

NEWSLETTER

Issue 6

Spring 2009

Sudbury Community Emergency Response Team (CERT)

77 Hudson Road, Sudbury, MA 01776
978-443-2239

Website: www.sudbury.ma.us/committees/cert
Email: cert@sudbury.ma.us

C. Flynn, Editor

OUTREACH:

SUDBURY DAY: April 4 saw CERT again participate in the Sudbury Day Festival “Spirit of 0-1-7-7-6.” This time, the festival was held indoors at the Lincoln-Sudbury Regional High School. Visitors to our table were given the opportunity to join a CERT Training class, sign up for CPR training (thru MRC), sign up for the May 20 presentation by Liisa Jackson on lessons learned from the December 2008 ice storm, take away many emergency preparedness brochures and handouts, including an Emergency Phone List.. A slide show ran continually. In addition, John Stevens conceived of and built a six-foot-tall two-sided display on Winter Storms and Tornadoes, which was widely acclaimed (see photo). Several visitors took away CERT Applications. CERT members who staffed the table and helped set up and take down the exhibits included: Arnold & Sally Barnes, Lucille Dixon, Carole Flynn, Marie Royea, Fred Schulz, Richard Simon, and Steve Weinstein.

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See swine flu Public Health Fact Sheet on page 7

TRAINING:

CPR CLASSES

Thanks to the generosity of MRC's Lily Gordon, both CERT and MRC members have been able to avail themselves of American Heart Association CPR/AED training with Heimlich maneuver, with two-year certification. Several members have taken the courses, and a new class is scheduled for **June 10**. Contact parsonsv@sudbury.ma.us to sign up.

ICS TUTORIAL

An Incident Command System (ICS) tutorial has been ongoing during CERT meetings and is nearly finished. Participants should be able to pass FEMA's online examination and become eligible to take further instruction.

BASIC CERT TRAINING COURSE

The Wayland CERT has cordially invited Sudbury to take the Basic CERT Training course currently being conducted in the Wayland Public Safety Building. Three from Sudbury are enrolled: Steven Weinstein and newcomers Marie Royea and Carol Williams. Wrap-up and event simulation take place May 14.

SHELTER:

A **Shelter Drill** is tentatively scheduled for November 15. Further information will be forthcoming. Some **paper goods** have been added to the shelter inventory, and **pallets** (donated by Carole's son John) now lift boxes off the floor.

NATIONAL OBSERVANCES:

MAY National Physical Fitness & Sports Month
National Skin Cancer Awareness Month
National Safe Kids Week (4/26 – 5/2/09)

JUNE National Fruits & Vegetables Month

JULY Independence Day, July 4
National Blueberries Month (see recipe)

AUGUST National Immunization Awareness Month

CALENDAR:

May 20: In addition to the CPR classes, MRC and CERT will hold a **joint meeting**, at which MRC Region 4A Liaison Liisa Jackson will give a presentation on lessons learned from the December ice storms.

June 4 (4:00 PM): MEMA's MaryAnne Sannicandro (Citizen Corps Coordinator) and Barbara Legatowicz (Animals in Disaster Coordinator) have invited us on an hour's **tour of the MEMA "bunker"** on Route 9, Framingham. Maximum group size is 20, and there is still a little room left if you have not signed up yet. The tour should prove an interesting peek into the workings of the state's disaster headquarters.

June 10: CPR class at the Goodnow Library.

September 13: A **CERT-MRC Open House is being planned**. This will be an event where both CERT and MRC members are urged to bring friends and family, as well as urge the public to attend and learn what we do and why we do it.

November 15: **Shelter Drill** (tentative date).

NOTE: There will be no general CERT meetings during July and August, although we hope to have a "booth" after the **July 4** Parade. Planning get-togethers will be necessary for the Open House and Shelter Drill, and help will be needed from CERT members to set up and man the July 4 booth. ✖

"JORDAN MARSH" BLUEBERRY MUFFINS

Cream a half-cup butter with 1-1/4 cup sugar until fluffy.
Add 2 eggs; beat well.

