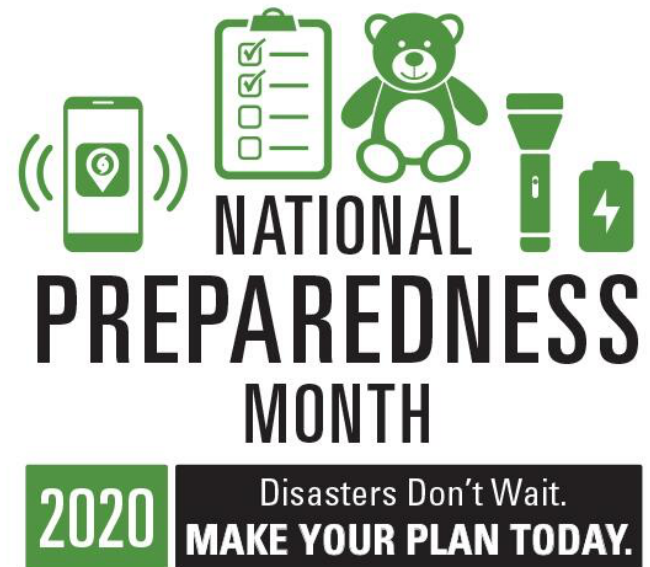




Dover Shores CERT Meeting

September 10, 2020



Agenda

- National Preparedness Month
- Heat-related illnesses
- Neighborhood Watch Update

September is National Preparedness Month



Pandemic

Know the facts about a pandemic. Public Health is everyone's responsibility.
[Learn How to Stay Safe](#)



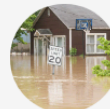
National Preparedness Month (NPM)

NPM is recognized each September to promote family and community disaster planning now and throughout the year. With the ongoing threat of COVID-19 there is no better time to be involved.
[Learn More About NPM](#)



Wildfires

If there is a wildfire in the area, be ready to evacuate on short notice.
[Get Wildfire Tips](#)



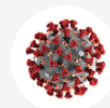
Flooding

If you approach a flooded road or walkway, follow this rule: turn around, don't drown!
[Prepare for Flooding Now](#)



Extreme Heat

Drink plenty of water even if you do not feel thirsty. Heat kills by pushing the human body beyond its limits.
[Get Extreme Heat Tips](#)



FEMA's Response to Coronavirus

Find resources on Doing Business with FEMA, How to Help, FAQs, Rumor Control Page and more on FEMA.gov.
[Get Info About FEMA's Response to Coronavirus](#)



Hurricanes

Prepare for hurricanes now. Know where to go if asked to evacuate quickly and how you and your family will get there.
[Get More Hurricane Tips](#)



Build a Kit

Make sure your emergency kit is stocked with the right items.
[Emergency Supply List](#)



Make a Plan

Be Prepared. Make an emergency plan today and practice it.
[Emergency Plan Info](#)



Emergency Alerts

Wireless emergency alerts allow officials to provide the public with life-saving information quickly.
[More on Emergency Alerts](#)

Heat-related Illnesses

- Heat Cramps

- Signs: Muscle pains or spasms in the stomach, arms or legs
 - Can result from work or exercise
 - Body temperature and pulse normal but skin may feel moist and cool
- Actions
 - Go to a cooler location.
 - Remove excess clothing.
 - Take sips of cool sports drinks with salt and sugar – avoid alcohol or caffeine
 - If cramps last more than an hour, seek medical attention.



- Heat Exhaustion

- Signs: Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, fainting, nausea, vomiting
- Actions
 - Go to an air-conditioned place and lie down.
 - Loosen or remove clothing.
 - Take a cool bath.
 - Take sips of cool sports drinks with salt and sugar.
 - Call your healthcare provider if symptoms get worse or last more than an hour.

