

We covered several issues on Thursday's meeting that can be useful to everyone. The handout can be downloaded [here](#).

1. Tourniquets - military experience in Iraq and Afghanistan proved that too many people were bleeding to death unnecessarily from insufficiently aggressive use of tourniquets to stop bleeding. Worries about losing an arm or leg pale compared to dying and experience has shown that tourniquets can be used much longer than previously thought without losing limbs. See articles [here](#), for example, on proper use of tourniquets. We encourage everyone to add a tourniquet tool to your safety supplies. The recommended one is the [North American Rescue Military Issue Combat Application Tourniquet](#), \$29.50 on Amazon. Be wary of cheap Chinese imitations that don't work as well. For a cheaper alternative, we recommend the [SWAT-T stretch type](#), \$23.99 for 2 on Amazon.

2. Aggressive Dogs. I assume most of you saw on NextDoor the [terrible dog attack](#) a few days ago in which a person and their pet were severely injured by an aggressive pit bull. We decided to investigate the best way to protect you and your pets from dogs like these. There are many web sites that address this issue but the best one that I found is [15 real-life tips for surviving a dog attack \(2017 edition\)](#). In reviewing other sites I found that many seemed to be offering bad information. The problem is that techniques that work for normal dogs like punching them in the snout don't work on dogs that have been bred for fighting like the pit bull in the NextDoor attack. These dogs have been bred to ignore pain so punching, kicking and hitting them doesn't work well, even if you are skilled enough to do it successfully. There are no great solutions but we decided the best approach for the average walker is to carry pepper spray ([\\$6.99 on Amazon](#)) or citronella spray ([\\$14.16 on Amazon](#)). The pepper spray has the benefit that it works on aggressive humans too but in a chaotic situation you may spray yourself or your own pet. You have to hit the dog in the eyes to be really effective and this can be easier after the dog actually bites down. Citronella is less harmful to humans and your own pet if you accidentally get them too. As another choice, we've found that a product called "[Sentry - Stop That](#)" ([\\$6.39 on Amazon](#)) works surprisingly well to calm our dog if he gets agitated and would probably work on an aggressive dog too.

If your dog is fighting with another dog the best approach is to grab the aggressor dog by the collar or use a leash around it's neck and pull up, temporarily choking the dog until it lets go. Alternatively, if it's a relatively small dog, you can try to grab it's hind legs and lift it up until it lets go. Under no circumstances should you try to push them apart with your hands. You are likely to get bit this way.

A few other suggestions:

- As always - don't panic. Use your head
- Never run away from an aggressive dog. He's always faster than you.
- Don't shout, scream or whistle unless you are calling for help yourself. This works for coyotes but just agitates dogs more.

- Try sternly ordering the aggressive dog to “Sit!” or “Down!” Sometimes this works and can’t hurt.
- Try distracting the dog with a coat or shirt - give it something else for it to bite rather than you or your pet
- If a dog clamps down on you or your pet, never try to pull away. This will just rip flesh. Use a stick to push it’s mouth open or choke it.
- If you or your pet is punctured by a bite, see a doctor or vet to prevent infection

To get a flavor for what you might be up against, see this [YouTube featuring Cesar Millan](#). How would you react? [This self-defense YouTube](#) demonstrates well how to control a big, aggressive dog.

3. Radiation Safety. The world we live in is crazy enough without spreading more paranoia but one of the members brought this up so we did a little investigating on how to protect yourself from radiation, either from an accident or worse. The mostly likely threat we in Newport Beach face is an accidental or sabotage release of radiation from the stored fuel at San Onofre. Even though it’s shut down, the fuel rods are still there and hot and still need cooling. They could still melt and release radioactive debris. Obviously we could also face a terrorist dirty bomb, Kim Jun Un trying to prove his manhood or something worse. There are multiple forms of radiation but the most dangerous form is gamma radiation which can penetrate structures and cause injuries. There are many myths and misunderstandings about radiation. Many people think that if someone sets off a nuclear bomb nearby we’re all gonna die so why do anything. That is simply not true unless you happen to be right at the target which is unlikely in Newport Beach. There are very simple things that you can do to dramatically increase your chance of survival in almost any scenario.

