

CERT ALERT

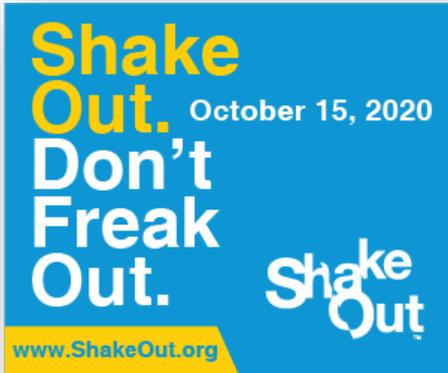


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Adopt—A—Street

In 2020, CERT began the process of adopting a street on Steilacoom Blvd, between Fairwest Dr. and 87th Ave. This year we have done 3 street cleanups!



West Pierce CERT has volunteered 24 hours to keeping our street clean!

CERT Response to COVID-19

Although COVID-19 has changed our everyday lives, it has not slowed CERT down! West Pierce CERT has continued to volunteer their time to help with efforts related to COVID-19.

Mobile COVID-19 Testing Stations

The Pierce County Health Department has put on multiple Mobile COVID-19 testing stations. On July 29, 2020, WPFR hosted one at Station 21. WPFR also hosted mobile Covid testing sites at Station 31 on August 4th, September 21st, and October 30th. At these Mobile COVID Testing sites, CERT has dedicated 51 hours to directing traffic. For more information on testing locations, go to Tacoma Pierce County Health Department: <https://www.tpchd.org/home>



Hand Sanitizer Giveaway

West Pierce CARES donated a 55 gallon drum of hand sanitizer to CERT. On July 15 and August 15, CERT members were given the opportunity to stop by with their own container to get free hand sanitizer. 12 hours of volunteer time was done at these events.



Hygiene Drive

A hygiene drive was done simultaneously with the hand sanitizer giveaway, and over 750 items were donated to the Emergency Food Network.



In 2020 CERT volunteered 136 hours at Emergency Food Network!

ShakeOut Drill 2020

To prepare for this year's Shakeout Drill, I sent Team Leaders an email to connect with their team, and get their members preferred method of communication. On the day of Shakeout, Team leaders contacted their team with the message: This is a CERT EXERCISE for the Great WA ShakeOut. "Drop, Cover and Hold On! Reply with your current location, city and don't forget to send a picture to be entered to win a prize!

For this year's ShakeOut Drill we saw a decline in responses. This is understandable during the current pandemic that we are all in.

We had an overall response rate of 22% of active CERT members and 10% of active CERT volunteers sent in a picture via their team leader or the private **West Pierce CERT Emergency Communication Group** Facebook Page.

2020 Response Percentages

Team	Drill Response %	Picture Response %
East Lakewood	21%	5%
West Lakewood	21%	14%
University Place North	27%	6%

Total % Responded to the drill 22%

Total % who sent a picture 10%

2019 Response Percentages

Team	Drill Response %	Picture Response %
East Lakewood	28%	7%
West Lakewood	43%	22%
University Place North	22%	9%

AND THE WINNER FOR SENDING IN A SHAKEOUT SELFIE IS...

Why is the ShakeOut Drill Important?

The ShakeOut Drill is important because it not only gives us the opportunity to practice what to do in case of an earthquake but it also gives us the chance to practice our communication within the CERT team. Can your team leader reach you in case of an emergency? What is your preferred method of contact?

It also gives us a chance to practice using the West Pierce CERT Emergency Communication Facebook group.



TAMI MCKERROW, CERT 44

Earthquake Tips

- * Practice DROP, COVER, and HOLD ON.
- * Think about what furniture you can hide under if an earthquake were to strike. REMEMBER: A doorway is not a reliable spot for protection.
- * Practice and update your household evacuation plan
- * Assemble or update your emergency preparedness kit
- * Plan how you and your family will communicate with each other following an earthquake. **It is always better to text rather than call following a major disaster!**



In this photo, visitors to Green Lake Park near Seattle, Washington, have parked their bicycles as they look at the cracks made by a 7.1 magnitude earthquake in 1949. Much of the land along the southwestern part of the lake cracked and subsided. Photo courtesy of MOHAI



Landslide at Salmon Beach was triggered by the 1949 Tacoma earthquake and caused a tsunami. Photo courtesy of National Center for Tsunami Research, NOAA.



**PIERCE COUNTY
ALERT!**

Public Safety Officials can send emergency messages to traditional landlines and cell phones that are registered with Pierce County Emergency Management.

IF WE CAN'T REACH YOU WE CAN'T ALERT YOU

Register today...

- www.piercecountywa.gov/ALERT
- text PCALERT to 888-777
- call 253-798-6595



Tips for Stormy Weather



Severe weather is a hazard in Pierce County. Stormy weather and severe thunderstorms can cause property damage, break off large branches, knock over trees, and cause structural damage.

