BEVERLY HILLS FIRE DEPARTMENT

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

BEVERLY HILLS, June 12, 2021.

Dear CERT volunteers, this newsletter will address the changes taking place starting June 15 in accordance with the CDC, the State of California, Los Angeles County and the City of Beverly Hills. Also very important information regarding extreme heat expected for next week.

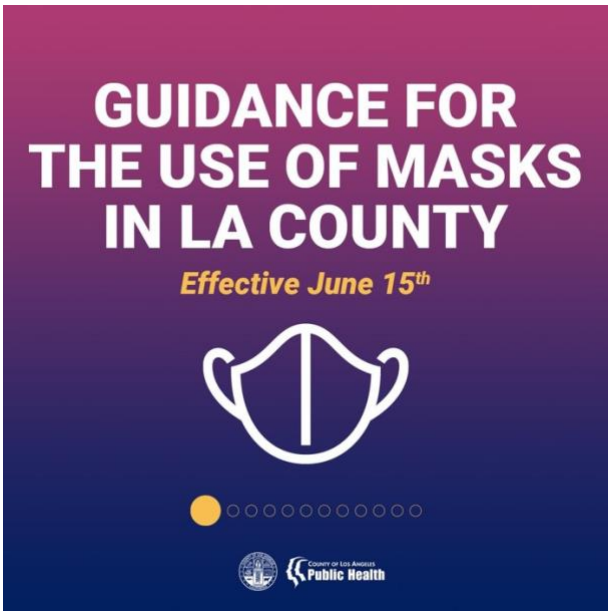
For the latest COVID-19 news, visit beverlyhills.org/coronavirus or call the City's COVID-19 Hotline Monday-Friday from 9 a.m. – 6 p.m. at 310-550-4680.

This week information, as follows:

- COVID-19 updates effective June 15, 2021
- JUST IN CASE BH Zone 8 virtual meeting on June 16, 2021
- Disaster Preparedness, Extreme Heat.
- CERT Callout Team ongoing registrations

If you have questions, comments or concerns about the CERT program, please contact us at cert@beverlyhills.org

***Neighbors helping neighbors*.**



For more information, please visit: www.publichealth.lacounty.gov

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

For Immediate Release - **June 11, 2021**
Contact: Lauren Santillana, Public Information Coordinator
(424) 331-2386

LA County to Align with State Masking Guidelines on June 15

Beverly Hills, CA – The Los Angeles County Department of Public Health (LACDPH) has announced that effective Tuesday, June 15, the County will mirror the State of California's guidelines for face coverings.

Face coverings will *not* be required for fully vaccinated individuals, except in the following settings where they are required for everyone, regardless of vaccination status:

- On public transit (examples: airplanes, ships, ferries, trains, subways, buses, taxis, and ride-shares) and in transportation hubs (examples: airport, bus terminal, marina, train station, seaport or other port, subway station, or any other area that provides transportation)
- Indoors in K-12 schools, childcare and other youth settings.
    - Note: This may change as updated K-12 schools guidance is forthcoming, pending updates for K-12 operational guidance from the CDC.
- Healthcare settings (including long term care facilities)
- State and local correctional facilities and detention centers
- Homeless shelters, emergency shelters and cooling centers

Employers and workplaces must continue to comply with Cal/OSHA COVID-19 Prevention Emergency Temporary Standards, which currently require employees to wear masks when in mixed vaccinated/unvaccinated settings. Businesses will continue

to have the ability require anyone entering their place of business, including customers, to wear a mask regardless of vaccination status.

Face coverings will be required for *unvaccinated* individuals in indoor public settings and businesses including retail, restaurants, theaters, family entertainment centers, meetings, and state and local government offices including City of Beverly Hills facilities.

Beverly Hills City Council and Commission meetings will remain virtual until further notice. To make an in-person appointment for City services, please visit beverlyhills.org/appointments or call 310-285-2467.

For information or questions about the impact of these changes on businesses, please email businessrecovery@beverlyhills.org.