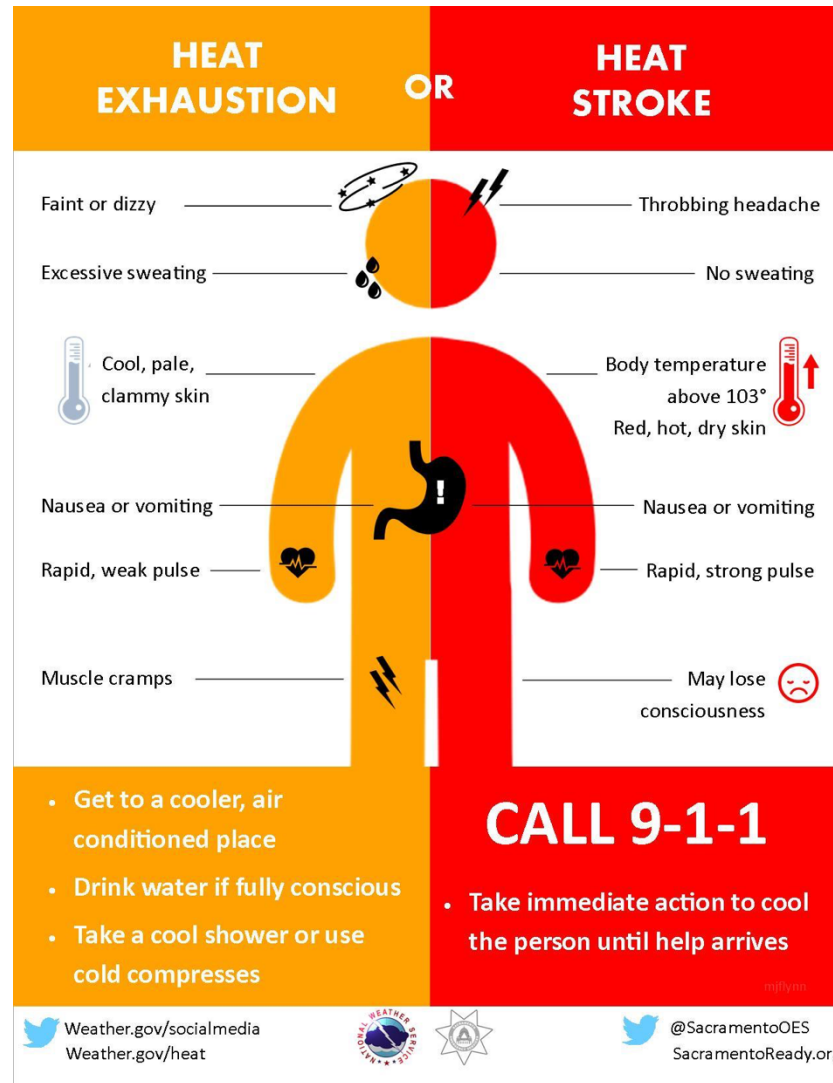


- Heat Stroke

- Signs
 - Extremely high body temperature (above 103 degrees) taken orally
 - Red, hot and dry skin with no sweat
 - Rapid, strong pulse or slow weak pulse
 - Dizziness, confusion, agitation or unconsciousness – change in behavior: grouchy or acting strangely
- Actions
 - Call 9-1-1 or get the person to a hospital immediately.
 - Cool down with whatever methods are available until medical help arrives.

Also: heat rash and sunburn

Heat Illnesses – Differential diagnosis



Heat and the Elderly

- Heat cramps, exhaustion, stroke
 - Drugs may aggravate: diuretics, sedatives, tranquilizers, BP meds
 - Poorly working sweat glands or age-related skin changes
 - Very overweight or under-weight
 - Alcoholic beverages
- Heat syncope
 - Signs: sudden dizziness when active in hot weather
 - Beta-blocker increases risk
 - Actions:
 - Rest in cool place
 - Put your legs up
 - Drink water
- Heat Edema
 - Signs: swelling in ankles and feet
 - Actions:
 - Raise your feet
 - If that does not work, call your doctor



No AC or Power Failure?

- Have a plan
- Stay cool at home
 - Avoid exercise, cooking, hot appliances
 - Close shades / drapes to keep out sun
 - Monitor house temperature
 - If house is cooler than outside, keep closed
 - If house is hotter than outside, open up or go outside to a shaded place
 - Keep hydrated but avoid alcohol or caffeine
 - Cold bath, pool or wet towels – evaporation is your friend
 - Fans if you are sweating or wet
 - Caution: at extreme temps ($> 95^{\circ}\text{F}$) fans give false security
 - Car may have AC
 - Only in open, shaded places
 - Carbon monoxide!
- Move to a cool place – verify they have power first
 - Designated cooling locations – schools etc.
 - Call NBPD non-emergency number: 949-644-3717
 - Library
 - Shopping mall / big-box store