Here are some tips you can follow to prepare for the stormy weather:



- ◆ Check the forecast regularly to see if you are at risk for severe weather.
- ◆ Listen to local news or a NOAA Weather Radio to stay informed about severe thunderstorm watches and warnings, frequency 162.550.
- ◆ When you are creating your emergency plan, pick a safe room in your house such as a basement or an interior room on the lowest floor with no windows for a safe space if a severe storm hits. In 2018, Port Orchard, WA

was struck by a rare strong tornado, reminding us it is important to be prepared for all different kinds of disasters.

- ◆ Keep branches trimmed near your home to prevent them from falling during a storm.
- ◆ Know where your natural gas is located and how to turn it off in case the power goes out – refer to unit 2 in the CERT Manual.
- ◆ Keep drains clear of leaves to prevent flooding
- ◆ Have a flashlight and batteries prepared



In case there is an emergency while you are on the road, get stuck, or encounter winter weather, it is important to keep emergency supplies in your car.



University Place Public Safety and Criminal Justice Academy

Took place from Oct. 8– Nov. 5,
and 12 CERT members attended

Class 1— Hiring Process and Basic Law Enforcement Academy Overview

- ◆ Recruitment, the hiring process, and standards of conduct are discussed. The background check process includes: investigation, oral board, polygraph, medical and psychological evaluation.

Class 2—Use of Force Training

- ◆ Patrol procedures and defense tactics training received by deputies. Case Law regarding use of force and demonstrations.

Class 3– Crisis Intervention/ De-escalation

- ◆ How officers are trained to address difficult encounters including de-escalation training. Overview of Criminal Justice Training Center’s Crisis Training Curriculum

Class 4– Mental Health Co-Responders

- ◆ The Co-Responder Program between MultiCare mental health professionals and the Pierce County Sheriff’s Department is explained. The initiative strives to: avoid jailing, reducing the number of people living with a mental illness taken to the emergency room, and strive for better outcomes and resources for those living with a mental health issue.

Class 5—Officer Wellness

- ◆ Dr. Loreli Thompson discusses the effects of trauma on an officer’s career and family. Coping strategies, and safety nets and services are available to law enforcement personnel.

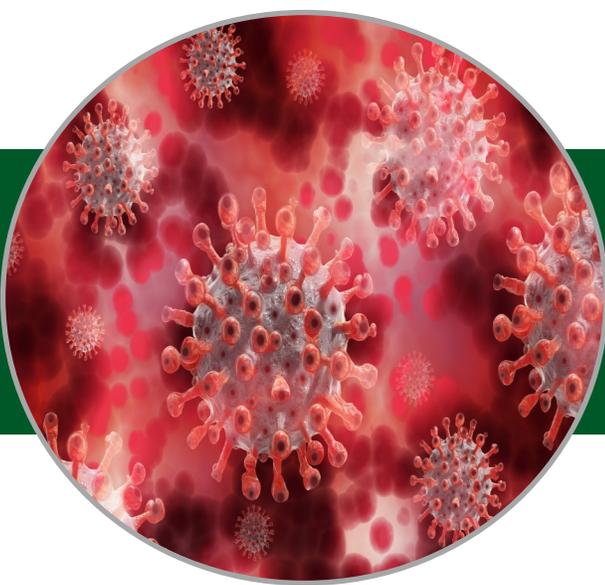
The Public Safety Academy focused on local implications of policing topics that have been featured in the news lately:

- ◆ How Pierce County and University Place incorporated the reforms being advocated nationally
- ◆ How law enforcement personnel are selected and trained
- ◆ How officers receive up to date training annually

Safety Tips from the University Place Police

- ◆ Avoid remote locations alone .. Remember the buddy system!
- ◆ Always tell someone where you are going
- ◆ Be aware of your surroundings
- ◆ Body language—walk assertively and with a purpose. Attackers are looking for a vulnerable target
- ◆ If someone begins to follow you retreat to a safe area
- ◆ Trust your intuition
- ◆ Always have a plan for where you would go if you have a problem
- ◆ Practice good observation skills by increasing awareness levels





Covid 19 Updates

Covid 19 numbers are on the rise again. It is important that we all do our part to stop the spread of the virus.

Governor Inslee has announced a new set of restrictions that will take place from November 16–December 14.

Reminders for how to stay safe during Covid –19

- ◆ Always wear a mask that covers your mouth and nose when going out
- ◆ Limit your time going out, and if you do go out keep your distance
- ◆ Take advantage of home delivery and contactless pickup services
- ◆ If possible, use virtual care options from your doctor and urgent cares instead of going into health clinics
- ◆ Wash your hands consistently, and keep hand sanitizer nearby
- ◆ Wipe down and disinfect frequently touched surfaces and objects

Coping While Apart During the Pandemic

- ◆ Reach out to family and friends virtually
- ◆ Send a handwritten letter, text, or email someone to let them know you are thinking of them
- ◆ Do things that bring you happiness, like reading your favorite book, drawing, or going for a walk
- ◆ Remind yourself the importance of social distancing, and that the pandemic will not last forever.

