

# BEVERLY HILLS FIRE DEPARTMENT

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

BEVERLY HILLS, April 17, 2021.

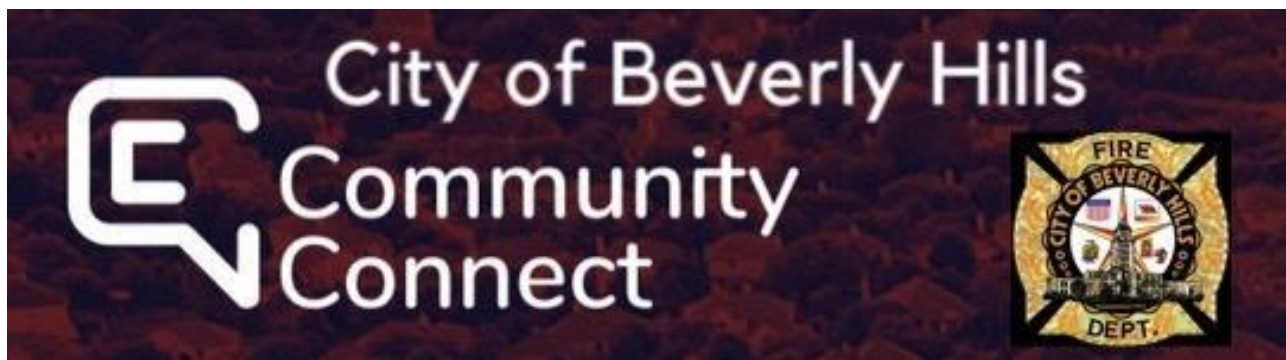
Dear CERT volunteers, this newsletter has the most recent information regarding COVID-19 vaccination updates after carefully validating its veracity, trustworthiness and relevancy to you. Remember to keep all safety protocols in place even after vaccination.

This week information, as follows:

- COVID-19 updates
- JUST IN CASE BH Zone 9 walk
- Earthquake Preparedness
- CERT refresher on Wednesday with LAFD

April is Earthquake Preparedness in the City of Beverly Hills, are you prepared now?

*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.

# Recommendation to Pause Use of Johnson & Johnson's Janssen COVID-19 Vaccine

On April 13, 2021, CDC and FDA recommended a pause in the use of Johnson & Johnson's Janssen COVID-19 Vaccine. Of the nearly 7 million doses administered so far in the United States, a small number of reports of a rare and severe type of blood clot have been reported in people after receiving the J&J/Janssen COVID-19 Vaccine. All reports occurred among women between the ages of 18 and 48, and symptoms occurred six to 13 days after vaccination. As of April 13, 2021, of the more than 180 million doses administered so far of the Pfizer-BioNTech or Moderna vaccines, no reports matching those associated with the J&J/Janssen vaccine have been received.

## [Get answers to your questions](#)

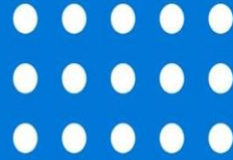
The use of this vaccine is 'paused' for now. This is because the safety systems that make sure vaccines are safe received a small number of reports of a rare and severe type of blood clot happening in people who got this vaccine.

We do not know enough yet to say if the vaccine is related to or caused this health issue. To be extra careful, CDC and FDA recommend that the vaccine not be given until we learn more.

**If you got this vaccine, seek medical care urgently if you develop any of the following symptoms:**

- **severe headache,**
- **backache,**
- **new neurologic symptoms,**
- **severe abdominal pain,**
- **shortness of breath,**
- **leg swelling,**
- **tiny red spots on the skin (petechiae), or**
- **new or easy bruising**

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



**California is following the FDA and CDC's recommendation and has directed health care providers to pause the use of the Johnson & Johnson vaccine until we receive further direction from health and safety experts.**



- 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](https://beverlyhills.org/coronavirus) or contact our **Hotline** at 310-550-4680 M-F 9a.m.-6p

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/>

## VACCINE UPDATE

### Los Angeles County Pauses Use of **Johnson & Johnson** Vaccine Following FDA and CDC Recommendation

Out of an abundance of caution, Los Angeles County is following the recommendation of the Food and Drug Administration (FDA) and the Centers for Disease Control and Prevention (CDC) to pause the use of **Johnson & Johnson** vaccine after reports that 6 women between the ages of 18 and 48 developed unusual types of blood clots 6 to 13 days after receiving the vaccine. This pause will last until the FDA and CDC complete their review, which is expected to take several days.