Heat and Dogs

- Same heat illnesses as humans but potentially worse
 - Dogs don't sweat (minimal on pads)
 - Need shade and cool surfaces
 - Hot cars kill dogs
- Symptoms and signs
 - Excessive panting or difficulty breathing
 - Dehydration – dry nose, tiredness, gum changes, no pee
 - Excessive drooling – thicker and stickier than usual
 - Fever ($> 103^{\circ}\text{F}$)
 - Rapid pulse – feel chest – know what is normal
 - Muscle tremors
 - Lethargy or weakness
 - Vomiting or diarrhea
 - Dizziness – can't walk straight, bumping into things
 - Unconscious – take to vet immediately
- Treatment
 - Move pet to a cool location
 - Lower body temperature with cool water
 - Not cold water – no ice – rapid cooling dangerous
 - Especially paws and ears
 - Dry wet dog with fan
 - Provide cool but not cold water to drink
 - Call vet – possible shock or kidney failure



Heat and Cats

- Same issues as dogs and people
 - Cat's don't sweat except for paws
 - Hot rooms with inadequate ventilation
 - Trapped in clothes dryer
 - Inadequate drinking water
 - Risk factors: age, obesity, existing conditions, meds
- Symptoms
 - Panting
 - Sweaty feet
 - Disorientation, restlessness
 - Vomiting
 - Lethargy
 - Drooling thick or sticky saliva
 - Rectal temperature above 105 °F
- Treatment
 - Move to cool, shady place
 - Place wet towel or blanket for them to sleep on
 - Offer small sips of water, encourage with tuna or broth
 - Gently spray cool water and cool with fan
 - Call vet, note times of observation and treatment



NB Crime Trends

- Garage burglaries
 - Continued to be a trend during August
 - Keep garage doors closed when you are not present in your garage.
- Bike thefts
 - Bike theft trend also continued in the month of August
 - Make sure you have a high quality lock (not just a cable lock) and that you are using it properly.
 - Helpful to use two different locks to secure your bike. A thief will need to use different tools to defeat the different locks.
 - Never leave a bike outside overnight – even if it's locked. Even good locks can be defeated if a thief has enough time & the right tools.
 - Register your bike at [Project529.com](https://project529.com)
- Auto thefts
 - Increase in auto thefts this August compared to August 2019
 - Overall auto theft numbers for 2020 are on the high end when compared to the last 5 years
 - Be diligent about locking your vehicles & not leaving your keys in the car

Notes from Sara Verschueren, NBPD

Crime Terms

- Robbery vs. Burglary
 - Robbery: Taking something from someone by using force or threatening to use force.
 - (1) the property needs to be taken from a person
 - (2) threats or force were used to take the property.
 - Robbery is considered a violent crime.
 - Burglary: Entering a structure with the intent to commit a crime in it.
 - A victim does not need to be present for a burglary to occur.
 - Burglary is considered a property crime.
- Grand Theft vs. Petty Theft
 - Grand Theft: Unlawfully taking money or property that is worth \$950 or more.
 - Petty Theft: Unlawfully taking money or property that is worth under \$950.
- Unlocked vs. Unsecured
 - Unlocked: This term is used in situations where property was stolen because a lock was not being used.
 - Usually involves homes & cars which have door locks that were not engaged at the time of the crime
 - If the lock was used, the crime might have been prevented.
 - Unsecured: This term covers situations where property was left either out in the open, unattended or unprotected in some other way.
 - A beachgoer leaves their keys on the sand while they swim & their keys are stolen.
 - Tools are stolen from the bed of a truck.
 - A wallet or purse is stolen from a shopping cart while the victim is distracted.