Governor Inslee's Restrictions:

- ◆ Indoor social gatherings are prohibited with people outside of your household unless you quarantine for 14 days prior or 7-day quarantine with a negative Covid-19 test
- ◆ Outdoor gatherings are limited to no more than five people
- ◆ Restaurants and bars are closed for indoor service
- ◆ In-store retail, grocery stores, and personal services are limited to 25% occupancy or 200 people, whichever number is less
- ◆ Religious services are limited to 25% capacity or 200 people, whichever is fewer. No choir, and face coverings must be worn at all times.
- ◆ Fitness facilities and gyms, museums, bowling alleys, and movie theaters are closed for indoor services.

The Tacoma Pierce County Health Department Website has a list of Covid– 19

Resources at: <https://www.tpchd.org/healthy-people/diseases/covid-19-resources>

If you don't have access to a computer or smartphone, call (855) 722-5378 to get up to date COVID-19 information.

Check out John Hopkin's Covid Map at: <https://coronavirus.jhu.edu/map.html>

Family Quarantine and Isolation Plan

If you haven't already, now is a good time to start building a quarantine plan to keep others in your household safe if you were to get sick

Quarantine is used when someone believes they may have been exposed to COVID-19 and needs to stay away from others. Quarantine can help prevent the spread of the disease. During quarantine, people should monitor themselves for symptoms and follow the directions of state and local health departments, information can be found at: <https://www.doh.wa.gov> or <https://www.tpchd.org>

Isolation is intended for sick people beginning to show symptoms, and think they may have COVID-19 or have tested positive. During isolation, you should separate yourself from animals and other people in your home. Stay home except to receive medical care. Use a separate bathroom if possible, and clean the bathroom after using it, regularly wash your hands and disinfect common surfaces daily. Avoid sharing personal items with others.

Supplies:

When it's time to isolate, it is too late to scavenge your home for the supplies needed to keep you comfortable for a least two weeks. Prepare by storing the following in your predesignated room:

- ◆ Clean bedding
- ◆ At least a week of clothes
- ◆ Necessary medications
- ◆ Books, games, chargers, and other items for entertainment
- ◆ Water and food
- ◆ Disinfectant, gloves, thermometer, tissues, and masks
- ◆ Hygiene items (clean toothbrushes, pastes, soap, wipes, etc.)
- ◆ Other personal items to keep you comfortable

*most of these items may already be in your emergency kit; consider storing your emergency kit in your isolation room.

Other things to consider:

- ◆ If you have kids or are a caregiver, create a plan for their care if you must isolate. Identify family members and friends who can help with maintenance.
- ◆ Identify a person to care for your pets, and have your pet's emergency kit ready.



World Health Organization

Home care for people with suspected or confirmed COVID-19

Take care of yourself and your family

All members of the household



Wash hands with soap and water regularly, especially:

- after coughing or sneezing
- before, during and after you prepare food
- before eating
- after using the toilet
- before and after caring for the ill person
- when hands are visibly dirty



Avoid unnecessary exposure to the ill person and avoid sharing items, such as eating utensils, dishes, drinks and towels.



When coughing or sneezing, cover mouth and nose with flexed elbow or use a disposable tissue and discard immediately after use.



Monitor everyone's health for symptoms such as fever, cough and if difficult breathing appear, call your health care facility immediately.

Upcoming Training and Volunteer Opportunities

- ◆ **December 3, 2020** from 12:00pm—2:30pm: Building boxes at Emergency Food Network, email samc@efoodnet.org to sign up.
- ◆ **December 8, 2020** from 10 am –3 pm: Mobile Covid testing site across from Station 31, Volunteers needed for two shifts: 9:30-12:30 and 12:30-3:30, please email serena.rotondo@westpierce.org if you are interested in signing up.
- ◆ **December 9, 2020** from 10 am—3 pm: Mobile Covid testing site across from Station 31, Volunteers needed for two shifts: 9:30-12:30 and 12:30-3:30, please email serena.rotondo@westpierce.org if you are interested in signing up.
- ◆ **December 9, 2020:** Hand Sanitizer Pickup at Station 20, 10928 Pacific Hwy SW Lakewood, WA 98499 from 5-6pm. Bring your own container, and RSVP by emailing Serena by December 4, 2020.
- ◆ **December 10, 2020:** CERT Holiday Game Night through Zoom from 6pm-7:30pm. Zoom invite to follow. Please email Serena to RSVP.
- ◆ **April 10th and 11th, 2021:** Comm Academy, a free emergency communications and amateur radio conference with the theme: Disasters Here, There, and Everywhere—Are We Ready? Pre-register at <https://www.commacademy.org/>
- ◆ Stay tuned for badge renewal announcements in 2021!

Thank you CERT for another amazing year! Although this year may not have been what any of us expected, West Pierce CERT stepped up to the plate whenever they were needed. This year West Pierce CERT has volunteered over 500 Covid related hours through activities like mask making, and volunteering through Pierce County at mobile Covid testing sites.



Serena Rotondo

AmeriCorps/ Citizen Preparedness Coordinator

Serena.rotondo@westpierce.org

253-983-4580 | fax 253-582-7912



Rachel Adler

Emergency Preparedness Coordinator

Rachel.adler@westpierce.org

253-983-4564 | fax 253-582-7912