

Sitting outside sweltering in the late July sun and feeling like I'm evaporating, I can't help but picture Frosty the Snowman as a puddle. Then, I start to wonder if I have heat exhaustion, or maybe heatstroke, and if I do, would I even realize it? Would anyone around me know I'm slowly melting into oblivion? Will I become one of the hundreds of people who succumb to heat-related illness every year? Well...no. I moved back into the comfort of air conditioning and grabbed some ice water. However, that blazingly hot experience made me realize a couple of things. For one, I need to review the symptoms for heat-related illnesses, and two, I'm probably not the only one that needs a refresher. So first, let's start with the terminology. FEMA defines the terms heat cramps, heat exhaustion and heat stroke in the box below:

#### **HEAT CRAMPS-**

Muscular pains and spasms due to heavy exertion. Heat cramps are often the first signal that the body is having trouble with the heat.

#### **HEAT EXHAUSTION-**

Typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim's condition will worsen. Body temperature will keep rising and the victim may suffer heat stroke.

#### **HEAT STROKE-**

A life-threatening condition. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

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Okay, now that we're clear on what the terms are, we can look at the symptoms you might see for the different types of heat-related illness and what to do about them, according to the Center For Disease Control (CDC).

Heat-related Illness	What to look for (Possible symptoms)	What to do
<b>HEAT CRAMPS</b>	<ul style="list-style-type: none"> <li>• Heavy sweating during intense exercise</li> <li>• Muscle pain or spasms</li> </ul>	<ul style="list-style-type: none"> <li>• Stop physical activity and move to a cool place</li> <li>• Drink water or a sports drink</li> <li>• Wait for cramps to go away before you do any more physical activity</li> </ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"> <li>• Cramps last longer than 1 hour</li> <li>• You're on a low-sodium diet</li> <li>• You have heart problems</li> </ul>
<b>HEAT EXHAUSTION</b>	<ul style="list-style-type: none"> <li>• Heavy sweating</li> <li>• Cold, pale, and clammy skin</li> <li>• Fast, weak pulse</li> <li>• Nausea or vomiting</li> <li>• Muscle cramps</li> <li>• Feeling tired or weak</li> <li>• Feeling dizzy</li> <li>• Headache</li> <li>• Fainting (passing out)</li> </ul>	<ul style="list-style-type: none"> <li>• Move to a cool place</li> <li>• Loosen your clothes</li> <li>• Put cool, wet cloths on your body or take a cool bath</li> <li>• Sip water</li> </ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"> <li>• You are throwing up</li> <li>• Your symptoms get worse</li> <li>• Your symptoms last longer than 1 hour</li> </ul>
<b>HEAT STROKE (aka Sun Stroke)</b>	<ul style="list-style-type: none"> <li>• High body temperature (103°F or higher)</li> <li>• Hot, red, dry, or damp skin</li> <li>• Fast, strong pulse</li> <li>• Headache</li> <li>• Feeling dizzy</li> <li>• Nausea</li> <li>• Feeling confused</li> <li>• Losing consciousness (passing out)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Call 911 right away- heat stroke is a medical emergency</b></li> <li>• Move the person to a cooler place</li> <li>• Help lower the person's temperature with cool cloths or a cool bath</li> <li>• Do <b>not</b> give the person anything to drink</li> </ul>

The CDC also reminds you on their [website](#) that heat-related illnesses are preventable and recommends the following:

- Stay in an air-conditioned area during the hottest hours of the day. If you don't have air conditioning in your home, go to a public place such as a shopping mall or a library to stay cool. Cooling stations and senior centers are also available in many large cities for people of all ages.
- Wear light, loose-fitting clothing.
- Drink water often. Don't wait until you are thirsty.
- Avoid unnecessary hard work or activities if you are outside or in a building without air-conditioning.
- Avoid unnecessary sun exposure. When in the sun, wear a hat, preferably with a wide brim.
- Air conditioning is the strongest protective factor against heat-related illness. Exposure to air conditioning for even a few hours a day will reduce the risk for heat-related illness.



# NEWS NEWS NEWS

## New Beaverton CERT Website Interface And Database

*If you're seeing a screen that looks like the one below when you log into the new CERT website, you're experiencing a browser refresh issue.*

2. If that doesn't work, try holding down the "Ctrl" key while you hit F5 on your PC keyboard and let the browser refresh.

If all goes well, you'll now see a screen that looks like the one below.



