



CORONADO FIRE DEPARTMENT

Fall Quarter 2006
October, November, December

Fire Division Chief Alan Nowakowski
Emergency Preparedness Coordinator

Winter Weather Storms Can Kill

In California, winter storms can be deadly, causing flooding, flash floods, high coastal surf, mudslides, snowstorms and avalanches. The Coronado Fire Department offers the following safety tips to help you prepare for a safe winter.

Wherever you live or travel, you should be aware of the dangers of winter storms and be prepared to cope with one.

Before The Storm

- Keep insurance policies, documents and other valuables in a safe-deposit box.
- Check your homeowner's or renter's insurance for flood insurance coverage.
- Store supplies at work, home and car in handy locations:
 - ✓ First aid kit and essential medicines.
 - ✓ Food (packaged, dried, canned, or food for special diets).
 - ✓ Keep some cash on hand. ATM machines may not be working.
 - ✓ Portable radio, flashlights and extra batteries (stored in water-tight plastic bag).
 - ✓ Store drinking water in closed, clean containers in case water service is interrupted. Allow one gallon of water per person per day for at least three days.

- Keep your car fueled. If electric power is cut off, filling stations may not be able to operate.
- Know safe routes from your home or office to high, safe ground.

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Emergency Siren Test Set for October 17

If you hear loud sirens throughout the City on October 17, don't panic. The City has planned a test of its emergency siren system for that day.

Coronado has three main sirens installed throughout the City to alert the community in the event of a disaster. They are at the main fire station on Sixth Street, at Glorietta Bay Park and at the Coronado Cays fire station. In the event of a real emergency, the sirens alert the residents to tune into the San Diego County Emergency Alerting System (600 KOGO AM radio) to receive accurate and timely information on what steps they should take during the emergency.

The City reminds residents to remain calm during the test. The sirens will be activated for several minutes at a time. Residents can expect an extended horn-like sound similar to the old civil defense sirens.

Lend a Hand

Learn About Community Resources and How to Participate

The ability of your neighborhood, workplace, or school to respond effectively after a disaster might depend on how well you use resources available in your community **now**.

Local fire, law enforcement, medical services, and other personnel might be overwhelmed and unable to assist you after a disaster. But they can help you prepare to be self-sufficient if you use their services before the next emergency.

The Community Emergency Response Team (CERT) program can also be a useful resource. It is a nationwide all-risk, all-hazard training program. This valuable course is designed to help you protect yourself, your family, your neighbors, and your neighborhood in an emergency situation,

such as a terrorist attack. CERT is a positive and realistic approach to emergency and disaster situations where



citizens may initially be on their own and their actions can make a difference. One goal of the CERT program is to help people respond effectively and efficiently to others in need without placing themselves in unnecessary danger. You can be a CERT volunteer.

Another helpful resource to find out what's available is 2-1-1 INFOLINE, an integrated system of help via the telephone. 2-1-1 INFOLINE is a single source for information about community services, referrals to human services, and crisis intervention. It is toll-free and operates 24 hours a day. Multilingual caseworkers and TDD access is available. In Southern California the number is 2-1-1 for area information services. The number may be different in other states.

Learning about these and what other resources are available in your community and using them now is an important step in preparing for future disasters.

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- Keep sandbags, plywood, plastic sheeting, lumber and other emergency building materials handy for waterproofing.

During The Storm

- Avoid areas that are subject to sudden flooding.
- Do not try to cross a flowing stream where water is above your knees. Even water as low as 6 inches deep may cause you to be swept away by strong currents.
- Do not try to drive over a flooded road. This may cause you to be both stranded and trapped.
- If your car stalls, abandon it IMMEDIATELY and seek higher ground. Many deaths have resulted from attempts to move stalled vehicles.

- Do not "sightsee" in flooded areas. Do not try to enter areas blocked off by local authorities.

- Avoid unnecessary trips. If you must travel during the storm, dress in warm, loose layers of clothing. Advise others of your destination.

- Use the telephone ONLY for emergency needs or to report dangerous conditions.

- Tune to local radio or television stations for emergency information and instructions from local authorities.

- If flooding is likely, and time permits, move valuable household possessions to the upper floors of your home.

- If advised by local authorities to leave your home, move to a safe area before access is cut off by flood

water. Establish an out-of-state "family contact" so that friends and relatives will know who to call to get information about where you are.

- Before leaving, disconnect all electrical appliances, and if advised by your local utility, shut off electric circuits at the fuse panel and gas service at the meter.

After The Storm

- **DO NOT TURN GAS BACK ON YOURSELF.** Rely on utility crews.

- Do not use fresh foods or canned goods that have come in contact with flood waters.

- Follow local instructions regarding the safety of drinking water. If in doubt, boil or purify water before

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Lend a Hand - *Continued from page 2***What You Can Do Now****Find Out What's Available**

Local government is usually the first to respond to emergencies. Additional assistance from neighboring cities and the impacted county might be available if your city uses all of its resources. As resources from the surrounding cities and county are used up, personnel and equipment from communities outside the impacted area might be brought in to assist.