Add a half-cup milk alternately with:

2 cups flour, 2 tsp. baking powder, 1/2 tsp. salt
Drain and add 2 cups blueberries, and fold in by hand.
Fill muffin papers almost to top and sprinkle with granulated sugar before cooking.

Bake at 375° 25 to 30 minutes.

Makes 12 large muffins (or slightly more)

To make a cake, use a greased 9x13" pan.

THIS LIST OF EMERGENCY PHONE NUMBERS (a handout at Sudbury Day) MAY BE ATTACHED SOMEWHERE CONVENIENT FOR YOUR USE



ARE YOU READY?

SUDBURY COMMUNITY EMERGENCY RESPONSE TEAM (CERT)

www.sudbury.ma.us/committees/cert

cert@sudbury.ma.us

978-443-2239

911 • EMERGENCY NUMBERS

ADDITIONAL EMERGENCY NUMBERS					
Police:	978-443-1042	Battered Women (HAWC) Hotline	781-899-8676 978-744-6841	Poison Control	www.poison.org 800-222-1222
Fire:	978-443-2239	Center for Substance Abuse	www.drughelp.org 800-662-4357	Pregnancy/Environmental	800-322-5014
Ambulance:	978-443-2323	Child at Risk Hotline	800-792-5200	Psychiatric Emergency	800-540-5806
State Police, Concord	978-369-4100	Child-Care Subsidiary Hotline	800-424-2246	Rape & Sexual Assault	
Red Cross, Waltham	781-642-7000	Disabled Person's Protective Commission	800-426-9009	Crisis Center (URSA)	800-922-8772
FBI, Boston	617-742-5533	Drug Hotline	800-	Voices Against Violence	508-626-8686
Nat'l Response for Chemicals, Oil Spills & Hazardous Waste	800-424-8802	DRUGHELP	800-378-4435	Samaritans	617-247-0220
US Coast Guard, Boston	617-565-9200	Elder Abuse Hotline	800-922-2275	Samariteens	800-252-8336
US Marshal's Office, Boston	617-748-2500	ID Theft Hotline	877-283-8576	(Hrs 3pm-9pm)	
US Secret Service, Boston	617-565-5640	Mental Health Crisis Line	800-540-5806	Smokers Quit Line	800-TRY-TO-STOP 800-879-8678
Sudbury Civil Defense	978-443-2239	NCMEC—National Center for Missing or Exploited Children	800-The-LOST 800-843-5678	Substance Abuse Hotline	800-327-5050
CRISIS HOTLINES:		Parental Stress Line	800-632-8188	Suicide Crisis Hotline	800-SUICIDE 800-784-2433
Aids Awareness/Information		Parents Helping Parents	800-882-1250	Teen Runaway Hotline	800-RUN-AWAY 800-786-2929
Hrs: M-F 9-9/Sat 10-2	800-235-2331	Personal Crisis—Project Rap	978-922-0000	HOSPITALS:	
Hepatitis C Hotline	888-443-4372	Hrs: M-F, 9:30am-5pm	978-922-0000	Beth Israel Med Ctr, Lex.	781-672-2000
Nationwide	617-536-7733	Planned Parenthood	800-682-9218	Emerson, Concord	978-369-1400
TTY/TDD	617-437-1672			Lahey Clinic, Burlington	781-273-8078
Alcoholics Anonymous	617-426-9444			Marlborough Hospital	508-481-5000
Information	800-252-6465			MetroWest Medical Center:	
Al-Anon/Alateen	Hrs: M-F 10am-3pm			Framingham Campus	508-383-1000
www.ma-al-anon-alateen.org	800-356-9996			Sterling Medical. Center, Waltham	781-647-6000
Hospital		Doctor		Neighbor	
Name		1.Name		Name	
Emergency Room		Tel. No.		Address	
Main Tel. No.		2.Name		Tel. No.	
		Tel No.			