Area 2 Crime Reports

NEIGHBORHOOD WATCH – AREA 2 – August 2020

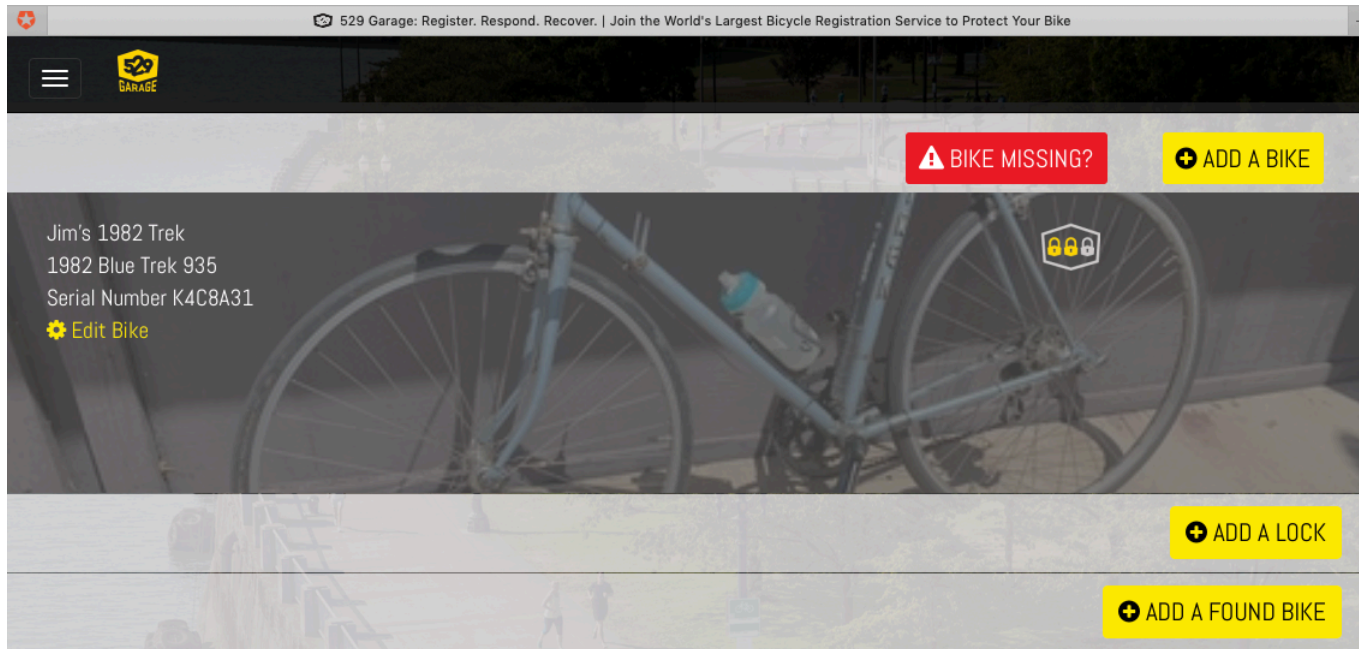
REPORT	DATE REPORTED	HUNDRED BLOCK	RD	CRIME	METHOD	LOSS
20005379	08/02/2020	200 BLK LILLE LN	RD24	Garage Burglary	CUT LOCKS	BICYCLES
20005381	08/02/2020	1500 BLK PLACENTIA AVE	RD24	Bike Theft	CUT LOCK	BICYCLES
20005345	08/01/2020	1400 BLK GALAXY DR	RD29	Auto Theft	UNKNOWN	VEHICLE
20005346	08/01/2020	500 BLK ALISO AVE	RD25	Petty Theft	UNSECURED/OPENED	FLAG
20005365	08/01/2020	200 BLK EVENING STAR LN	RD29	Garage Burglary	UNSECURED/OPENED	TOY CARS, BICYCLE
20005412	08/03/2020	1500 BLK ETON PL	RD28	Burg/Theft from Auto	UNKNOWN	FRONT LICENSE PLATE
20005434	08/04/2020	400 BLK ALISO AVE	RD25	Bike Theft	UNKNOWN	BICYCLE
20005560	08/09/2020	1600 BLK WESTCLIFF DR	RD28	Burg/Theft from Auto	UNKNOWN, KEY FOB USED TO TAKE SECOND VEHICLE	KEY FOB, BOOKS, SUNGLASSES
20005568	08/09/2020	1600 BLK WESTCLIFF DR	RD28	Burg/Theft from Auto	UNKNOWN	EMERGENCY ROADSIDE KIT, CHARGER
20005584	08/10/2020	800 BLK 15TH ST W	RD24	Residential Burglary	UNLOCKED FRONT OR PATIO DOORS OR POSSIBLE KNOWN SUSPECT	GAME CONSOLE, PHONE
20005609	08/11/2020	2800 BLK BAY SHORE DR	RD26	Burg/Theft from Auto	WINDOW SMASH	TOOLS
20005621	08/11/2020	2500 BLK MARGARET DR	RD25	Auto Theft	UNKNOWN	VEHICLE
20005636	08/12/2020	23RD ST & IRVINE AVE	RD31	Burg/Theft from Auto	UNLOCKED	KEYS
20005641	08/12/2020	2800 BLK BAY SHORE DR	RD26	Bike Theft	UNKNOWN	BICYCLE
20005657	08/13/2020	100 BLK RIVERSIDE AVE	RD25	Bike Theft	UNKNOWN	BICYCLE
20005668	08/13/2020	900 BLK IRVINE AVE	RD28	Petty Theft	UNSECURED/OPENED	KEYS
20005706	08/14/2020	5700 BLK SEASHORE DR	RD17	Bike Theft	PARKING METER TAKEN WHERE BICYCLE WAS LOCKED	BICYCLE
20005719	08/15/2020	200 BLK CAGNEY LN	RD24	Garage Burglary	UNKNOWN	BICYCLE

