

- Donate to our Sister City, Sendai, Japan — see page 1
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*Training Today,  
for Tomorrow's Emergencies*

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# CITY OF RIVERSIDE CERT NEWSLETTER

Spring 2011

Volume III, Issue II

## DEEPEST CONDOLENCES

The City of Riverside expresses its deepest condolences to all who are affected by the earthquake and subsequent tsunami in Japan, especially in its Sister City Sendai.

By now you have probably seen the alarming images or heard of the devastation along the east coast of Japan. Sendai was one of the worst hit areas, located just 105 miles from the epicenter of the quake and directly in the path of the tsunami that followed.

Riverside and Sendai have been friends since 1951 and Sister Cities since 1957 in what is one of the oldest continuous Sister City relationships in the United States. Over the past five decades there have been museum, citizen, youth, and governmental exchanges between the two cities.

In 2007, on the 50th anniversary of the relationship, Sendai gave Riverside the gift of a Japanese Garden at White Park in Downtown Riverside. Riverside's 50th anniversary gift to Sendai was a giant orange sculpture that commemorates the citrus heritage of Riverside as well as the historic ties between the two cities.

Ronald O. Loveridge, Riverside's Mayor said, "The past exchanges of friendship between Riverside and Sendai have been many, and they have been meaningful. If there ever was a time to extend our hand of friendship, that time is now."

**Help is still needed!** To that end, Riverside community leaders have asked for donations for Sendai. Their initial \$250,000 goal has already been reached. They set a new goal of \$1 million. At the end of April, donations had already passed \$500,000 (see page 2 and <http://riversideca.gov/SendaiRelief>).



There are three ways to make a donation: credit card, check, or cash.

1. **Credit Card:** The website is <http://riversideca.gov/SendaiRelief>.

2. **Check:** Please make your check payable to "City of Riverside" and note "Sendai Relief Fund" in the memo. Mail or hand deliver the

check to:

**City of Riverside**  
ATTN: Office of the Mayor  
7th Floor  
3900 Main St  
Riverside, CA 92522

3. **Cash:** Please note that the donation is for the 'Sendai Relief Fund' and deliver to the address above.

100% of donated funds will go directly to the City of Sendai for them to use for their recovery needs. If you have questions, please call (951) 826-5311.

# RIVERSIDE RALLIES FOR SENDAI

Following a meeting in March 2011, to discuss aid to Riverside's Sister City Sendai, Japan, community leaders reconvened at City Hall to announce that their initial \$250,000 goal had been reached and to set a new goal of \$1 million.

Mayor Pro Tem Chris MacArthur said with the City of Riverside's proposed donation of \$100,000 and the County's proposed donation of \$50,000, the immediate target of \$250,000 would be met. He said that ongoing impacts from the disaster and threats from the nuclear situation are raising the stakes, and the community now needs to stretch and double its efforts.

*Riverside Mayor Ron Loveridge has asked each member of the Riverside community to contribute \$10.*

The City of Riverside worked to raise another \$250,000. Contributions made to the Red

Cross and other relief organizations by the Riverside community are expected to raise the remaining \$500,000.

Noting the urgency of the situation, Riverside Mayor Ron Loveridge said, "The time to act is now. Riverside stands ready to help." He asked for each member of the Riverside community to contribute \$10.



Mayor Loveridge read a letter from Sendai's Mayor Emiko Okuyama expressing her "deepest gratitude to the people of Riverside for their prayers and support."

Reporting heavy damage to infrastructure and services she stated, "We realize that the relationship with Riverside is invaluable to Sendai and we would very much appreciate any kind of monetary assistance the City could provide us with."

Community leaders provided updates on the various fundraising efforts around the City. Fire Chief Steve Earley said firefighters will be launching a "Fill the Boot" campaign on Mar 31, and Apr 1 and 3 (see page 4). UCR students put together a "Hugs for Japan" campaign to garner funds from the student population. The Martin Luther King High School Kingsmen Band headlined a benefit performance on April 1 at the Grove Community Church, and the Riverside Philharmonic dedicated its April 9 concert as a Sendai benefit.

Riverside's historic Mission Inn will light up the Bell Tower of the Mission Inn with blue lights—the color of Sendai—as a symbol of solidarity. Riverside City Hall will join this effort by lighting its Grier Pavilion in blue nightly as a symbol of support.

For how to donate, please see page 1.

# AIR QUALITY IMPACTS FROM JAPAN 2011 EARTHQUAKE/Tsunami

As a result of the Fukushima nuclear plant incident in Japan after this year's earthquake and tsunami, low levels of radioactive material have been detected in the United States.



**Very Low Levels of Radioactivity.** Several EPA monitors have detected very low levels of radioactive material in the United States consistent with estimates from the damaged nuclear reactors. These



levels detected are far below levels of public-health concern.

