional services in order for a person to receive a COVID-19 vaccine; however, additional healthcare services can be provided at the same time and billed as appropriate.

Scam Alert: If anyone asks you to pay for access to vaccine, you can bet it's a scam. Don't share your personal or financial information if someone calls, texts, or emails you promising access to the vaccine for an extra fee.



Report Fraud or Scams

✉ Disaster@leo.gov

☎ National Center for Disaster
Fraud Hotline at: 866-720-5721

☎ 800-621-3362 (TTY 800-462-7585)

Beware Of Common Fraud And Scams

FEMA representatives and inspectors will always have an official identification badge. Always ask to see I.D.

FEMA representatives never charge you a fee or ask for any payment.

*Do not give out your SSN or banking information unless you are registering with a **verified FEMA representative**. You will be asked to provide this information **only when first registering with FEMA**.*

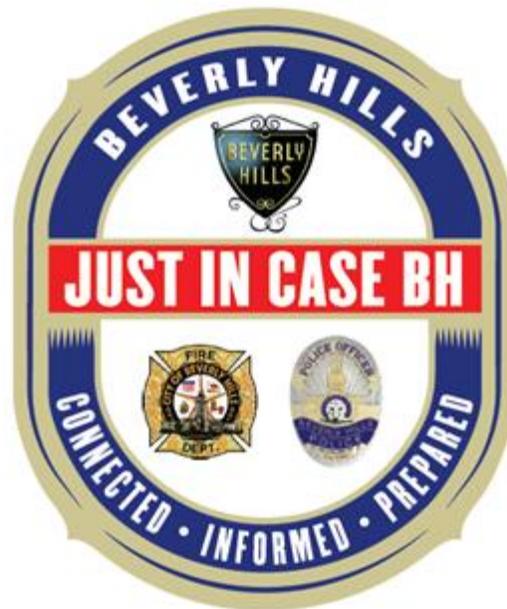


Also stay in touch with your medical care provider for the latest information regarding vaccination appointments.

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.*

Watch Fire Chief Greg Barton's message <https://vimeo.com/510836137>

Sign up by visiting:

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

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/



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

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.

ZONE 8 UPDATE:

Greetings Zone 8,

We held a very successful Zoom meeting with residents from Zone 9. Participants in the meeting heard from our Fire Chief, Greg Barton, and Police Chief, Dominick Rivetti. The Chiefs shared information about this new, innovative program and answered questions regarding the history of the program and why it is so important to have as many residents and business owners participate. On April 17th, in advance of the meeting, JUST IN CASE BH committee members and volunteers walked Zone 9 and personally delivered flyers and interacted with Zone 9 residents. We had a wonderful turn out the included members of TEEN [CERT](#) and newly assigned [Block Captains](#). We could not have done it without them.

You are receiving this email because you are in Zone 8(map attached)! As with all future zones, we will walk your Zone to distribute flyers and greet residents on Saturday, 06/05/21 and Sunday 06/06/21. Your Zone 8 Zoom meeting is on 06/16/21. We continue to recruit for various leadership positions including Zone Coordinators, Neighborhood Coordinators, and Block Captains. If you are interested in filling one of these positions, or if you would like more information, please send an email to Fire Inspector Alvin Cuna @ JUSTINCASEBH@beverlyhills.org or contact Vera Markowitz @ 310-890-8403. You can also visit our website www.justincasebh.org

Sincerely,

Gregory W. Barton

Fire Chief

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



JUST IN CASE BH Zone 8 - City of Beverly Hills, California



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

Meeting Area of Zone 8:
Oakhurst Mini Park
120 S Oakhurst Dr

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

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

DISASTER PREPAREDNESS



Individuals with Disabilities

Get Informed

- Know what disasters could affect your area, which could call for an evacuation and when to shelter in place.
- Keep a [NOAA Weather Radio](#) tuned to your local emergency station and monitor TV and radio. Follow mobile alerts and warnings about severe weather in your area.
- [Download the FEMA app](#) and get weather alerts from the National Weather Service for up to five different locations anywhere in the United States.

Make a Plan

How might a disaster affect you? Could you make it on your own for at least three days? After a disaster you may not have access to a medical facility or even a drugstore. It's crucial to plan for your regular needs and know what you would do if they become limited or unavailable. Additional planning steps should include:

- Create a support network. Keep a contact list in a watertight container in your [emergency kit](#).
- Be ready to explain to first responders that you need to evacuate and choose to go to a shelter with your family, service animal, caregiver, personal assistant and your assistive technology devices and supplies.

