



Serve DC's Community Emergency Response Bulletin: June 2022 Edition

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CERT Training Mid-Spring Cohort Recap



We recently held CERT training sessions for the Mid Spring Cohort. On June 15th, opening session, we had around 40 participants! The focus was on disaster preparedness and the organization of CERT, taught by CERT Council member and Ward 1 team lead, Karen Gaal.

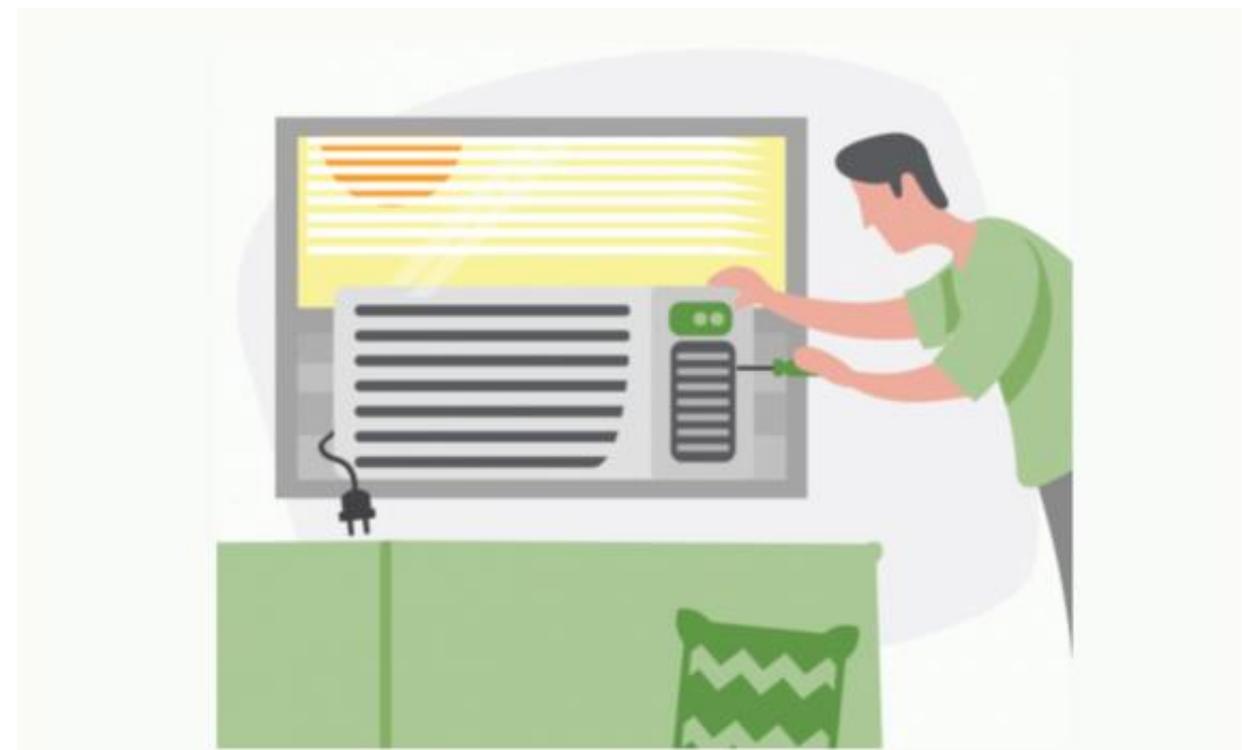
On June 16th, we covered Units 6 & 7, dealing with light search and rescue and fire suppression complete with a fire simulation exercise. The instructor for those units were CERT Council member and Ward 6 Team lead, Daryl Levine, DC FEMS Communications Lead.

DC Summer is here! Have fun and stay safe during the hottest season of the year.