**Rainwater Radioactivity.** Elevated levels of radioactive material in rainwater are expected. While short-term elevations such as these do not raise health concerns - and the levels seen in rainwater are expected to be relatively short in duration - the U.S. EPA has taken steps to increase the level of nationwide monitoring of precipitation, drinking water, and other potential exposure routes to continue to verify that.

**EPA Recommendation.** EPA's only recommendation to state and local governments is to continue to coordinate closely with EPA, CDC and FDA. EPA will continue to communicate nationwide sampling results as they come in.

The EPA has its radiation air monitoring (RadNet) data, frequently asked questions, and other resources on <http://www.epa.gov/japan2011/>, where you can:

- ♦ Read the daily data summary.
- ♦ Find a map of air monitoring stations and view graphs of the data.
- ♦ Read frequently asked questions about EPA's radiation monitoring.
- ♦ Learn about EPA's RadNet radiation air monitoring data.

Source: <http://www.usa.gov>

# FILLING THE BOOT FOR SENDAI, JAPAN



## RIVERSIDE AIR SHOW MARCH 26, 2011

Firefighters collected funds for our Sister City, Sendai, Japan on behalf of the Riverside City Firefighters Association/Riverside City Fire Department.

*Firefighter Raymond Orozco collects donations for our Sister City Sendai, Japan on behalf of the Riverside City Firefighters Association/Riverside City Fire Department at the Riverside Air Show.*



*Firefighters Brian Guzzetta, Jesse Norton, Daniel Garibay, and Kip Hitter collect donations for our Sister City Sendai, Japan on behalf of the Riverside City Firefighters Association/Riverside City Fire Department.*



## A LETTER TO CERT MEMBERS

### **CERT Members:**

The tragic earthquake and tsunami that devastated Japan reminds us that we are all vulnerable to natural hazards and how quickly things can change. We want to express our deepest condolences to all who are affected by the earthquake in Japan, especially Riverside's Sister City, Sendai. And thank you to all who very generously donated to the Riverside Sendai Relief Fund. Your donations will be used exclusively for disaster relief efforts in the City of Sendai. See page 1 for information on how to donate. Donations are still needed.

### ***PRACTICE YOUR TRAINING***

As CERT Members, you know the importance of Disaster Preparedness and Readiness. In the FEMA CERT Basic Course, you were trained in disaster survival skills that will help you in everyday emergencies and following a major disaster. But to maintain your skills, you need repeated practice to ensure that you take the appropriate actions in an emergency.

The Riverside Fire Department - Office of Emergency Management, offers you many training opportunities to practice your skills. CERT Graduates are encouraged to attend Advanced Trainings on topics that will be useful in a CERT "Activation Request for Assistance" for an Emergency or Special Event.

### ***BASIC COURSES FREE TO CERT MEMBERS***

CERT Members can attend any of our CERT Basic Course Units as "refresher" training, including the Final Drill Exercise, for **free!** Just give us a call or register online, and we will add you to the roster. To see the Training Schedule, visit: <http://www.riversideca.gov/readyriverside/CERT/progr-CERT-schedule.asp> for dates and times.

### ***UPDATED BASIC COURSE***

In March 2011, FEMA announced that the updated CERT Basic Course Training Materials are now available. We will begin utilizing the updated materials in our CERT Basic Course beginning later this year.

### ***WHAT ARE THE CHANGES?***

The changes that were made will ensure that protocols are up-to-date and that the content is as clear as possible for those taking the training.

### ***WHO MADE THE CHANGES?***

To update the Basic Training, FEMA worked with a panel of 12 experienced CERT trainers from across the country, followed by a review by local CERT programs designated by the CERT or CERT/Citizen Corps coordinator in each state. FEMA senior leadership and technical review team also reviewed and commented on the updated material. Our Emergency Services Manager, Anthony Coletta, was part of the Team!

*"CERT Members can also attend any of our CERT Basic Course Units as "refresher" training, including the Final Drill Exercise, for free!"*

In closing, help promote preparedness. Contact us to schedule an Emergency Preparedness Presentation for your Neighborhood, Workplace, Civic/Faith Based Organization or Community Group. You can call us at (951) 320-8100 or email [rivcitycert@riversideca.gov](mailto:rivcitycert@riversideca.gov) for more information on scheduling a presentation.