A few facts:

- Radiation from fall-out decays to less than 1% of it’s initial value in less than 48 hours
- Each 3.5 inches of dirt or other mass between you and the gamma radiation reduces it’s effect by 1/2 so 36 inches reduces it by 1/1000
- Most of the people at Hiroshima and Nagasaki who survived the initial blast recovered with modest long-term effects
- The blast radius for the typical modern bomb (200 KT) for major destruction is about 3.2 miles.

Two simple things that you can do to protect yourself are take prophylactic medicine (Potassium Iodide) after the event and build a shelter. Most of the fallout from a nuclear event falls to earth a few miles from the event but some tiny particles get carried into the atmosphere, spread long distances over several days and can get ingested by breathing, food or water resulting in radiation poisoning. A common form of radiation poisoning comes from radioactive iodine that accumulates in the thyroid gland and other parts of the body. This can largely be avoided by taking Potassium Iodide tablets before the fallout reaches you.

The salt in these tablets binds into the body and prevents the radioactive version from binding. [Tablets for one person are available on Amazon for \\$7.83.](#)

If there is some kind of nuclear event, you and the other 23.8 million people in Southern California are not going to be able to run or drive away from it. Your best bet is to shelter in place. A simple trench in your back yard can provide substantial protection for a few days or weeks until the radiation subsides. Covering the trench with some boards or a door and then piling dirt on it works even better. You don't have to stay in the shelter the whole time. The radiation effect is cumulative so as long as you are sheltered most of the time, you can minimize the impact. There is a 1987 book written by an Oak Ridge scientist called Nuclear War Survival Skills that is available for download free [here](#) or on [Amazon for \\$19.95](#) that offers practical suggestions on building shelters and related topics. It reads a little like a Boy Scout manual and might seem a little Dr. Strangelove-ish but might just turn you into a survivor rather than a statistic. It has chapters on food, water and health that would be useful in any major disaster such as the big one.

4. Home Fire Protection. It's fire season again so if you are worried about a fire roaring up the back bay and turning your house to cinders, it's worth reminding that there are steps you can take to reduce the risk. Cutting back and reducing the mass of vegetation near your house and making sure that you have a fire-safe roof are the obvious ones. Another useful tool that we have discussed before but is worth reviewing is applying a fire protection gel to your house if a fire is imminent. CERT instructor Matt Brisbois has a house in Laguna and he owns and recommends [Barricade Fire Gel](#). This is a foam product that you spray on your house with a hose attachment. After the fire has passed you can clean the gel off with soap and water. A kit for a typical house with 4 gallons of gel and an applicator is \$326 [here](#). A YouTube demonstrating it's use is [here](#).

5. Neighborhood Watch Update.

A note from NBPD crime prevention specialist Andi Query offers the following suggestions:

#### PACKAGE THEFT PREVENTION:

- Always track your package deliveries so that you know when they are estimated to arrive at your home.
- Make sure that someone is home to receive the delivery or that a trusted neighbor is available to receive the package on your behalf.
- Never leave your deliveries unattended on your front porch.
- Always require a signature when having items delivered.

#### MAIL THEFT PREVENTION:

- Always use a US Postal collection box or deposit your mail inside your

local post office.

- Whether you have a home mailbox or use a post office box, you should always collect your mail on the day it is delivered. Never leave it in your mailbox overnight.

- Mail thieves look for bank statements and credit card bills, which can be used to create counterfeit checks or fake identifications.

- Thieves also look for personal checks enclosed in utility bills or other payments. Thieves take these stolen checks, remove the ink, and then fill out the blank check with their name and desired amount.

- Never send cash or coins through the mail.

- When reordering checks have them sent to your bank.

- When you travel, ask a trusted friend or neighbor to pick up your mail.

- If you don't receive a check, bill or other mail you are expecting, contact the issuing agency immediately.

Report all suspicious activity or if you are a victim of theft, to the Newport Beach Police Department by calling (949) 644-3717.

Upcoming events:

- 8/1 National Night Out 4-7 Bonita Canyon Sport Park

- 8/15 CERT All Hands Meeting 6:30 Library Friends Room

- 9/8 Disaster Preparedness Expo Civic Center Green

- 9/28 Fall CERT Classes Start

Next meeting: Thursday 9/14 7:00 PM - Larry's Beach

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