PROTECTING YOUR DATA

Emergencies can happen anytime, anywhere. This is why it is important to be prepared at all times. At *Emergency Essentials*, we seek to give people the information and supplies that will aid them in surviving such a situation. We want to encourage people to prepare by obtaining food storage, water storage, shelter, clothing, warmth, and other necessary items such as first aid and medication.

Securing important information is an additional topic that we urge you to address as part of your emergency preparedness plan. Whether you have priceless memories captured in a photo or journal entry, important legal and informational documents, or irreplaceable data files for your computer programs, safeguarding these assets from the unexpected is of extreme importance. Photos, videos, documents, and data files are commonly destroyed by natural disasters such as hurricanes, earthquakes, floods, and tornados. These items can also be stolen or lost due to a house fire or computer malfunction.

Insurance policies protect assets in the event of a disaster; however, we often overlook insuring our valuable information. With current technology, many pieces of our lives are either already in or can be easily converted to a digital format. We encourage you to back up this information immediately and often as new and changed files are added.

As you develop your data backup plan, keep in mind the principle of backing up to a remote location. If a disaster threatens your digital information and if your original and backup files are stored in the same location, loss of both copies is possible. For example: A fire would destroy the computer as well as the backup if they are stored in the same building. In addition to using a remote location, regular backups are also important. Photos are continually added to your collection, and changes to files occur often. A backup is only as good as the last time it was executed.

In general, there are four methods you can use to back up your data: USB Flash Drive, CD/DVD, External Hard Drive, and an online backup service.

We recommend utilizing more than one of these backup sources.

USB Flash drive

A USB Flash drive is a convenient, quick way to back up your data.

PROS: Flash drives are small and can easily be transported. They are relatively simple to use and have a data retention span of up to 10 years.

CONS: Flash drives, once limited in size, now are available in 35MB capacity, usually enough for personal home use. Store one flash drive in an external location, car, family, friend, safe deposit box. Usually people keep them at home, which is a risk in case of fire. Flash drives generally do not have a way to perform regular backups without human intervention. Some experts also warn that using USB flash drives as a main source of backing up critical information can expose you to reliability issues.

CD/DVD

CD/DVDs are small, stackable disks that allow for hard copies of your data to be stored easily. Depending on the manufacturer of the CD and the humidity and temperature where it is stored, the shelf life of an unscratched CD or DVD can reach 20 to 100 years.

PROS: CDs and DVDs are convenient ways to back up data because most people know how to use them and how to keep them from being damaged.

CONS: CDs and DVDs have limited storage and often require multiple CDs/DVDs to complete a full backup of all your data. CDs and DVDs can also become corrupt from damage and degradation over time. CDs and DVDs are typically kept in the same location as the computer source, violating the principle of using a secure remote location. Back ups generally are not automated and require human intervention.

External Hard Drive

External hard drives are essentially a second hard drive that is not internally located in your computer. They typically attach to your computer through a USB port for backup purposes.

PROS: External hard drives allow you to back up all of your data onto one drive. Essentially all you do is drag and drop from the hard drive on your computer to the external hard drive. This differs from the USB flash drive and CD/DVDs because you can keep all of your data in one storage drive.

CONS: External hard drives are more delicate than a flash drives and CD/DVDs. They aren't very shock resistant and require more care when being transported. External hard drive also have a higher chance of getting corrupted from bad sectors in the data or by close contact with an electromagnetic field that could potentially destroy all data on the drive. Like flash drives and CD/DVDs, unless a diligent person remembers to keep this additional drive in a separate place, the principle of a secure remote location is violated.