***Preparing today for tomorrow's emergencies!***

Gina Perez  
Community Preparedness Coordinator  
Riverside Fire Department  
Office of Emergency Management  
(951) 320-8112  
[gperez@riversideca.gov](mailto:gperez@riversideca.gov)

<http://www.riversideca.gov/readyriverside/cert/>



*In alphabetical order: Robert Adling, Reina Canale, Gregory Crouch, Lila Dalton, Eric Eckstrom, Rafael Garcia, Lisa Gonzalez, Lauren Grecian, Christina Hales, Jonathan Hales, Fred Hanson, Richard Hanson, Catherine Hanson, Robert Hull, Sylvia Job, Todd Jorgenson, Terry Kunhart, Sandi Littlejohn, Lynette Loveland, Mason Loveland, James Marshall, Mark McKell, Clay Monroe, OdaLisa Nelson, Eric Palmer, Gregory Palmer, Daryl Paulsen, Kent Poulsen, Evan Poulsen, Octavio Rojas, Jason M. Salyer, Nathan Sandoval, Gary Seymore, Sara W. Steckbauer, Kathy Thorpe, Thomas Thorpe, Ronald Walker, Teresa Weber, Jeffrey Wolsleger.*

## CONGRATULATIONS TO GRADUATES OF CERT CLASS # 35!



*CERT Class #35 begins the Final Drill Exercise.*



*The Final Drill Exercise provides a realistic fire setting.*



*CERT Instructor Walt Bieszczad teaches the operation of a fire extinguisher during the Final Drill Exercise.*



*In alphabetical order: Rita Aragon, Eddie Casares, Claudia Castro, Wanda Christian-Smith, Lawrence Conn, Angelo Corso, Motoko Cox, Robert Dandurand, Sandy Garcia, Beth Gilbertson, Wanda Gong, Robin Jackson, Biblia Kim, Wun Sze Li, Nicholoas Nocella, Nelya Parada, Christopher Paz, Blake Petersen, Susan Pickens, Amanda Saavedra, Jo Ann Snodgrass, William Southern, Kathy Sutterlin, Garrett Swanson, Patricia Valdez.*

## CONGRATULATIONS TO GRADUATES OF CERT CLASS # 36!

*Captain Lisa Holloway teaches the importance of details and documentation in CERT Team Organization.*



*Christopher Paz use the Pull, Aim, Squeeze, Sweep (PASS) method to extinguish a fire.*



## CERT INCIDENT COMMAND SYSTEM

Taught by Anthony Coletta, Emergency Services Manager, Incident Command System class was held on February 16, 2011. Real incidents are chaotic, and CERT members deal with this chaos. CERT teams are organized under the principles of the Incident Command System (ICS), and this class makes ICS easier for CERT members to understand.



*Instructor Anthony Coletta, Emergency Services Manager, teaches the Incident Command System class, as students participate in tabletop exercises during the lecture.*

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## CERT CPR AND AED

On February 12, 2011, Captain John Peurifoy taught CERT Members about the changed procedures for Cardiopulmonary Resuscitation (CPR) and about the Automated External Defibrillator (AED). The most significant change trainees might have noticed is a change in the basic life support sequence of CPR steps for trained rescuers from "A-B-C" (Airway, Breathing, Chest compressions) to "C-A-B" (Chest compressions, Airway, Breathing).



*Students perform C-A-B (Chest compressions, Airway, Breathing) on baby mannequins.*



*Students listen to instruction from Captain John Peurifoy about the new method of performing CPR, which is C-A-B.*

# UPS DRIVERS' EMPLOYEE SAFETY FAIR



*Phil McCormick, Emergency Operations Coordinator, provides training to UPS drivers and employees.*

*Below are Phil McCormick, Emergency Operations Coordinator; Norma Pagan, Senior Office Specialist; Regina Brown, CERT Volunteer, and Gina Perez, Community Preparedness Coordinator, at the CERT/Emergency Preparedness booth during the UPS training session.*



*Phil McCormick, Emergency Operations Coordinator, provides tips on using small fire extinguishers that drivers use in their trucks as well as standard-sized home and commercial fire extinguishers.*

The UPS EMPLOYEE SAFETY FAIR was held on February 15, 2011, to teach UPS employees safety procedures. Each day UPS drivers are on interstates, rural roads and neighborhood streets delivering goods to homes and businesses. UPS drivers are often on the front lines when people are in need. They use their training and expertise to make a difference or save a life.

## DECEMBER 2010 RAINSTORMS

In December 2010, the City of Riverside experienced heavy rainstorms. After the incident, CERT Volunteers were asked to assist the Office of Emergency Management with a Telephone Damage Survey Project. Four CERT Members contacted 283 churches and private schools and gathered information regarding any property damage that had occurred as a result of the heavy rains.

CERT Volunteers BJ Ratliff, Mario Rivera Jr., Larry Hernandez, and Fran Ferrard donated a total of 30 hours to this project. The information gathered assisted the Office of Emergency Management Staff to compile reports and documentation regarding the incident.