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

- Plan ahead for accessible transportation that you may need for evacuation or getting to a medical clinic. Work with local services, public transportation or paratransit to identify your local or private accessible transportation options.
- Inform your support network where you keep your emergency supplies. You may want to consider giving one member a key to your house or apartment.
- Contact your city or county government's emergency management agency or office. Many local offices keep lists of people with disabilities so they can be helped quickly in a sudden emergency.
- If you are dependent on dialysis or other life-sustaining treatment know the location and availability of more than one facility.
- If you use medical equipment in your home that requires electricity, talk to your doctor or health care provider about how you can prepare for its use during a power outage.
- Wear medical alert tags or bracelets.
- If you have a communication disability make sure your emergency information says the best way to communicate with you.
- If you use an augmentative communications device or other assistive technologies, plan how you will evacuate with the devices or how you will replace equipment if lost or destroyed. Keep model numbers and note where the equipment came from (Medicaid, Medicare, private insurance, etc.).
- Plan how you will communicate with others if your equipment is not working, including laminated cards with phrases, pictures or pictograms.
- Keep Braille/text communication cards, if used, for two-way communication.
- [Get preparedness tips](#) for people with diabetes.
- The U.S. Department of Health and Human Services' [online tool](#) helps people locate and access their electronic health records from a variety of sources.
- Plan for children with disabilities and people who may have difficulty in unfamiliar or chaotic environments.

Get Your Benefits Electronically

A disaster can disrupt mail service for days or weeks. If you depend on Social Security or other regular benefits, switching to electronic payments is a simple, significant way to protect yourself financially before disaster strikes. It also eliminates the risk of stolen checks. The U.S. Department of the Treasury recommends two safer ways to get federal benefits:

- Direct deposit to a checking or savings account. If you get federal benefits you can sign up by calling 800-333-1795 or [sign up online](#).
- The **Direct Express**® prepaid debit card is designed as a safe and easy alternative to paper checks. Call toll-free at 877-212-9991 or [sign up online](#).

Build a Kit

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

In addition to having your basic survival supplies, an [emergency kit](#) should have items to meet your individual needs in various emergencies. Consider the items you use on a daily basis and which ones you may need to add to your kit.

Tips for People Who are Deaf or Hard of Hearing

- A weather radio (with text display and a flashing alert)
- Extra hearing-aid batteries
- Pen and paper (in case you have to communicate with someone who does not know sign language)

Tips for People Who are Blind or Have Low Vision

- Mark emergency supplies with Braille labels or large print. Keep a list of your emergency supplies and where you bought them on a portable flash drive or make an audio file that is kept in a safe place where you can access it.
- Keep communication devices for your particular needs, such as a Braille or deaf-blind communications device as part of your emergency supply kit.

Tips for People with Speech Disability

- If you use an augmentative communications device or other assistive technologies plan how you will evacuate with the devices or how you will replace equipment if it is lost or destroyed. Keep model information and note where the equipment came from (Medicaid, Medicare, private insurance, etc.).
- Plan how you will communicate with others if your equipment is not working, including laminated cards with phrases and/or pictogram.

Tips for People with a Mobility Disability

- If you use a power wheelchair have a lightweight manual chair available as a backup if possible. Know the size and weight of your wheelchair in addition to whether or not it is collapsible, in case it has to be transported.
- Show others how to operate your wheelchair.
- Purchase an extra battery for a power wheelchair or other battery-operated medical or assistive technology devices. If you can't purchase an extra battery, find out what agencies, organizations or local charitable groups can help you buy one. Keep extra batteries on a trickle charger at all times.
- Consider keeping a patch kit or can of sealant for flat tires and/or extra inner tube if wheelchair or scooter is not puncture proof.
- Keep an extra mobility device such as a cane or walker if you use one.
- Keep a portable air pump for wheelchair tires.

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

- If you use a seat cushion to protect your skin or maintain your balance and you must evacuate, have an extra cushion to take with you.

Tips for Individuals with Sensory Disabilities (including autism spectrum disorder)

For people with sensory disabilities, this may include:

- Handheld electronic devices (loaded with movies and games)
- Spare chargers
- Sheets and twine or a small pop up tent (to decrease visual stimulation in a busy room or to provide instant privacy)
- Headphones (to decrease auditory distractions)
- Comfort snacks

Additional Items

- At least a week-long supply of prescription medicines
- A list of all medications, dosage and any allergies
- Extra eyeglasses
- Extra hearing aid batteries
- Extra wheelchair batteries (or a manual wheelchair if possible)
- Oxygen
- A list of the style and serial number of medical devices (include special instructions for operating your equipment if needed)
- Copies of medical insurance and Medicare cards
- Contact information for doctors, relatives or friends who should be notified if you are hurt
- Pet food, extra water, collar with ID tag, medical records and other supplies for your [service animal](#)

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



READY.GOV

CERT REFRESHERS

Join us virtually on Thursday, May 20, 2021 at 7:00 pm the Bbfd-CERT will be hosting Jennifer Garland RN-BC, PhD, CIC Special Pathogens Clinical Program Manager with Cedars-Sinai to talk about COVID-19, a year after.

Please sign up at cert@beverlyhills.org subject line: **CS**

CERT CALLOUT TEAM

HIDRATION UNIT, RED FLAG PATROL, DOWNED WIRE WATCH

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

Follow and Share our Bbfd 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)

Respectfully,

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

Gabriel Mier
C.E.R.T. Coordinator
Community Risk Reduction
City of Beverly Hills
Fire Department
445 N. Rexford Dr.
Beverly Hills, CA. 90210
C: 310-612-5762

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