Online Backup

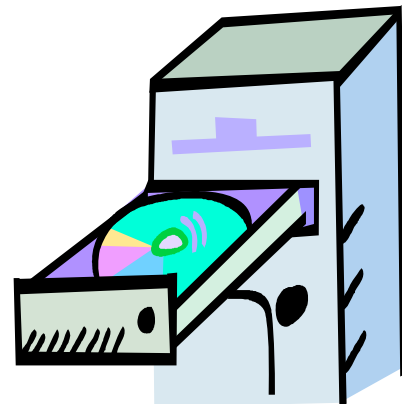
Online backup is a relatively new backup technique that has grown in popularity in recent years. You install the backup provider's software onto your computer, set up the configuration, and backups run automatically; the online backup software takes care of everything else. Your data is usually encrypted when sent over the internet so it can't be seen by others.

PROS: With the rise in popularity and availability, the cost of backing up online has decreased. An online backup is a fairly easy method to back up your data. Many online backup services automatically back up your data as new items are added and existing files are modified, meaning you don't need to remember to perform a backup. The servers, where your data is stored, are typically kept in temperature-regulated, tamper-free rooms, where data is highly unlikely to become corrupted or stolen. Online backups also follow the principle of using a secure remote location.

CONS: Typically there is a monthly or an annual fee associated with the online backup, Depending on the provider, some fees can be high. Also, your online backup is dependent upon your internet connection. A slow or nonexistent connection can affect your ability to perform and have access to your backups.

Recommendations

It is a best to utilize a couple different backup methods in case one fails. While flash drives, CD/DVDs, and external hard drives can be valuable secondary backups, we recommend that your primary backup be an online backup. Backing up online ensures that your most vital data is off-site, secure, and the least prone to common backup problems. If a disaster occurred in your home, all other forms of data backup could be lost, while an online backup keeps your files secure.



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EMERGENCY KITS:

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work, and vehicles:

HOME	WORK	CAR
Your disaster supplies kit should contain essential food, water, and supplies for at least three days. Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept. Additionally, you may want to consider having supplies for sheltering for up to two weeks.	This kit should be in one container, and ready to “grab and go” in case you are evacuated from your work place. Make sure you have food and water in the kit. Also, be sure to have comfortable walking shoes at your work place in case an evacuation requires walking long distances.	In case you are stranded, keep a kit of emergency supplies in your car. This kit should contain food, water, first aid supplies, flares, jumper cables, and seasonal supplies. (If you have a CERT Kit prepared, you may want to keep this in your car also.)

FYI:

Swine Flu: *MEMA Supports DPH H1N1 Influenza Efforts*

The Massachusetts Emergency Management Agency (MEMA) is supporting the efforts of the Massachusetts Department of Public Health (DPH), which has been designated as the lead agency for the Commonwealth's response to the H1N1 Influenza situation. DPH is working with the Centers for Disease Control and Prevention (CDC) and state and local partners to increase surveillance activities for possible H1N1 Influenza cases in Massachusetts.

For the latest information in Massachusetts, please visit the DPH blog at www.mass.gov/blog/publichealth and the DPH H1N1 Influenza page. For more information on H1N1 Influenza from the Centers for Disease Control and Prevention, please visit www.cdc.gov/swineflu.

Specific questions can be answered by calling 2-1-1 or visiting the Mass211 website at www.Mass211.org, as the Commonwealth's primary telephone information call center during times of emergency, offers citizens the opportunity for 24/7 access to vital H1Ni Influenza information.

Preventing Mold after a disaster: 4/2/09

This is an important message from the U.S. Department of Health and Human Services. When rain or flood waters get into your building, take steps to prevent mold growth. Clean and dry wet items within 48 to 72 hours. Keep wet areas well-ventilated. Discard wet materials that can't be repaired. If you see or smell mold, clean it with a solution of 1 cup household liquid bleach per 1 gallon of water. To learn more, call the CDC at 800-CDC-INFO.



PUBLIC HEALTH FACT SHEET

Swine Flu

Massachusetts Department of Public Health, 250 Washington Street, Boston, MA 02108

What is swine influenza?