*CERT Volunteers BJ Ratliff and Mario Rivera Jr. conduct damage survey phone calls.*

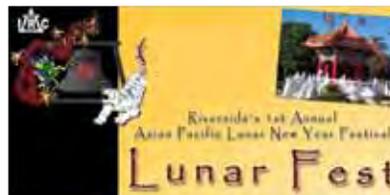
## ASIAN PACIFIC LUNAR FEST

January 29, 2011, kicked off the celebration for the community-held Asian Pacific Lunar Festival and Parade for all the diverse communities in Riverside and the Inland Empire. It commemorated Asian American contributions to Riverside's history, from building the railroads and working the citrus groves to contributing the vast transcontinental education with other cities around the world through its Sister City relationships. CERT had 11 volunteers handle the CERT/ Emergency Preparedness Booth during the fest. Thank you, volunteers!

Sources: <http://lunarfestriverside.com/> and CERT.



*Adrianna Curiel, Kathy Jensen, BJ Ratliff, Larry Hernandez, Kathy Thorpe, and Thomas Thorpe at the CERT/Emergency Preparedness Booth at the Lunar Fest.*



*Santiago Arteaga and Art Santore at the CERT booth. Also helping, but not pictured, are Anna Hauldren, Tim Mott, and Regina Brown.*

# SAVE THE DATE: CERT ACTIVITIES AND CLASSES

The registration form for most CERT classes is at <http://www.riversideca.gov/readyriverside/CERT/progr-CERT-schedule.asp>. Click on the appropriate registration form to the right.

**CERT 20-Hour Basic Course Training**  
Prepare family, co-workers, and neighbors for disasters with the CERT Basic Course.

**Location:** Riverside City Emergency Operations Center (EOC)  
3085 St. Lawrence Street  
Riverside, CA 92504

**Dates:** (must attend all three)

- ♦ **May 13, 2011, Friday**  
6:00 pm to 9:00 pm
- ♦ **May 14, 2011, Saturday**  
8:00 am to 5:00 pm
- ♦ **May 15, 2011, Sunday**  
8:00 am to 5:00 pm

**Dates:** (must attend all three)

- ♦ **Nov 4, 2011, Friday**  
6:00 pm to 9:00 pm
- ♦ **Nov 5, 2011, Saturday**  
8:00 am - 5:00 pm
- ♦ **Nov 6, 2011, Sunday**  
8:00 am to 5:00 pm

To receive the Federal Emergency Management Agency (FEMA) Certificate of Completion, attend all three classes. Registration fee is \$15.00.

**CERT Volunteers Needed**  
**CERT/Disaster Preparedness Information Booths**

Call (951) 320-8112 or e-mail Gina Perez at [gperez@riversideca.gov](mailto:gperez@riversideca.gov). Volunteer by staffing a display booth with family and friends for **at least two hours at any of the listed events.**

You perform an important function by helping spread the word about CERT/Disaster Preparedness at Community Events.

**ANNUAL SENIOR CONFERENCE**  
**Thursday, June 2, 2011**  
Meadows Mobile Home Park  
4000 Pierce Street  
Riverside, California  
9:00 am - 2:00 pm  
Help staff the CERT Emergency Preparedness Booth for at least two hours.

**10<sup>TH</sup> ANNUAL RIVERSIDE NEIGHBORHOOD CONFERENCE**  
**Saturday, June 4, 2011**  
Cal Baptist University  
8432 Magnolia Avenue  
Riverside, California  
7:00 am - 1:30 pm  
Help staff the CERT Emergency Preparedness Booth. Help out for at least two hours.

**Advanced CERT Training**  
After completing the Basic Course, CERT Members can take advanced training.

**CERT FIELD SAFETY AROUND ANIMALS**  
**May 25, 2011, Wednesday**  
6:00 pm - 8:00 pm

## April 2011

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## May 2011

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## June 2011

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Riverside City Emergency Operations Center (EOC)  
3085 St. Lawrence Street  
Riverside, CA 92504  
Learn how to be safe around animals with training provided by the Riverside County Department of Animal Services.



# DAVID BALL, CERT CLASS #23 GRADUATE, FEMA WINNER



The Federal Emergency Management Agency (FEMA) announced the winners, including **David Ball**, of the 2010 National Citizen Corps Achievement Awards! These awards recognize innovative practices and achievements of communities and individuals across the nation that make our neighborhoods safer, stronger, and better prepared to manage any emergency. David Ball, a graduate of the Riverside CERT Class #23, received the *Individual Achievement Award* for his work in disaster services for the disabled community.

Since then, he moved to Oakland, California, and has been appointed the Disability Integration Specialist with the U.S. Department of Homeland Security's Federal Emergency Management Agency (FEMA) Region IX, where he serves the disabled community in meeting their access and functional needs in emergency preparedness, response, recovery, and mitigation. As a person with a disability, his passion for disaster services for the disabled community is evident in his actions, affiliations, and continued

educational pursuits related to the field.