**Please try the following:**

1. Hit the F5 key (this refreshes your browser) and see if this resolves the issue. For Macs it's "Cmd" + R to refresh. If successful, you'll see a blue navigation menu bar at the top with white text after your browser refreshes.



If you're still not seeing the blue navigation menu with white lettering, please email Ann at [CERTsupport@beavertonoregon.gov](mailto:CERTsupport@beavertonoregon.gov) and let us know. We'll need to know what type of computer or device you're having difficulty on and the browser you're using. It always helps to send a screenshot too.



## BEAVERTON CERT HAMS

**BEAVERTON CERT RADIO TEAM** hosts a weekly, Monday night (8pm) net on 147.380 MHz or 443.750 MHz with a positive offset and tone of 100 Hz. We are also on Echolink at K7RPT-R repeater.

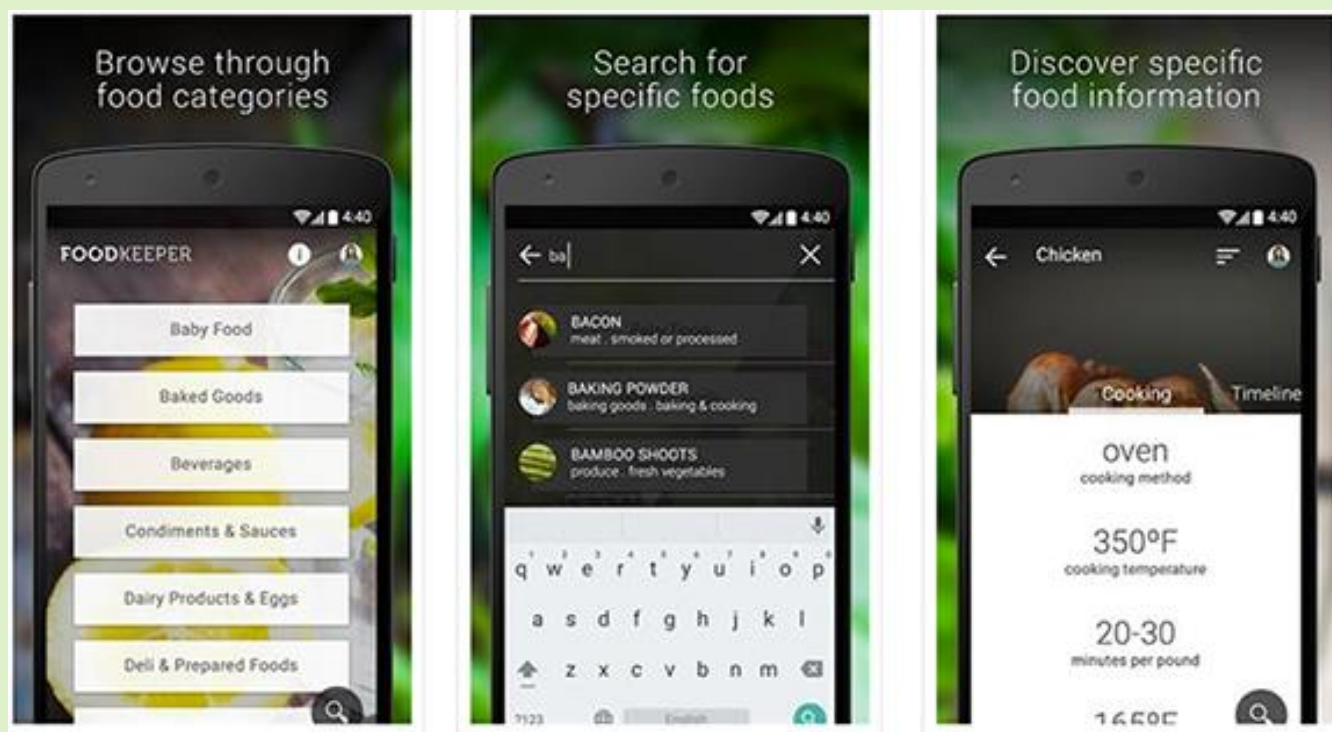
Also, please be sure to have our 70cm repeater WB7CRT programmed for use. The frequency is 444.750 MHz with a positive offset and tone of 123.0 Hz.