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.

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

CALIFORNIA REOPENS ON JUNE 15

WHAT THAT MEANS FOR CALIFORNIANS

WHAT'S OPEN?

CA is fully reopen, with no capacity limits or distancing required by the State.

MASKING

If you're vaccinated, masks are not required in most places. Not vaccinated? Mask up until you are.

COUNTY COLOR TIER SYSTEM

No more tracking your county's color. We are Beyond the Blueprint, meaning no more county tiers.

The #CAcomeback is here. Learn more at covid19.ca.gov

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

JUST IN CASE BH

"JUST IN CASE, BH brings Residents, Businesses, and all City services together by seamlessly assisting each other before, during and after emergencies through disaster preparedness, organizational leadership, and communication."

As a CERT member we encourage you to participate and also to let everyone know about this opportunity for a better community.

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

SIGN UP WITH THE FOLLOWING LINK:
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/

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

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

Zone 8 Meeting June 16th 5pm

Topic: Zone 8

Time: Jun 16, 2021 05:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

https://zoom.us/j/99977219151?pwd=cmwybG4vOVhlRmNMMVNvY05zbURBQT09

Meeting ID: 999 7721 9151

Passcode: 140157

One tap mobile

+16699009128,,99977219151#,,,,*140157# US (San Jose)

+13462487799,,99977219151#,,,,*140157# US (Houston)

Join us!