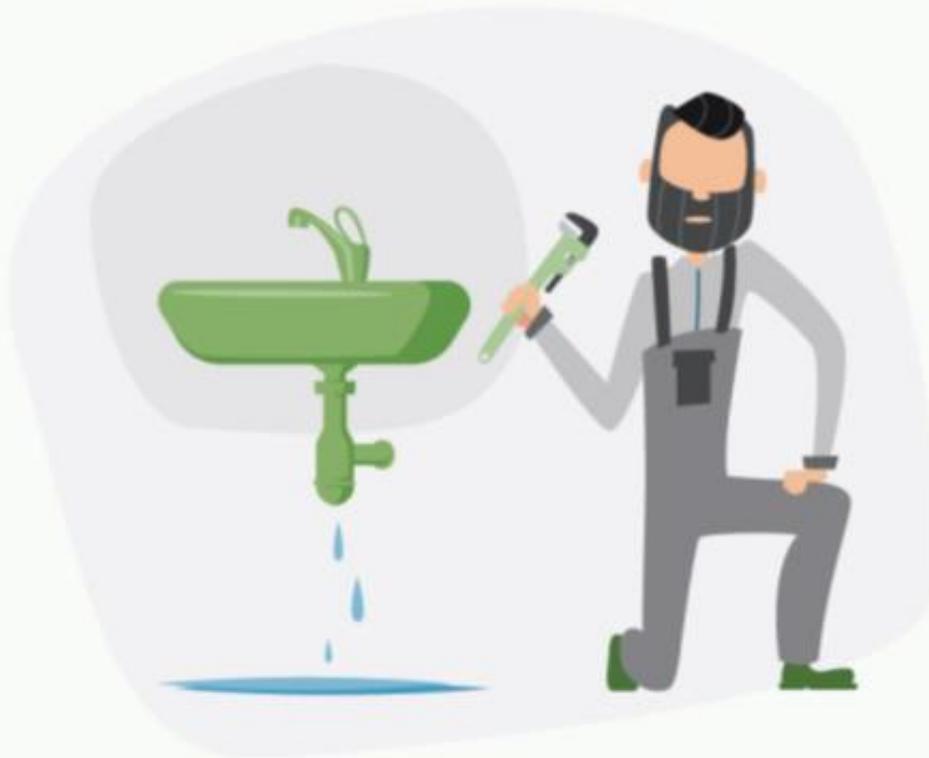
- Heat waves can be dangerous and even life-threatening for people who don't take the proper precautions.
- According to the National Oceanic and Atmospheric Administration ([NOAA](https://www.noaa.gov)), there were 51 heat-related deaths in 2020. Heat also holds the highest 10-year average of deaths per year with 107 fatalities, and the highest 30-year average of any hazard at 143 fatalities.
- Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for his or her age and physical condition. Older adults, young children, and those who are sick or overweight are more likely to succumb to extreme heat.

Know Key Heat Preparedness Terms!



- **Heat Wave** - A period of abnormally and uncomfortably hot and unusually humid weather. Typically, a heat wave lasts two or more days.
- **Heat Index** - The Heat Index (HI) or the "Apparent Temperature" is an accurate measure of how hot it really feels when the Relative Humidity (RH) is added to the actual air temperature.
- **Heat Cramps** - A condition marked by sudden development of cramps in skeletal muscles. It results from prolonged work or exercise in high temperatures accompanied by profuse perspiration with loss of sodium chloride from the body.
- **Heat Exhaustion** - A mild form of heat stroke, characterized by faintness, dizziness and heavy sweating
- **Heat Stroke** - A life-threatening condition marked especially by cessation of sweating, extremely high body temperature, and collapse that results from prolonged exposure to high temperature
- **Excessive Heat Watch** - Issued by the National Weather Service when heat indices exceeding 105°F (41°C) during the day combined with nighttime low temperatures of 80°F (27°C) or higher are forecast to occur for two consecutive days.
- **Excessive Heat Warning** - Issued within 12 hours of the onset of the following criteria: heat index of at least 105°F for more than three hours per day for two consecutive days, or heat index more than 115°F for any period of time.
- **Heat Advisory** - Issued within 12 hours of the onset of the following conditions: heat index of at least 105°F but less than 115°F for less than three hours per day, or nighttime lows above 80°F for two consecutive days.

Indoor Water Conservation Tips Before a Drought

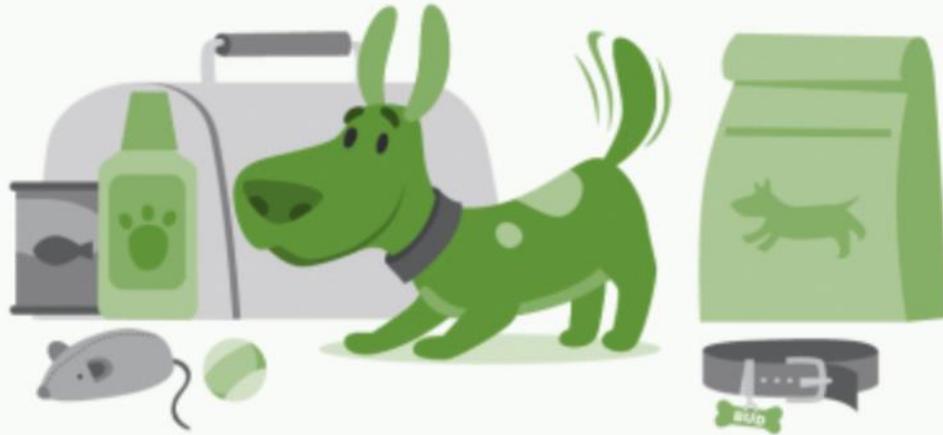


During times of extreme heat, many areas can also experience periods of reduced rainfall or drought. As the summer continues and temperatures rise, there may be an increased risk of drought in our region. If a drought should occur, it's important to know what measures to take to reduce the impact to yourself and property.