Before coming to FEMA, Mr. Ball was involved in disaster services and independent living for the disabled community. For three years he served as a Systems Change Advocate

and Individuals with Disabilities Education Advocate for an independent living center in California, where he assisted individuals in the disabled community with their integration goals and with legislative and American with Disabilities Act issues affecting them.

Mr. Ball was active in disaster services as well. He served as a:

- ♦ Volunteer with the American Red Cross as a disaster services human resources member, instructor, and governmental liaison
- ♦ Member of the Cal EMA Functional Assessment Service Team
- ♦ Vice chair of the Riverside County Voluntary Organizations Active in Disaster
- ♦ Member of the Riverside County Operational Planning Area Commission as well as Mass Care and Sheltering committees
- ♦ Member of

California Foundation for Independent Living Centers and Riverside Governmental Affairs committee.

Mr. Ball had a seat in the Riverside County Emergency Operations Center as technical advisor for functional and access needs. He also conducted disaster preparedness workshops for individuals and businesses.

Prior to moving to California, Mr. Ball owned a business for over ten years and was a sheriff for three years in Oklahoma. As a first responder, Mr. Ball was one of the first rescuers on scene at the 1995 Oklahoma City Federal Building bombing. There he received a life changing injury that left him permanently disabled. After the injury, Mr. Ball continued his active lifestyle and turned his focus to the disabled community's needs. In 2004, he partnered with his service dog, Hawk, and has since been a volunteer ambassador for Canine Companions for Independence, the organization that trained Hawk. Together they enjoy skydiving, camping, fishing, and white water rafting in their off time.



# DO YOU KNOW WHAT'S ON A LABEL?

We often take labels for granted instead of taking advantage of all the information they provide. Labels on household cleaning product packages contain just about everything we need to know about its safe and effective use. Use them as a resource for answers to your questions and be sure to follow directions for use!

• For other cleaning products, ingredient listings aren't required, but some may include

Provides special guidelines for properly storing and/or discarding a product, if necessary. For example:

- Store in a cool dry place.
- Rinse the package before recycling and/or disposing in the trash.

## 1 PRODUCT NAME

Identifies the product. Generally a brand name, or the generic name of a product, like "Bleach."

## 2 PRODUCT TYPE

Identifies the type of product it is.

For example: an all-purpose cleaner, laundry detergent, disinfectant cleaner, etc.

## 3 DIRECTIONS FOR USE

Tells how to use the product for satisfactory results. For example:

- How much should be used.
- What fabrics/dishes/surfaces it should be used on.
- What surfaces it should not be used on is often included.

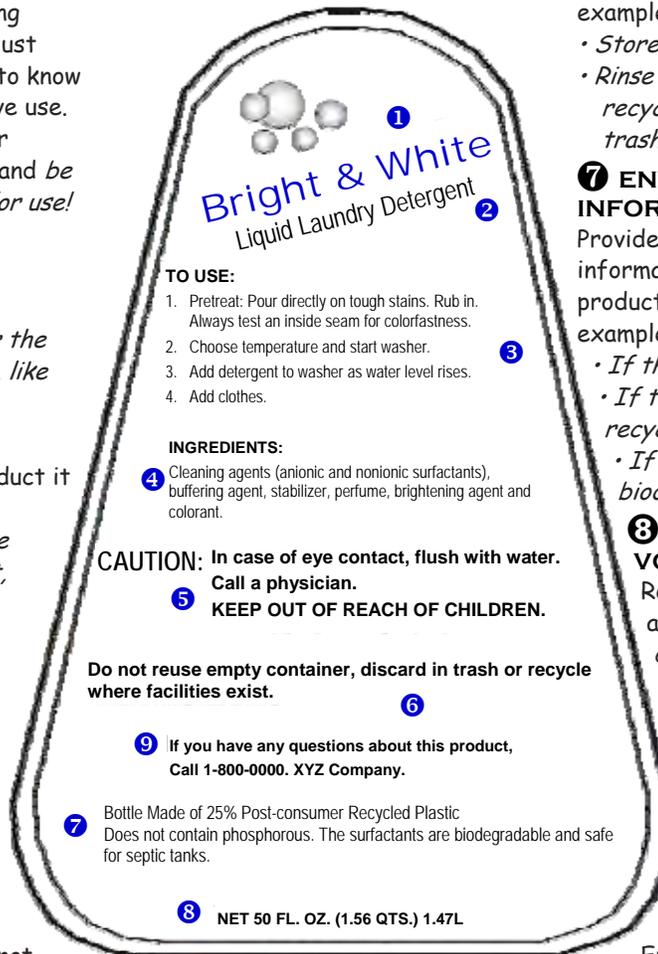
## 4 INGREDIENTS

Materials used to formulate the product may be listed.