Area 2 Crime Reports

NEIGHBORHOOD WATCH – AREA 2 – August 2020

20005723	08/15/2020	1800 BLK SHERINGTON PL	RD28	Burg/Theft from Auto	UNKNOWN	FANNY PACK, WALLETS
20005726	08/15/2020	1800 BLK SHERINGTON PL	RD28	Burg/Theft from Auto	WINDOW SMASH	DRUM EQUIPMENT
20005729	08/15/2020	2300 BLK UNIVERSITY DR	RD31	Burg/Theft from Auto	WINDOW SMASH	PURSE
20005744	08/16/2020	55TH ST & SEASHORE DR	RD17	Bike Theft	CUT LOCK	BICYCLE
20005746	08/16/2020	400 BLK SNUG HARBOR RD	RD26	Residential Burglary	UNLOCKED FRONT DOOR	BICYCLE, CLOTHING, BEER, DUFFLE BAG
20005770	08/17/2020	200 BLK 62ND ST	RD17	Burg/Theft from Auto	UNKNOWN	VEHICLE PARTS
20005823	08/19/2020	SUPERIOR AVE & COAST HWY W	RD24	Petty Theft		SURFBOARD
20005858	08/20/2020	6200 BLK COAST HWY W	RD17	Residential Burglary	FAULTY DOOR	CASH
20005872	08/20/2020	1500 BLK PLACENTIA AVE	RD24	Grand Theft	UNKNOWN	TRAILER
20005904	08/21/2020	2200 BLK GOLDEN CIR	RD31	Garage Burglary	UNSECURED/OPENED	BICYCLE
20005928	08/22/2020	56TH ST & SEASHORE DR	RD17	Bike Theft	UNKNOWN	BICYCLE
20005960	08/24/2020	2100 BLK 16TH ST	RD28	Residential Burglary	UNLOCKED FRONT DOOR OR POSSIBLE KNOWN SUSPECT	DEBIT CARDS, CASH
20006030	08/27/2020	1400 BLK SUPERIOR AVE	RD24	Burg/Theft from Auto	UNLOCKED	BACKPACK (RECOVERED)
20006138	08/30/2020	SUPERIOR AVE & COAST HWY W	RD24	Burg/Theft from Auto	WINDOW SMASH	SPORTS BAGS
20006147	08/31/2020	SEASHORE DR & OLIVE ST	RD17	Burg/Theft from Auto	UNSECURED/OPENED	BACKPACK
20006148	08/31/2020	1900 BLK SHERINGTON PL	RD28	Petty Theft	UNSECURED/OPENED	CLOTHING
20006159	08/31/2020	500 BLK ALISO AVE	RD25	Burg/Theft from Auto	UNLOCKED	PAPERWORK, AUTOMATIC STARTER

529 Garage



529 Garage Registration

Jim's 1982 Trek

Bike Details

Bike Nickname

Jim's 1982 Trek

Serial Number

K4C8A21

Manufacturer

Trek

Model

935

Build

Optional

Model Year

1982

Frame Color

Blue

Accent Color

Frame Finish

Frame Material

Bike Type

Road

Number Of Gears

Optional

Frame Size

Optional

Wheel Size

Optional

Additional Equipment

Optional

SAVE

Purchase Information

>

Shield

>

Photos

>

Accessories

>

Insurance Information

>

Bike Missing Or Stolen? Click Here!

>

Registration Certificate

>

Transfer Bike

>

Remove Bike

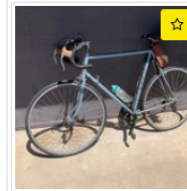
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Photos

ADD PHOTOS

Recommended Photos: You and Your Bike What to Look For

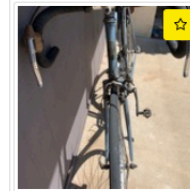
Click the star icon to set one photo as your hero photo. This will be the primary photo for your bike.



Description:

Photo Type:

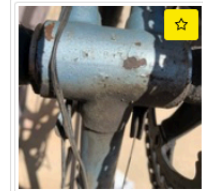
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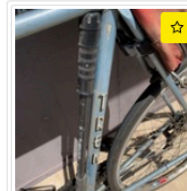
DELETE



Description:

Photo Type:

DELETE



Description:

Photo Type:

DELETE

Finally

- Next meeting December 10 – probably Zoom again
- Let me know if you have equipment suggestions
- CERT training online via Zoom
 - Register at nbcert.org