Strategies for drought preparedness focus mainly on water conservation. The below list of practices is some of the ways before a drought occurs one can act every day to help preserve this essential resource. Here are some key tips:

- Never pour water down the drain when there may be another use for it. For example, use it to water your indoor plants or garden.
- Repair dripping faucets by replacing washers. One drop per second wastes 2,700 gallons of water per year.
- Check all plumbing for leaks and have any leaks repaired by a plumber.
- Retrofit all household faucets by installing aerators with flow restrictors.
- Install an instant hot water heater on your sink.
- Insulate your water pipes to reduce heat loss and prevent them from breaking.
- Start a compost pile as an alternate method of disposing of food waste or simply dispose of food the garbage. (Kitchen sink disposals require a lot of water to operate properly)

Think of your furry friends! They need to stay cool too



- June is National #PetPreparedness Month. Include your pets in your family emergency plan: www.ready.gov/pets #PetPreparedness
- Find out in advance where you can take your pets when an emergency happens in your community <https://www.gopetfriendly.com/> #PetPreparedness

CERT In-Person Sessions are coming; Are You Ready?

ICS 100 & 700: <https://training.fema.gov/is/>

Stay connected at dc.cert@dc.gov and make an account at <https://servedc.galaxydigital.com/dc-cert/>

On the Radar: Grill Safety

Stay fire safe this summer! Follow these grilling safety tips.



When the warmer weather hits, there's nothing better than the smell of food on the grill. Seven out of every 10 adults in the U.S. have a grill or smoker*, which translates to a lot of tasty meals. But it also means there's an increased risk of home fires.

In 2014-2018, fire departments went to an annual average of 8,900 home fires involving grills, hibachis or barbecues per year, including 3,900 structure fires and 4,900 outside or unclassified fires.

Grilling fire facts

- July is the peak month for grill fires (18%), including both structure outdoor or unclassified fires, followed by June (15%), May (13%) and August (12%).
- In 2014-2018, an average of 19,700 patients per year went to emergency rooms because of injuries involving grills. * Nearly half (9,500 or 48%) of the injuries were thermal burns, including both burns from fire and from contact with hot objects; 5,200 thermal burns, per year, were caused by such contact or other non-fire events.
- Children under five accounted for an average of 2,000 or 39%, of the contact-type burns per year. These burns typically occurred when someone, often a child, bumped into, touched or fell on the grill, grill part or hot coals.

- Gas grills were involved in an average of 8,900 home fires per year, including 3,900 structure fires and 4,900 outdoor fires annually. Leaks or breaks were primarily a problem with gas grills. Ten percent of gas grill structure fires and 22% of outside gas grill fires were caused by leaks or breaks.
- Charcoal or other solid-fueled grills were involved in 1,300 home fires per year, including 600 structure fires and 600 outside fires annually.

GRILLING STATISTICS

from **NFPA**

10,600 home fires are started by grills each year, on average

July is the peak month for grill fires, followed by June, May, and August



19,700

patients went to the ER per year because of injuries involving grills, including

9,500 thermal burns



64% of U.S. households own at least one outdoor BBQ, grill or smoker

Gas grills contribute to a higher numbers of fires than charcoal grills.

61%

of households own a gas grill



Sources:
NFPA Research, Data & Analytics
Hearth, Patio and Barbecue Association
Consumer Product Safety Commission's National Electronic Injury Surveillance System

Resources



Join the DC CERT Team

The DC CERT Teams are dedicated CERT members who are committed to the growth and development of their teams to meet **community** preparedness needs in the event of an **emergency** or disaster. CERT Teams are made up of enthusiastic volunteers who are trained in **emergency** preparedness and **response**. To join your CERT Team, click [HERE](#). For information about DC CERT, click [HERE](#).

Important Numbers

Animal Care and Control	202-576-6664
Mental Health Hotline	800-793-4357
Mental Health TDD/TYY	202-673-7500
National Poison control'	800-222-1222
National Suicide Prevention	800-273-8255
The American Red Cross	202-782-6401
Police/Fire/EMS	911
Non- Emergency	311 or 202-727-1000
DC HSEMA	202-727-6161
DC HSEMA TDD/TYY	202-727-3323

- For volunteer opportunities in the District, visit [Serve DC volunteer portal](#).
- For more information on preparedness, visit [ready.dc.gov](#).
- Sign up for **emergency** alerts – [AlertDC](#)
- Follow Serve DC on Social Media: On [Facebook](#); [Twitter](#); [Instagram](#)
- For Information about CERT Training, click [here](#).
- To join the DC CERT Team, click [here](#).
- For the latest information on COVID-19 (Coronavirus), visit [coronavirus.dc.gov](#)

Stay Connected with Mayor's Office of Volunteerism and Partnerships:



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