



Moreno Valley CERT News

February 2007

Multi-casualty disaster drill

On November 15, 2006, the City of Moreno Valley conducted a full scale



exercise that activated the Emergency Operations Center (EOC). The exercise was designed to train first responders to work with other agencies under high stress situations. The participants included: the City of Moreno Valley, Emergency Response Force, Police, Fire, Radio Amateur Civil Emergency Services and March Air Reserve Fire.

CERT members were called upon to play simulated victims, simulated press and to help moulage victims. Volunteers helped with the moulage, which included burns, lacerations, impaled objects, shock, fractures and other wounds.



Victims looked very realistic, which helped create the effect the drill needed.

Thank you to all who participated. If you would like to participate in future training exercises please call 951.413.3800.

Disaster Supply Kits

Your family may need to survive on their own when you are called out to a disaster. This means having their own food, water and other supplies in sufficient quantity to last for at least three days. Your family could get help in hours, or it might take days. You should prepare a disaster supply kit for your home, work and vehicles.

Disaster Supply Kit guidelines:

- 1 gallon of water per person per day.
- 3 day supply of non-perishable food per person.
- Portable battery powered radio or T.V.
- Flashlights and extra batteries.
- First aid kit.
- Sanitation & hygiene items.
- Matches, whistles, cash/coins.
- Manual can opener.
- Extra clothing and blankets.
- Copies of I.D. and other important documents.
- Kitchen utensils.
- Special needs: medications, infant and pet supplies.

To get more information go to: www.fema.gov/areyouready/

NEED SANDBAGS?

Sandbags are available free of charge to the City of Moreno Valley residents at Public Works (15670 Perris Blvd). Empty bags are available but you will need to bring your own shovel and provide your own labor.

Answer:
Automated, External, Defibrillator

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**Community
Emergency
Response
Team**

Prepare for Winter

Winter is here

Prepare your home for winter.

Prepare your home for extreme cold weather every winter. There are steps you can take in advance for greater wintertime safety in your home and in your car.



Emergency preparation list for winter storms:

- Listen to your local radio or television newscasts for the latest information or instructions.
- Learn evacuation procedures and routes for your area.
- Keep your car fueled and in good condition in case evacuation is required.
- Have emergency supplies and keep them on hand in case a winter storm approaches.
- Keep a snow shovel, rock salt to melt ice, sand to improve traction, flashlights, fresh water, and non-perishable foods.
- Prepare for possible isolation in your home.
- Make sure you have emergency heating equipment and fuel so you can keep at least one room in your house warm in the event regular fuel sources are cut off.
- If you have a wood stove or fireplace, store a good supply of dry, seasoned wood.
- If you have a gas furnace or heater, be sure that your fuel supply is abundant.
- Keep a fire extinguisher on hand and make sure your family knows how to use it.
- Winterize your home to conserve energy and save money by insulating walls, attics, and caulking and/or weather-stripping doors and windows.
- Have several layers of loose-fitting and lightweight warm clothing, rather than one layer of heavy clothing for each person.
- Have a good supply of coats, hats, mittens, gloves, and scarves.

Moreno Valley Training Center Opportunities

CPR/First Aid



Professional, committed instructors and one manikin per person for heartsaver courses means better hands-on training.

LOCATION: Moreno Valley City Hall Council Chamber.

COST: \$28.00 for non-members, free for CERT members.

TIME: 8:00 a.m. - 5:00 p.m.

- Saturday, **March 10**, 2007
- Wednesday, **April 11**, 2007
- Saturday, **April 14**, 2007
- Saturday, **May 12**, 2007

CPR/First Aid 2-day INSTRUCTOR Training

Must have an AHA Basic Life Support (BLS) card prior to beginning of course. Call for information on dates.



CERT Training

Invite your family and friends to get CERT certified. It's educational, valuable, rewarding, and a great opportunity to refresh your skills.

• **Session I:**

- Friday, **April 27**, 2007 (6:00 p.m. to 9:00 p.m.)
- Saturday, **April 28**, 2007 (8:00 a.m. to 4:30 p.m.)
- Sunday, **April 29**, 2007 (8:00 a.m. to 4:30 p.m.)

Blood Borne Pathogen Training

Tuesday, **April 17**, 2007 (9:00 a.m. - 11:00 a.m.)

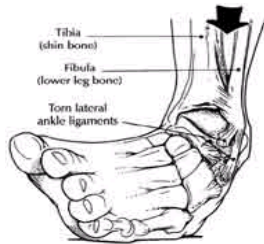
Terrorism Training

Wednesday, **April 25**, 2007 (9:00 a.m. - 12:00 p.m.)