- For disinfectants, the active ingredients must be listed.

### SPECIAL EPA LABELING FOR DISINFECTANTS

By law, disinfectant products must include an EPA registration number to indicate that the product meets the U.S. Environmental Protection Agency's (EPA) criteria for disinfectants.



## 7 ENVIRONMENTAL INFORMATION

Provides special environmental information or instructions for the product and/or its container. For example:

- If the package is recyclable.
- If the package contains recycled materials.
- If some ingredients are biodegradable.

## 8 NET WEIGHT OR VOLUME

Required by law. Lists the amount of product in the container.

- This is often helpful in comparing prices for different sized packages or competitive products.

## 9 MANUFACTURER'S NAME AND ADDRESS AND/OR A TOLL-FREE PHONE NUMBER

Enables consumers to contact the manufacturer with questions, comments or problems.

**Tip for Child Care Centers**  
Keep a current listing of all products you use for immediate access, if needed.

### TO USE:

1. Pretreat: Pour directly on tough stains. Rub in. Always test an inside seam for colorfastness.
2. Choose temperature and start washer.
3. Add detergent to washer as water level rises.
4. Add clothes.

### INGREDIENTS:

- 4 Cleaning agents (anionic and nonionic surfactants), buffering agent, stabilizer, perfume, brightening agent and colorant.

**CAUTION:** In case of eye contact, flush with water. Call a physician.

**5 KEEP OUT OF REACH OF CHILDREN.**

Do not reuse empty container, discard in trash or recycle where facilities exist.

- 9 If you have any questions about this product, Call 1-800-0000. XYZ Company.

- 7 Bottle Made of 25% Post-consumer Recycled Plastic Does not contain phosphorous. The surfactants are biodegradable and safe for septic tanks.

**8 NET 50 FL. OZ. (1.56 QTS.) 1.47L**

them anyway. And, unlike packaged food labeling, the order does not necessarily represent the relative amounts of each ingredient.

## 5 HUMAN SAFETY INFORMATION

Provides CAUTION/WARNING or DANGER statements, as well as other precautionary statements and emergency treatment information.

## 6 STORAGE AND/OR DISPOSAL INFORMATION

Cleaning product labels are meant to give you the information you need to know for satisfactory results and safe use. **Read and follow them!**

# POISON MISHAPS - WHAT WOULD YOU DO?



**What should you do if you think someone's been poisoned?** Follow first aid instructions (<http://www.1-800-222-1222.info/firstAid/home.asp>) if you can. Then call **1-800-222-1222** right away! The poison center experts will tell you exactly what to do. They will follow up with you by phone to be sure that everything is all right.

**DO NOT wait to call!** If you call right away, the problem can often be taken care of over the phone. Don't wait for symptoms!

## FIRST AID TIPS

1. **Has the person collapsed or stopped breathing?** Call **911** or your local emergency number right away.
2. **Swallowed the wrong medicine or too much medicine?** Call **1-800-222-1222**.
3. **Inhaled poison?** Get to fresh air right away. Call **1-800-222-1222**.
4. **Poison on the skin?** Take off any clothing that the poison touched. Rinse skin with running water for 15 to 20 minutes. Call **1-800-222-1222**.
5. **Poison in the eyes?** Rinse eyes with running water for 15 to 20 minutes. Call **1-800-222-1222**.

## Why Should You Call the Poison Center?

The poison experts are at the poison center, 24 hours a day, 7 days a week. When your health care provider has a question about poisons, he or she probably calls the poison center, too.

When you call the poison center for a poison emergency, it can probably be taken care of over the phone. This is much faster and cheaper than calling an ambulance and going to the emergency room.

If you do need hands-on care, the poison center will call an ambulance for you, give treatment advice to the ambulance crew, then call the emergency department so they're ready for your arrival.

## How can I be prepared for a poison emergency?

Call your poison center at **1-800-222-1222**. The poison center can send you telephone stickers or magnets with the emergency phone number. Post that number on or near your telephones.

Ask your poison center what to keep on hand for a possible poisoning. They might recommend ipecac syrup and/or activated charcoal. You can buy these medicines without a prescription. Use them **ONLY** if the poison center tells you to.



**Ipecac syrup** is a medicine that causes vomiting. It is sometimes recommended after a poison exposure; it can partially empty a person's stomach. **BUT** it should only be given if the poison center tells you. It usually isn't needed. Sometimes it shouldn't be given. Sometimes it can even make things worse.

**Activated charcoal** is a medicine that can bind to, or inactivate, many drugs and chemicals. It is sometimes recommended after a poison exposure. **ONLY** give it if the poison center tells you. It usually isn't needed. Sometimes it's hard to give at home. Sometimes it shouldn't be given.