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

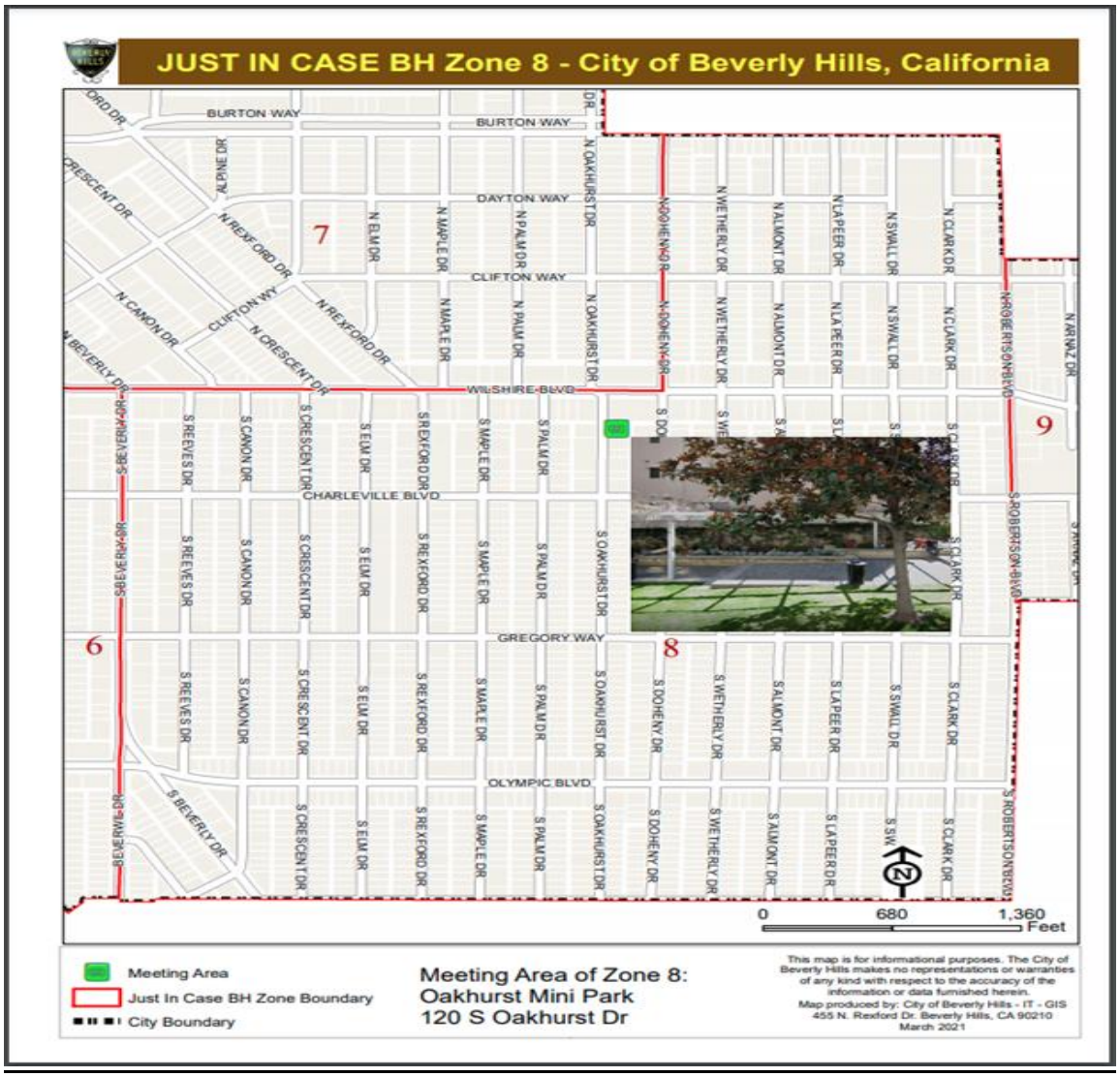
Saving lives since 1977

Beverly Hills CPR

A non profit organization

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.



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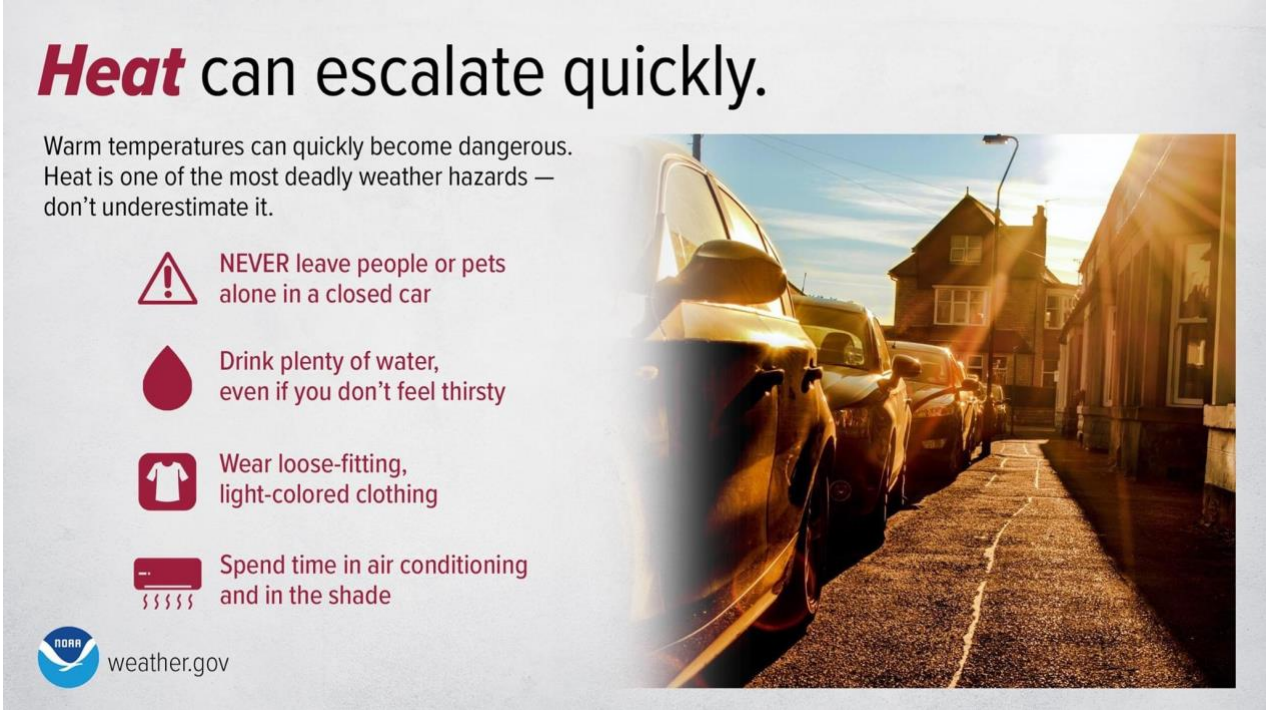
DISASTER PREPAREDNESS