First Aid on Sprains, Strains and Fractures

SPRAINS

Sprains are injuries to ligaments. Ligaments are the material that tie bones together. Sprains happen when the joints are pushed out of normal position by some force. The ligaments are stretched or even torn. The most common areas are the ankle, knee and wrist.



Symptoms:

There are three levels of sprains. Level one sprains are considered slight. The ligaments are stretched but the joint remains stable. Bruising is minimal and a person can still put weight on the injured area. A level two sprain results in some tearing of the ligament. There is swelling and bruising in the area. The injury is painful and there is a loss of ability to use the joint because of pain and stiffness. Level three sprains are when the ligament is totally torn or ruptured. A person can not put any weight on the joint and there is pronounced swelling and bruising.

Treatment:

Immediate treatment for a sprain is **RICE** (Rest, Ice, Compression, Elevation).

- **Rest** - the injured area needs time to heal. This can mean using a cane or crutches as needed to add support, or not using the injured muscles or tendons for 24-48 hours.
- **Ice** - apply ice to the area to help reduce the inflammation and swelling. In general, ice should be applied for 20 minutes and should not be applied directly to skin. Apply 4 to 8 times a day.
- **Compression** - wrap the area in some way can help reduce the swelling and give support.
- **Elevation** - elevate the injured area above the heart, which helps reduce the swelling.

STRAINS

A strain occurs when a muscle or tendon is injured. The injury can be a stretching or a pull of the muscle or tendon. It can also be a tear. Tendons connect muscle to the bones.



Torn Ligament

Symptoms:

A strain can be either acute or chronic. An acute strain can be the result of a sudden movement, a blow or lifting a heavy object. Chronic strains are usually the result of overuse of the muscles and tendons. The symptoms include pain, spasms, weakness, localized swelling and bruising in the area.

Treatment:

Minor strains can often be treated at home using the RICE method. The goal of the treatment is to reduce swelling and pain.

FRACTURE

A bone fracture is a break in a bone. The soft tissue surrounding the break may also be injured. Most bone fractures are the result of injuries from falls or vehicle crashes, but fractures can also be caused by certain diseases.



Treatment:

If you think you have broken a bone, seek emergency medical care immediately. A medical examination and x-rays can help determine if, and where, a bone is broken.

The treatment will depend on the kind of fracture and the specific bones involved. Fractured bones usually need at least 4 weeks to heal. Physical therapy may be required after the bone has healed.

Is Your Emergency Water Safe To Drink?

Rotating Emergency Water Supplies

You know that you are supposed to have water in storage in case of an emergency. You even know exactly how much you should store. The question is - do you know how long you can store the water without rotating it? Contrary to what many people believe, water is not a nonperishable resource. Bacteria can and does grow in stored water even if the water has been treated and stored properly.

Untreated Water

If your emergency water is not treated (meaning you didn't treat it with chemicals like a water preservative prior to storage), you need to rotate it every three to six months. If you do not rotate it, you take the risk of harmful bacteria growing in the water, which will make the water undrinkable.



MISSION STATEMENT

Do the greatest good
for the greatest number of people.

Question ?

What does A.E.D. mean ?

HINT: Helps save lives.

(look for answer on page 1)

Get Involved: Emergency Response Force

CERT volunteers can advance their skills by joining our Emergency Response Force. Members are trained to provide care during emergencies.

Emergency Response Force provides first aid for the city's annual 4th of July celebration and other high profile special events. They staff community safety fairs and respond during disaster drills, playing numerous roles. Subject to availability, Emergency Response Force members remain on call to respond to emergency incidents such as structure fires, vegetation fires, storm-related incidents, earthquakes, and evacuations, and help with care and sheltering.



Emergency Response Force meets at 7 p.m. on the 3rd Thursday of every month at Moreno Valley City Hall. For more information call 951.413.3800

Cool Sites

Moreno Valley CERT

http://www.moreno-valley.ca.us/resident_services/emergency/cert.shtml

FEMA CERT

<https://www.citizencorps.gov/cert/>

Spanish CERT Manual

https://www.citizencorps.gov/cert/training_mat.shtm

AreYou Ready? Guide

<http://www.fema.gov/areyouready/>

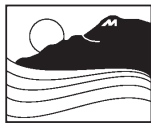
Emergency Mgmt Institute Independent Study Courses

<http://training.fema.gov/index.asp>

Recent Earthquakes

<http://quake.wr.usgs.gov/recenteqs/Quakes/quakes0.htm>

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Moreno Valley, CA 92552-0805
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V A L L E Y www.moreno-valley.ca.us



Have YOU notified us of any changes in your address, e-mail & phone numbers? 951.413.3800