Neighborhood Resources

Prior to the next emergency it's important to determine what skills you might be able to draw from your own neighborhood. Among your neighbors, there might be:

- Emergency planners
- Firefighters
- Health care professionals
- Police officers, deputy sheriffs or other law enforcement officers
- Community Emergency Response Team (CERT) members
- Community Emergency Radio Operators (in Coronado: **CERO**)
- Citizen Corps Council members
- Others with helpful skills

These individuals or groups can be useful resources for information, planning, training and other aspects of your preparedness and response efforts.

Government Resources

Local, state, federal, and volunteer agencies such as the American Red Cross are other sources of information about individual, family, community, business, and school preparedness. Before the next emergency, get

information that will help you better prepare.

Ask these agencies to provide speakers and training on emergency preparedness for your business, or place of worship. Involve experts from these organizations in any planning, training and exercises in which your neighborhood, workplace or school is involved. Their observations and input will help improve your response to an actual emergency.

The American Red Cross recommends that you:

- Get trained. The Red Cross provides first aid/CPR and other preparedness training.
- Volunteer. Few Americans are untouched by Red Cross services. There are many needs and ways to serve.
- Give blood. Blood is needed in time of emergency, but the ongoing need is also great.

Give a Gift of Life

A great way to lend a hand to your family's and friends' preparedness is to give a survival gift for the next holiday, birthday or other occasion. Items such as flashlights, portable radios, first aid kits, etc. are great gift ideas. They might also be "Gifts of Life" after the next disaster.

A checklist of agencies that might be able to assist you with resources before and/or after a major disaster includes the following:

- American Red Cross
- Salvation Army
- City/County Office of Emergency Services
- **Your local Community Emergency Response Team (CERT)**

Sources for this document include the OES publication "Organizing Neighborhoods"

**CERT course starts
October 11.
See back page
of this publication.**

WINTER WEATHER -

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drinking. Have wells pumped out and the water tested before drinking.

- Avoid disaster areas; your presence could hamper rescue and other emergency operations, and you may be in danger.
- Do not handle live electrical equipment in wet areas. If electrical equipment or appliances have been in contact with water, have them checked before use.
- Avoid downed power lines and broken gas lines. Report them immediately to the electric or gas company, police or fire department.
- Use flashlights – NOT lanterns, matches or candles – to examine buildings; flammables may be inside.
- Stay tuned to radio or television for information and instructions from local authorities.

*California Governor's Office of
Emergency Services*

FLOOD INSURANCE
Most homeowners'
insurance policies do
NOT offer protection
against flood losses. For
information about flood
insurance, call your local
insurance agent, or call
the National Flood
Insurance Program at
(888) Call-Flood.



The City of Coronado encourages the participation of disabled individuals in this activity, services and programs provided by the City. Individuals with disabilities who require reasonable accommodations in order to participate should contact: Americans with Disabilities Act Compliance Officer, in the Administrative Services Department. Telephone: 619-522-7304.

Fall 2006 CPR

DATE	DAY	TIME
Oct. 14	Saturday	9:00 a.m. - 1:30 p.m.
Nov. 4	Saturday	9:00 a.m. - 1:30 p.m.
Nov. 28	Tuesday	5:15 p.m. - 9:45 p.m.

CPR classes will be held in the Emergency Operations Center (EOC) at the Police Facility at 700 Orange Avenue. The fee of \$25.00 must be paid at the time of the class. Participants will receive an American Heart Association book and a barrier device to protect themselves when performing CPR. Please call the Fire Department for registration: 619-522-7374.

The CERT Program (Community Emergency Response Team)

DATE	DAY	TIME
MODULE 1 - Disaster Preparedness		
Oct. 11	Wednesday	9:00 a.m. - 1:00 p.m.
MODULE 2 - Disaster Fire Suppression		
Oct. 18	Wednesday	9:00 a.m. - 1:00 p.m.
MODULE 3 - Disaster Medical Operations		
Oct. 25	Wednesday	9:00 a.m. - 1:30 p.m.
MODULE 4 - Light Search and Rescue Operations		
Nov. 1	Wednesday	9:00 a.m. - 1:00 p.m.
MODULE 5 - Terrorism / Disaster Psychology / Team Org.		
Nov. 8	Wednesday	9:00 a.m. - 1:00 p.m.

Following is a brief description of the CERT classes and some of the skills that will be taught.

Module 1 • Disaster Preparedness: Introduction to types of disasters and the role of CERTs in a disaster.

Module 2 • Disaster Fire Suppression: Basic fire suppression strategy, fire fighting resources and fire fighting techniques.

Module 3 • Disaster Medical Operations: Treatment techniques for life-threatening conditions, principles of triage, establishing treatment areas, and more.

Module 4 • Disaster Light Search and Rescue Operations: Search and rescue priorities, size-up strategies, and rescuer safety.

Module 5 • Terrorism/Disaster Psychology/Team Organization: Potential threats and how to identify them, CERT activation, and Preparedness in Coronado. The post-disaster emotional environment, the CERT organization and decision making.

In order to receive certification all five Modules have to be completed. Module 1 must be taken first and Module 5 last.

**CERT Fans and
CERT Members:**

There is a CERT meeting every **third Thursday** of the month at **6:00 p.m.** in the EOC at the Police Department where CERT members will receive more training and new updates on Emergency Preparedness.

There is no fee for CERT classes. Please call the Coronado Fire Department for location and registration: 619-522-7374.

The **Emergency Preparedness Newsletter** is a publication from the Coronado Fire Department
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