# DID YOU KNOW???

How many times have you looked at something in your refrigerator that's been in there for a while and asked the question: *"Do you think it's still okay to eat this?"*

Good news! There's an app from the U.S. Department of Agriculture (USDA) to help you answer just that question called "FOODKEEPER". The app's purpose is more about helping to reduce food waste than it is to keep you from getting sick, but, it's full info on how long you can expect something to be palatable. You can find out the relative life of fresh foods, frozen foods, and shelf stable foods. There's even cooking info for meat, poultry and fish.

Keep in mind the app is only giving you guidelines. How and where you store things can cause them to deteriorate faster or last longer. I have to admit I'm guilty of wasting food. What I really need is an app that smacks me on the back of the head when I forget about produce in the refrigerator and have to toss it. BUT, I don't think they've made an app like that yet, so I'm going to give this one a try and see if it helps. You can check the app out at the USDA's Food Safety site: <https://www.foodsafety.gov/keep/foodkeeperapp/index.html> —The mobile version of this app is available for Apple and Android devices in English, Spanish and Portuguese.



## ATTENTION SOLAR ECLIPSE WATCHERS:

### ECLIPSE WATCHING 101

For info on eclipse safety, visit NASA's total eclipse website. Lot's of useful info about the coming eclipse and how to safely view it.

<https://eclipse2017.nasa.gov/safety>





# Something You Don't Want to Toss or Replace

By Cathy Crandall

We may lose our car, we may lose our house, we may lose our job. We may have to scramble for food, clean water and dry clothes. Disasters can take a lot of things, but one thing a disaster can't destroy, by itself, is our relationship with people around us. When the earthquake hits, the river floods or the high winds blow, all we may have left is the bonds we have with others.



The skill of developing worthwhile relationships can be learned. Some might take “lessons” from peers, family, a course or book, culture, traditions, or religious beliefs and practices. For some, relationship-building may be easy; for others not so much. And yes, some might have selfish reasons for wanting to build relationships, but it is tough to build good relationships while being selfish.

Many of the relationships we have are fleeting. You might help someone in an emergency and never see them again. You

may work with someone at a CERT event right before they move away. But good relationships can last longer than anything we own. Mutual respect, trust and empathy are much more valuable and long-lasting than the things we can lose in a disaster.

A wise man once said: “We build relationship[s] one person at a time—by being sensitive to the needs of others, serving them, and giving of our time and talents.” Doesn't this description of relationship-building sound like the skills of many of the CERT members you know?

And remember, there's no expiration date on relationships.



# FOOD THOUGHTS...

In the unfortunate event that we have a disaster or emergency at home we might very well be left without electricity. The prospect of no power may strike fear in to the hearts of many because it means computers won't work (gadzooks!! no internet!!), but more importantly, the refrigerator and freezer won't be running either. So we're going to have to know what to do with everything inside the refrigerator and freezer during and after the crisis. Do we eat it now or save it? Or just toss it?



Do you know what you can keep and what needs to be thrown out? The USDA says this about food safety in an emergency, "Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature. The refrigerator will keep food safely cold for about 4 hours if it is unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full) if the door remains closed. Obtain dry or block ice to keep your refrigerator as cold as possible if the power is going to be out for a prolonged period of time. Fifty pounds of dry ice should hold an 18-cubic foot full freezer for 2 days. Plan ahead and know where dry ice and block ice can be purchased." They also recommend that you get a food thermometer and appliance thermometer so you know what you're dealing with.

I've attached some charts based those of the USDA website which provide you with some guidelines on what you can safely keep and what you may need to discard from your refrigerator and freezer.

[CLICK HERE FOR A PDF FILE OF THE CHARTS](#)

## QUIZ: Do you remember...

Quiz time! In Unit One of the CERT Basic Training manual, we covered disaster preparedness. Are you prepared for a disaster at home if one happens? See how you do answering the questions below. If you can't find your CERT Manual, you can download the PDF here: <https://www.fema.gov/media-library/assets/documents/27403>

### Question 1

It's important to understand the types of hazards in your community and learn about local alerts and warning systems. What are some preparedness elements that are useful in any type of disaster? [CERT Manual 2011 p1-14]

### Question 2

An emergency plan is vital for preparedness, what might be in such a plan? [CERT Manual 2011 p1-18]

### Question 3

Do you have an escape plan for your home and work? What are the main considerations for an escape plan? [CERT Manual 2011 p1-21]

### Question 4

How much water should you be storing per person and per pet for each day of a disaster? How many drops of bleach does it take to purify a gallon of water and how often should stored water be replaced? [CERT Manual 2011 p1-22-23]