Extreme Heat

Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. In extreme heat your body works extra hard to maintain a normal temperature, which can lead to death. In fact, extreme heat is responsible for the highest number of annual deaths among all weather-related hazards.

Remember:

- Extreme heat can occur quickly and without warning.
- Older adults, children and sick or overweight individuals are at greater risk from extreme heat.
- Humidity increases the feeling of heat as measured by a heat index.

IF YOU ARE UNDER AN EXTREME HEAT WARNING:

- Find air conditioning.
- Avoid strenuous activities.

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

- Wear light clothing.
- Check on family members and neighbors.
- Drink plenty of fluids.
- Watch for heat cramps, heat exhaustion and heat stroke.
- Never leave people or pets in a closed car.

HOW TO STAY SAFE WHEN EXTREME HEAT THREATENS

Prepare NOW

Find places in your community where you can go to get cool while following the latest guidelines from CDC about social distancing to reduce the spread of COVID-19.

Try to keep your home cool:

- Do not rely on a fan as your primary cooling device.
- Cover windows with drapes or shades.
- Weather-strip doors and windows.
- Use window reflectors such as aluminum foil-covered cardboard to reflect heat back outside.
- Add insulation to keep the heat out.
- Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing hot air.
- Install window air conditioners and insulate around them.
- Learn to recognize the signs of heat illness. For more information visit: www.cdc.gov/disasters/extremeheat/warning.html

Be Safe DURING

Never leave a child, adult, or animal alone inside a vehicle on a warm day. Exposing yourself to the sun or to high temperatures does not protect you from coronavirus disease 2019 (COVID-19).

Sign up for email updates and follow the latest guidelines about coronavirus from the Centers for Disease Control and Prevention (CDC) and your local authorities to prevent the spread of COVID-19.

Find places with air conditioning. Libraries, shopping malls, and community centers can be a cool place to beat the heat. Stay informed and check with local authorities about possible closures prior to going to cooling centers. Once there, follow CDC guidelines to prevent the spread of COVID-19. Some steps you can take to keep yourself and others safe from COVID-19 include:

- Wash your hands often, keep a physical distance of at least six feet between you and people who are not part of your household, and avoid crowds and large groups.
- Wear a face cloth covering. Children under 2 years old, people who have trouble breathing, and people who are unable to remove masks on their own should not wear face coverings.
- If you are wearing a mask and feel yourself overheating or having trouble breathing, put at least 6 feet of distance between yourself and others and remove the mask.
- If you can, wash your reusable mask regularly.
- If air conditioning is not available in your home:
- Contact Low Income Home Energy Assistance Program (LIHEAP) for help.
- Contact your local health department or locate an air-conditioned shelter in your area.
- Spend some time at a shopping mall or public library- even a few hours spent in air conditioning can help.
    - Keep at least six feet of space between you and individuals who are not a part of your immediate household.
    - Your community may set up emergency alternatives for cooling centers, such as using parked air-conditioned buses or movie theaters, as normal cooling centers may not have enough space for physical distancing. Pay attention to guidance from local officials to determine where the nearest cooling center is.
    - Wear masks when in public spaces. Masks should not be worn by children under 2 years old, people who have trouble breathing, and people who are unconscious, incapacitated, or otherwise unable to remove them.
    - Try to bring items that can help protect you and others in the cooling center from COVID-19, such as hand sanitizer that contains at least 60 percent alcohol and cleaning materials.
    - Review the CDC's guidelines for "Going to a Public Disaster Shelter During the COVID-19 Pandemic."
- Take cool showers or baths.
- Don't rely solely on fans to keep you cool. While electric fans might provide some comfort, when temperatures are really hot, they won't prevent heat-related illness.
- Use your stove and oven less to maintain a cooler temperature in your home.
- If you're outside, find shade. Wear a hat wide enough to protect your face. Wear appropriate cloth masks and keep a physical distance of at least six feet while you're outside. Don't wear a masks if you have trouble breathing or if you are unable to remove it on your own. Children under the age of 2 shouldn't wear face coverings. If you can, wash your reusable mask regularly.
- During extreme heat events, use a cloth mask that has breathable fabric, such as cotton, instead of polyester. Keep in mind that masks with filters, which are used when cleaning mold or debris, are often made with synthetic materials, which makes it harder to breathe.
- Ensure that your mask covers your mouth and nose and is somewhat snug on your face, even when it is hot. Make sure that it is not too tight. You should not have trouble breathing while wearing the mask. If it is too tight, loosen it so that if fits snuggly without slipping. If it is too tight, loosen it so that if fits snugly without slipping.