Swine influenza (swine flu) is a respiratory disease of pigs caused by a type of influenza virus. Outbreaks of swine flu happen regularly in pigs. People do not normally get swine flu, but human infections can and do happen. Most commonly, human cases of swine flu happen in people who are around pigs but it's possible for swine flu viruses to spread from one person to another. In the United States there were 12 cases of swine flu in people from 2006 through 2008. In March and April 2009 there have been many more cases of swine flu than usual in both Mexico and the U.S. and the infections have spread from one person to another.

What are the symptoms of swine flu in people?

Swine flu causes symptoms very similar to seasonal (or human) flu. The most common symptoms of swine flu, like seasonal flu, are fever, cough, and sore throat and can include body aches, headache, chills and fatigue. Some people also have diarrhea and vomiting. There have been some people with swine flu who have been sicker and have even died.

Is swine flu treatable in people?

People sick with any type of flu should make sure to drink enough fluids, get plenty of rest, eat healthy foods, wash hands frequently and stay home to avoid spreading the flu to other people. The kinds of drugs used to treat seasonal flu, called antivirals, can also be used to treat swine flu. There have been a few influenza viruses, including the most recent swine flu, that are resistant to some, but not all, of these drugs. Healthcare providers may recommend that people who are sick or appear to be sick with swine flu receive an antiviral medication.

How would I know if I have swine flu?

If you have symptoms of influenza as described above, and especially if you have recently traveled to an area where there have been human cases of swine flu, contact your healthcare provider who will decide what type of testing and treatment is right for you. To diagnose any kind of flu virus, a swab of the inside of your nose needs to be collected by a doctor. Identification of a swine flu virus requires special laboratory testing.

If you think you might have swine flu and you need to see your health care provider, you should call ahead and let them know you might have the flu. That way, precautions can be taken to avoid the spread of flu to others.

What if I recently traveled to a region where swine flu in humans has been found?

If you have recently traveled to an area affected by swine flu, be watchful for any flu-like symptoms. If you are experiencing any of these symptoms, stay home to avoid exposing others and contact your healthcare provider; your healthcare provider will decide what type of testing and treatment is right for you. To diagnose any kind of flu virus, a swab of the inside of your nose needs to be collected by a doctor. Identification of a swine flu virus requires special laboratory testing.

How can I protect myself and others from swine flu?

You can protect yourself and others from swine flu the same way that you can protect yourself from seasonal flu. Avoid holding, hugging, kissing, or shaking hands with anyone who has a cold or the flu. Wash your hands often with soap and warm water, or use an alcohol-based hand sanitizer. Avoid touching your nose, mouth or eyes. Clean things that are touched often like door handles, telephones, etc. If you get sick with a flu-like illness stay home from work and school and avoid contact with others so the virus does not spread.



What's Your Readiness Quotient?

In recent years, the American people have been urged to “get ready” and to prepare for emergencies – from natural disasters to terrorist attacks. But no one has ever given the public a simple, comprehensive and consistent tool to actually measure how prepared they are. No one has ever provided individuals, communities, and the nation as a whole with a practical “gauge” to assess their preparedness, recognize their successes and identify gaps where more work needs to be done.

Until now.

The **Readiness Quotient** – or **RQ** – is a first of its kind tool for individuals, families and communities to determine and evaluate their readiness.

See how you stack up against the national average and learn specific steps you can take to better prepare yourself and your family, as well as things you can do to encourage your [community](#), [schools](#) and [workplace](#) to be better prepared.

Your first important step is to learn your RQ score. This simple test takes less than one minute to complete.

[> Get started here.](#)

A word from Chief MacLean:

“Thanks to all the present members who do so much to make CERT effective, and thanks to those who have discovered us and are joining in to contribute their talents as well. CERT is a great opportunity to participate in the community while making good friends at the same time. Let’s carry on and make ready!”