If you think there's been a poisoning, follow the first aid advice here and call the poison center at **1-800-222-1222**.

# EARTHQUAKE TIPS: WHAT NOT TO DO

Based on years of research about how people are injured or killed during earthquakes, three actions are **NOT** recommended during earthquakes:

1. DO NOT run outside or to other rooms during shaking
2. DO NOT stand in a doorway
3. DO NOT get in the "triangle of life"

**DO NOT run outside or to other rooms during shaking:** The area near the exterior walls of a building is the most dangerous place to be. Windows, facades and architectural details are often the first parts of the building to collapse.

Stay inside if you are inside; stay outside if you are outside. Shaking can be so strong that you will not be able to move far without falling down, and objects may fall or be thrown at you that you do not expect. Drop to the ground before the earthquake drops you.

**DO NOT stand in a doorway:** An enduring earthquake image of California is a collapsed adobe home with the door frame as the only standing part. From this iconic image came our belief that a doorway is the safest place to be during an earthquake. True, if you live in an old, unreinforced adobe house or some older wood frame houses. In modern houses, doorways are no stronger than any other part of the house, and the doorway does not protect you from falling or flying objects. You are safer under a table.

**DO NOT get in the "triangle of life:"** A circulating e-mail describes an alternative to the long-established "Drop, Cover, and Hold On" advice. The so-called "triangle of life" (getting next to a table rather than underneath it) and other actions recommended in the e-mail are potentially life threatening, and the credibility of the source of these recommendations has been questioned. The "triangle of life" advice is based on several wrong assumptions:

*unique structural aspects of the building make this nearly impossible); and*

- ♦ During strong shaking, people can move to a desired location (*wrong - strong shaking can make moving very difficult and dangerous).*

Some other recommendations in the "triangle of life" e-mail are also based on wrong assumptions and are extremely hazardous. It recommends getting out of your car

during an earthquake and lying down next to it, assuming that an elevated freeway above will fall and crush your car. There are very few elevated freeways, and lying next to your car is very dangerous. The car can move and crush you, and other drivers may not see you on the ground!

**PRACTICE THE RIGHT THING TO DO. IT COULD SAVE YOUR LIFE.**

Practice how to protect yourself on a regular basis; you are more likely to react quickly. A great time to practice **Drop, Cover, and Hold On** is by participating in the **Great California ShakeOut** this October.

More information about what to do during an earthquake can be found at [www.earthquakecountry.info/roots/step5.html](http://www.earthquakecountry.info/roots/step5.html).



- Buildings collapse in earthquakes (*wrong - especially in developed nations, and flat "pancake" collapse is rare anywhere.*);
- When buildings collapse, they crush furniture inside (*wrong - people DO survive under furniture or other shelters*);
- People can always anticipate how their building might collapse and anticipate the location of survivable void spaces (*wrong - the direction of shaking and*

# Riverside Fire Department - Office of Emergency Management

“Preparing today for tomorrow’s emergencies”



3085 St. Lawrence Street, Riverside, CA 92504  
(951) 320-8100 [www.readyriverside.com](http://www.readyriverside.com)



Stocking up now on emergency supplies can add to your safety and comfort during and after an earthquake or other emergency. Store enough supplies for at least seven days.

## Survival

- Water - 1 gallon per person per day
- First aid kit, freshly stocked
- First aid book
- Food (packaged, canned, no-cook, baby food, special diets)
- Can opener (non-electric)
- Blankets or sleeping bags
- Portable radio, flashlight, and spare batteries
- Essential medications, spare eyeglasses
- Fire extinguisher: A-B-C type
- Cash and change
- Food and water for pets
- Baby supplies: formula, bottle, pacifier, soap and baby powder, clothing, blankets, baby wipes, disposable diapers, canned food and juices

## Tools and Supplies

- Axe, shovel, broom
- Adjustable wrench for turning off gas
- Tool kit, including a screwdriver, pliers, and hammer
- Coil of ½" rope
- Plastic tape, staple gun, and sheeting for window replacement
- Bicycle
- City and regional map

## Family Action Planning

- Create family emergency plan
- Teach children emergency phone numbers of family and out-of-state contacts
- Update emergency contact names and phone numbers on school release forms
- Conduct a family disaster drill twice a year

## Safety and Comfort

- Sturdy shoes
- Heavy gloves for clearing debris
- Candles and matches
- Light sticks
- Change of clothing
- Knife or razorblades
- Garden hose for siphoning and firefighting
- Communication kit: paper, pens, stamps
- Tent

## Cooking

- Plastic knives, forks, and spoons
- Paper plates and cups
- Paper towels
- Heavy-duty aluminum foil
- Camping stove for outdoor cooking  
(*Caution: Before using fire to cook, make sure there are no gas leaks; never use charcoal indoors*)

## Sanitation Supplies

- Large plastic trash bags for waste, tarps, and rain ponchos
- Large trash cans
- Bar soap and liquid detergent
- Shampoo
- Toothpaste and toothbrushes
- Feminine hygiene supplies
- Toilet paper
- Household bleach

## DAMAGE TO FACILITIES AFTER A MAJOR EARTHQUAKE



**Power** will go out immediately everywhere, and restoration times vary. In the most heavily damaged areas, **electricity** will remain out for weeks or longer. Some residences will suffer broken **gas** lines when their houses slip from unbolted foundations. Have a safe light source.