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- Be sure to have several clean masks to use in case your mask becomes wet or damp from sweat during an extreme heat event. Cloth masks should not be worn when they become damp or wet. Be sure to wash your cloth masks regularly.
- Wear loose, lightweight, light-colored clothing.
- Drink plenty of fluids to stay hydrated. If you or someone you care for is on a special diet, ask a doctor what would be best. There is no evidence showing that you can get COVID-19 through drinking water or touching water. Conventional water treatment methods, such as those in most municipal drinking water systems, use filtration and disinfection methods that should remove or inactivate the virus that causes COVID-19.
    - Keep in mind that not everyone can afford to stock up on supplies, such as sports drinks, cleaning supplies, and non-perishable foods. If you can, slowly buy supplies in advance so that you don't have to go to the store as often. Shopping less often helps to slow the spread of COVID-19. By social distancing and only shopping when you must, you can protect those who are unable to buy supplies in advance and must shop more frequently.
        - 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.
- Do not use electric fans when the temperature outside is more than 95 degrees. You could increase the risk of heat-related illness. Fans create air flow and a false sense of comfort, but do not reduce body temperature.
- Avoid high-energy activities outdoors. Avoid working outdoors during the midday heat, if possible.
- Check yourself, family members, and neighbors for signs of heat-related illness and COVID-19. Maintain social distancing between yourself and persons not part of your household.
- Engage virtually with your community through video and phone calls. Know that it's normal to feel anxious or stressed. Take care of your body and talk to someone if you are feeling upset. Many people may already feel fear and anxiety about the coronavirus 2019 (COVID-19). The threat of an avalanche can add additional stress. Follow CDC guidance for managing stress during a traumatic event and managing stress during COVID-19.

Recognize and Respond

Know the signs of heat-related illnesses and COVID-19 and ways to respond. At-risk populations for both heat-related illness and COVID-19 include older individuals and those

with underlying health conditions. Know how to protect individuals especially at risk from both extreme heat events and COVID-19.

If you are sick and need medical attention, contact your healthcare provider for advice and shelter in place, if you can. If you are experiencing a medical emergency, call 9-1-1 and let the operator know if you have, or think you might have, COVID-19. If you can, put on a mask before help arrives. If you are at a shelter or public facility, alert shelter staff right away so they can call a local hospital or clinic.

HEAT CRAMPS

- **Signs:** Muscle pains or spasms in the stomach, arms or legs
- **Actions:** Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. If you are sick and need medical attention, call your healthcare provider first. Follow your healthcare provider's instructions about whether you should go to the hospital or cooler location yourself, as you may be putting others or yourself in greater risk for contracting COVID-19. If cramps last more than an hour, seek medical attention. If possible, put on a mask before medical help arrives.