Vaccine providers in Los Angeles County will contact patients about rescheduling or providing a new appointment for Pfizer or Moderna vaccine.

These reactions are extremely rare, as nearly 7,000,000 people have received the Johnson & Johnson vaccine in the United States to date. People who received the vaccine in the last 3 weeks should look for any symptoms of these unusual clots, including severe headaches, abdominal or leg pain, and shortness of breath, and contact their medical provider if symptoms develop. People who don't have a medical provider can call 2-1-1 to connect with a healthcare provider.

We are grateful to the researchers and scientists working to ensure that all medications or vaccines, including the COVID-19 vaccines, have the highest safety standards.

[www.publichealth.lacounty.gov](https://www.publichealth.lacounty.gov)



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



For more detailed information, please visit the following link:

<http://publichealth.lacounty.gov/media/coronavirus/vaccine/index.htm>

VACCINATE LA COUNTY

**COVID-19 VACCINES ARE AVAILABLE FOR ANYONE 16+ WHO LIVES OR WORKS IN LA COUNTY.**

*Sign up for appointment notifications:*  
**MYTURN.CA.GOV**

*Phone assistance:*  
**(833) 540-0473**  
from 8am-8:30pm

Appointments. Eligibility. Info. [VaccinateLACounty.com](http://VaccinateLACounty.com)

County of Los Angeles  
**Public Health**

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>

To watch Fire Chief Greg Barton's message, visit:

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

If you were not able to volunteer today, Saturday April 17, please keep checking for future opportunities and meetings. Thank you to the volunteers who were able to assist today, your participation is greatly appreciated and needed.

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

# **EARTHQUAKE PREPAREDNESS**

## Stay Safe During

If an earthquake happens, protect yourself right away:

- If you are in a car, pull over and stop. Set your parking brake.
- If you are in bed, turn face down and cover your head and neck with a pillow.
- If you are outdoors, stay outdoors away from buildings.
- If you are inside, stay and do not run outside and avoid doorways.

## Protect Yourself During Earthquakes

Image



### 1. Drop (or Lock)

Wherever you are, drop down to your hands and knees and hold onto something sturdy. If you're using a wheelchair or walker with a seat, make sure your wheels are locked and remain seated until the shaking stops.

### 2. Cover

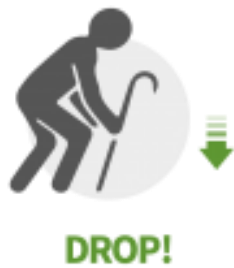
Cover your head and neck with your arms. If a sturdy table or desk is nearby, crawl underneath it for shelter. If no shelter is nearby, crawl next to an interior wall (away from windows). Crawl only if you can reach better cover without going through an area with more debris. Stay on your knees or bent over to protect vital organs.

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

### 3. Hold On

If you are under a table or desk, hold on with one hand and be ready to move with it if it moves. If seated and unable to drop to the floor, bend forward, cover your head with your arms and hold on to your neck with both hands.

Using a Cane?



Using a Walker?



Using a Wheelchair?



- More information at ready.gov: <https://www.ready.gov/earthquakes#before>

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





## Upcoming Virtual CERT Refreshers

April 21<sup>st</sup> at 7 pm (virtual training with LAFD-CERT)

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

**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)

Respectfully,

Gabriel Mier

C.E.R.T. Coordinator

Community Risk Reduction

**City of Beverly Hills**

**Fire Department**

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C: 310-612-5762

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