**Water** will stop flowing in many taps for weeks or months. In many communities, strong ground shaking will break old, brittle water pipes and connectors, and there will be so many breaks that it will prove cheaper and faster to replace the entire conveyance system, rather than hunt and repair every break. The process will be neither cheap nor fast, and communities will compete for repair priority. Have a supply of water on hand.



Many **wastewater** pipes are also old and brittle, and run alongside water pipes under the streets. Broken sewer pipes will contaminate broken water pipes, and in some places, tap water will be unsafe to drink for as long as a year. As stated above, make sure you have a supply of water on hand.

**Telecommunications** will be out for at least a day, because of some damage and much overuse. Phone systems will be oversaturated because millions are trying to make calls at once. How cell phone towers are affixed to buildings is not regulated, so cell phone towers will be damaged by shaking. Two thirds of the region's internet lines will be ruptured by the fault.



**Transportation** by road and rail will be disrupted by fault rupture and landslides, and take months to repair. Retrofitting of state highway bridges prevents their collapse, but not those under most local jurisdictions. For months, getting around the southland will take longer, and travel time delays will add more than \$4 billion to economic losses.

**Hospitals** in the hardest hit counties of Riverside, San Bernardino, and Los Angeles will be operating at reduced functionality. At a time when thousands of disaster victims need hospital care, some hospital buildings will be closed by structural damage; many others will be unusable because of non-structural damage, such as broken water pipes and unsecured equipment.



**Public schools**--grades K-12 and community colleges are protected by the Field Act, legislation that sets special construction and inspection standards. Structurally, public schools will hold up well, although non-structural and contents damage will pose problems. Private schools and universities are not protected by the Field Act, and some will suffer both structural and non-structural damage.

The **Ports** of Los Angeles and Long Beach are important contributors to the region's economy. They will not suffer much damage from a far-away earthquake, but their flow of goods will be disrupted for months, as many principal train routes and truck routes are damaged by fault rupture.



**CITY OF RIVERSIDE  
COMMUNITY  
EMERGENCY  
RESPONSE  
TEAM**

City of Riverside  
Fire Department  
Office of Emergency  
Management

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## PREPARING TODAY FOR TOMORROW'S EMERGENCIES

The purpose of CERT Training is to provide private citizens with basic skills to respond to the community's immediate needs in the aftermath of a disaster, when emergency services are not immediately available.

**Continue your CERT training by taking advanced courses.** Emergency service capability can be greatly enhanced by well-organized, well-trained, and well-managed CERT teams that are able to:

- ♦ Prepare in advance of a disaster event.
- ♦ Respond in their communities to address immediate needs brought about by a disaster.

### Advanced Classes Available

See page 11 for more information on advanced classes. Learn field safety around animals on May 25. Help staff the CERT Booth at the Annual Senior Conference on Thursday, June 2, or volunteer for the 10th Annual Riverside Neighborhood Conference on Saturday, June 4.

Congratulate David Ball when you see him. Go to page 12 to find out why. Pages 13 and 14 contain information on reading labels and

what to do when there is a poisoning accident.

Earthquake tips are listed on page 15, and a handy Emergency Supply List is on page 16. Some possible events after an earthquake are discussed on page 17. Remember the following when an earthquake starts rolling:

- ♦ If indoors, stay there until shaking stops;
- ♦ If outdoors, find a spot away from buildings, trees, streetlights, power lines, and overpasses;
- ♦ If in a vehicle, drive to clear spot and stop; and
- ♦ **DROP, COVER, and HOLD**

### FORM NEEDED

On the first day of the CERT Basic Course, you completed a Disaster Service Worker form, which **expires** 5 years from the date of completion of the CERT Basic Course. You are required to fill out a new one after 5 years to participate in any CERT Training or any CERT activities.

Contact Gina Perez at (951) 320-8112 or [gperez@riversideca.gov](mailto:gperez@riversideca.gov) to get the form.

## IMPORTANT

Have you moved or changed your email address or phone number?



Give us a call (951.320.8100)  
or send an email  
([rivcitycert@riversideca.gov](mailto:rivcitycert@riversideca.gov))  
and update your contact  
information.