HEAT EXHAUSTION

- **Signs:** Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, fainting, nausea, vomiting
- **Actions:** Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Call your healthcare provider if symptoms get worse or last more than an hour.

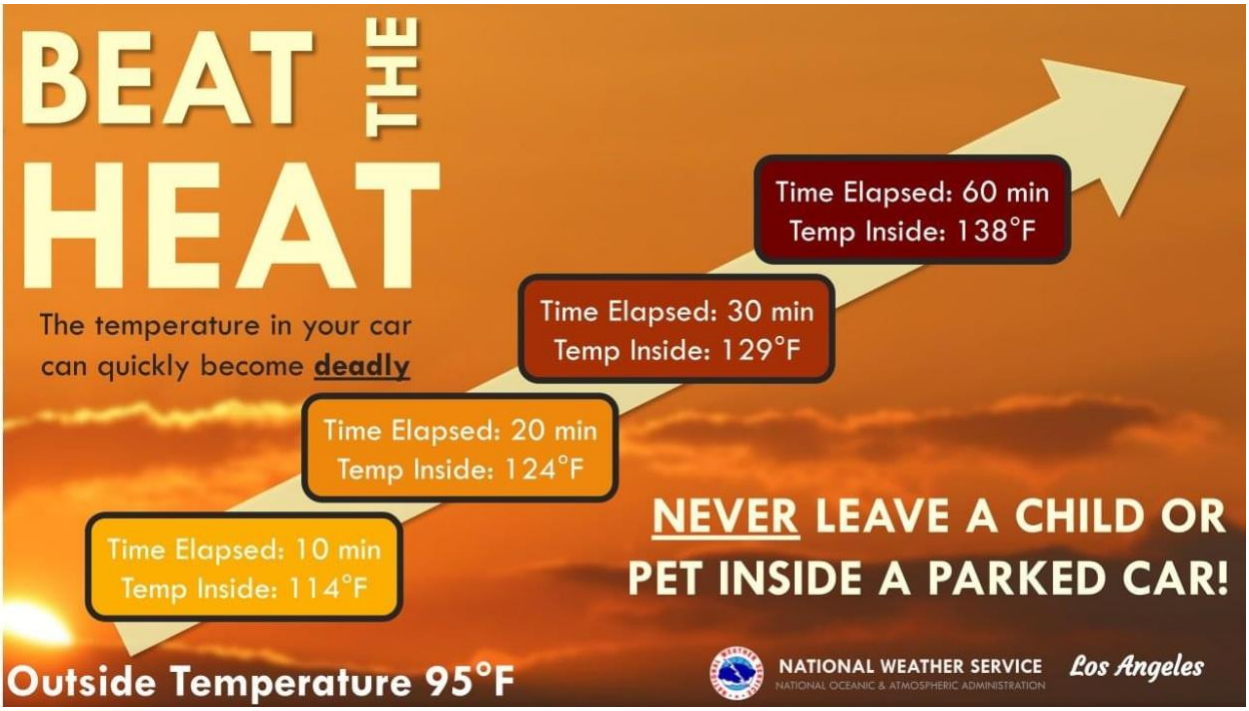
HEAT STROKE

- **Signs:**
    - Extremely high body temperature (above 103 degrees) taken orally
    - Red, hot and dry skin with no sweat
    - Rapid, strong pulse
    - Dizziness, confusion or unconsciousness
- **Actions:** Call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.

COVID-19

- **Signs:** A combination of cough and shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, and sudden loss of taste or smell

- **Actions:** For severe symptoms, call 9-1-1 and let them know you think you may have COVID-19 or may have been exposed to COVID-19. If you can, put on a mask before medical help arrives. If you're experiencing milder symptoms, consult your medical provider.



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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!

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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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,

Gabriel Mier

C.E.R.T. Coordinator

Community Risk Reduction

City of Beverly Hills

Fire Department

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Beverly Hills, CA. 90210

C: 310-612-5762

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