### Question 5

Can you name at least four kitchen items that you should have in your preparedness kit? [CERT Manual 2011 p1-24]

### Question 6

What are some things you can do to your home, both structural and non-structural to prepare, for a disaster? [CERT Manual 2011 p1-28]

**You can find the answers to this quiz**

**in your CERT Manual 2011**

**OR you can [click here](#)**

# 2017

# CERT



**SEPTEMBER 16<sup>TH</sup>, 2017**

**PREPARE TO GET REAL**

**A NEW, REALISTIC TRAINING EXERCISE  
A NEW LOCATION**

You don't want to miss this event and space IS limited.  
So register now:

Beaverton CERTs can register on the Beaverton CERT website  
Questions? Email [emergmngmail@BeavertonOregon.gov](mailto:emergmngmail@BeavertonOregon.gov)

*Registration opens June 1<sup>st</sup> and closes September 4<sup>th</sup>, 2017*

WHEN: Saturday, Sept 16<sup>th</sup>, 8:00am-5:00pm (Check-in at 7:00am)

WHERE: Tektronix, Building 38 Zworykin Ave, Beaverton, OR 97005

THIS EXERCISE IS MADE POSSIBLE BY A FEDERAL HOMELAND SECURITY GRANT

# UPCOMING EVENTS

Flicks by the Fountain— Early Shift	Aug 25 6:00-8:15pm	Beaverton City Park
Flicks by the Fountain— Late Shift	Aug 25 8:15-10:30pm	Beaverton City Park
Crowd & Traffic Management Training	Aug 26 9:00am-12:00pm	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
Beaverton Celebration Parade Entry	Sep 9 8:30am-12:00pm	Staging area TBA
Monthly Steering Committee Meeting	Sept 12 6:30 - 7:00pm	3rd floor conference room 4755 SW Griffith Dr. Beaverton, OR 97005
Monthly Roundtable	Sept 12 7:00 - 8:30pm	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
Regional CERT Exercise	Sep 16 8:00 am - 4:00 pm	Tektronix, Building 38, 3025 SW Zworykin Ave, Beaverton, OR 97005
Beginning Ham Radio - Class 1/4	Sep 23 1:00 - 4:30 pm	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
Beginning Ham Radio - Class 2/4	Sep 30 1:00 - 4:30 pm	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
Beginning Ham Radio - Class 3/4	Oct 7 1:00 - 4:30 pm	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
Monthly Steering Committee Meeting	Oct 10 6:30-7:00pm	3rd floor conference room 4755 SW Griffith Dr. Beaverton, OR 97005
Monthly Roundtable	Oct 10 7:00 - 8:30pm	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
Beginning Ham Radio - Class 4/4	Oct 14 1:00 - 4:30 pm	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
CERT Basic Training Final Exercise: Be Helper/ Victim	Oct 21 8 am - 12:00 pm	TVF&R Training Facility, 12400 SW Tonquin Rd, Sherwood
CERT Training - topic to be determined	Oct 28 9:00 am - 12:00 pm	TBD
CERT Potluck!	Nov 14 6:30 - 8:30 pm	Emergency Management Office 3rd Floor 4755 SW Griffith Dr. Beaverton, OR 97005
Tree Lighting/Holiday Open House	Dec 2 3:30 - 7:00 pm	Beaverton City Park



# BEAVERTON CERT LEADERSHIP ROSTER

## EXECUTIVE COMMITTEE & SPECIALISTS

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### Beaverton CERT operates within the Beaverton Emergency Management Program Office.

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Emergency Officer, Renate Garrison  
Emergency Administrative Assistant, Kristi Beyer  
Contact phone: 503-629-6400  
emergmngmail@beavertonoregon.gov <http://www.beavertonoregon.gov/561/Emergency-CERT>

### NEWSLETTER EDITOR:

Barbara Barrett, CERT Member Services Unit Lead  
If you'd like to submit a CERT-related article, pictures from recent events, a preparedness product review, a survival recipe, etc... for the CERT newsletter, please send it to me by the 20th. I also welcome your ideas, comments, questions or concerns regarding the newsletter. You can send them to [certmembers@beavertonoregon.gov](mailto:certmembers@beavertonoregon.gov)

**Accessibility information:** This information can be made available in alternative formats such as large print or audio tape. To request alternative formats, contact **Kristi Beyer** by calling 711-503-629-6400 or email [emergmngmail@beavertonoregon.gov](mailto:emergmngmail@beavertonoregon.gov)