Standing Down for COVID-19

On February 26, 2020, County of Orange declared a local emergency and a local health emergency to prepare for COVID-19, commonly known as novel coronavirus. On that date there was only one confirmed case in Orange County (and that individual had recovered) and 60 U.S. cases. Since then, the situation escalated rapidly and life has changed dramatically. On March 4th, Governor Newsom declared a State of Emergency to exist in California. On March 9th, the OCSD Mutual Aid Bureau canceled the March 14th meetings that were to be held for all reserves (sworn and PSRs), due to COVID-19. On March 14th, Command Staff advised that all PSR meetings were not to be held until further notice.

On March 16th, Sheriff Don Barnes suspended all volunteer programs. The EOC had already been activating at Level 1 (the highest level). RACES members, however, were advised not to enter the Loma Ridge facility.

On March 19th, Governor Newsom and the State Public Health Officer issued an order telling all California residents to stay home unless they work in one of the 16 federal critical infrastructure sectors. Everyone is required to stay home (including RACES members) except to get food, care for a relative or friend, get necessary health care, or go to an essential job. If you go out, keep at least 6 feet of distance. On March 29th, President Trump extended social-distancing guidelines to April 30th.

Do:
- Stay home
- Avoid people outside your household
- Wash hands with soap and water for at least 20 seconds
- Cover your cough or sneeze with a tissue
- Clean and disinfect frequently touched objects and surfaces
- Maintain a safe social distance of 6 feet whenever outside of the house

Don’t:
- Leave the house except for essential activities
- Shake hands
- Touch your face
- Go to the doctor if you aren’t sick
- Stockpile masks or gloves

RACES members want to help, but the Governor has ordered us to stay home. So has the Sheriff. We can’t go to the EOC. We can’t activate in the field. Emergency Management officials don’t want to risk the lives of volunteers. We must also stand down so that we don’t infect paid staff at the EOC and other government facilities by accidentally carrying in the virus. Paid staff are risking their lives every day by being on the job, whether at the EOC, at sheriff and police dispatch, or out in the field as first responders.

Our RACES meetings are usually held at government facilities. We must protect those facilities by staying away, and we must protect ourselves by not gathering together and passing the virus. We are un-
Captain’s Corner  Continued from page 1

Under orders from the Sheriff and from the Governor to self-shelter, OCRACES members especially are not to enter the Loma Ridge facility nor engage in any RACES group activities outside the home. However, we are urged to continue our nets.

To strengthen our morale during this crisis, when we cannot socialize with each other in person, let’s continue communicating on the air. The OCRACES 2-meter repeater is an open repeater and we encourage all County and City RACES and MOU members to monitor it and talk to each other. Let’s keep it active and cheer up each other as we are cooped up at home.

It’s prudent to remain aware of the extent of this emergency, as well as steps we can take to protect ourselves and our families. In this article I will share some websites that you can visit to stay up-to-date or find resources. Of course, remember to check the OCRACES website at https://ocraces.org. Click on the “County/City/MOU Units” tab to find websites of City RACES and MOU units.

Residents can call a toll-free hotline at 833-426-6411 for inquiries related to COVID-19 in Orange County. Through the hotline, callers can be connected to the following county agencies:

- Orange County Health Care Agency—Health Referral Line, Behavioral Health Resource
- Orange County Social Services Agency—Risk Benefits
- Orange County Office on Aging—Resources for Seniors
- Orange County District Attorney’s Office—Scams, Price Gouging
- County of Orange EOC Hotline—Non-Medical Questions

Residents who have questions about COVID-19 can contact the Orange County COVID-19 Hotline at any time, but individual hotline hours will vary.

The Orange County Health Care Agency website at https://occovid19.ochealthinfo.com has information that is regularly updated regarding the status of COVID-19 in Orange County.

For information about COVID-19 in the state of California, visit https://covid19.ca.gov. That site emphasizes that if you have any symptoms or are at risk, it’s especially important to stay home and avoid in-person contact with others. Coronavirus symptoms include:

- Feeling like you have a fever
- A new cough
- Shortness of breath

Some people are more likely to get very sick from COVID-19, including:

- People over 65 years old
- People with compromised immune systems
- People with serious chronic medical conditions

If you have coronavirus symptoms and think you need testing, contact your healthcare provider. Local health departments and healthcare providers determine who needs testing and hospitalization on a case-by-case basis. Many people are able to recover from COVID-19 at home. Seek treatment by calling your doctor for a phone evaluation if:

- You have difficulty breathing (shortness of breath)
- You feel like symptoms (such as fever and cough) are getting worse rapidly
- You are unable to care for symptoms at home

If you need to go to the hospital, call ahead so they can prepare for your arrival. If you need to call 911, tell the 911 operator you’re experiencing coronavirus symptoms, so the ambulance provider can prepare to treat you safely.


FEMA has a website at https://www.fema.gov/coronavirus-rumor-control to help you distinguish between rumors and facts regarding the response to the pandemic.

A good site to monitor for the latest Orange County COVID-19 news is https://www.ocgov.com.

I recommend signing up for County of Orange AlertOC COVID-19 updates to your smartphone. Text “OCCOVID19” to 888777. You will be alerted when the latest COVID-19 information is posted to https://occovid19.ochealthinfo.com. You will also be alerted when the County of Orange is holding a press conference on https://www.facebook.com/ocgov. The AlertOC COVID-19 updates will also send you other information such as the number of current cases of COVID-19 in Orange County.
OCRACES Meetings and Drills Canceled

The next OCRACES meeting, which had been planned for Monday, April 6, 2020, has been canceled due to the COVID-19 coronavirus pandemic. Likewise, the ACS Radio Rodeo, scheduled for Saturday, May 2, 2020, has been canceled.

Cooperative T-hunts, which are normally held on third Mondays following the OCRACES 2-meter net, have also been canceled. (The hunt that had been scheduled for Monday, March 16, 2020, was canceled due to rain, and because of concern about the President’s Nationwide Emergency Declaration three days earlier.) Although the cooperative T-hunts are not official RACES activities (anyone can participate), OCRACES nevertheless promotes the hunts and therefore is canceling all hunts until further notice.

Instead of meetings, drills, T-hunts, activations, and other outside group activities, RACES members are requested to shelter indoors during this COVID-19 incident. Monday 2-meter nets and Saturday 60-meter nets will continue.

OCRACES Signs MOU with OCHEART

County of Orange RACES and the Orange County Hospital Emergency Amateur Radio Team (OCHEART) signed a Memorandum of Understanding (MOU) at the OCRACES meeting on Monday, March 2, 2020. This MOU certifies OCHEART as de facto RACES in order to communicate with OCRACES in case President’s War Emergency Powers are enacted and require all amateur radio operations except RACES to cease. (See §97.407 of the FCC’s RACES rules at https://ocraces.org/fcc.html.)

OCHEART is an ARES/ARRL sponsored emergency/public-service oriented communications organization consisting of more than 40 licensed amateur radio operators who volunteer to provide backup communications for Orange County hospitals when normal lines of communications are disrupted. OCHEART and OCRACES completed the MOU so that communications resources of both organizations may be coordinated and utilized to the fullest advantage during disasters, emergencies, and public-service related situations. This agreement establishes the framework of cooperation and a close working relationship between the two organizations.

Allocating Home Computers to Virus Research

This article appeared on March 24, 2020, on the ARRL website.

Michael Wells, G7VJR, has announced that Club Log (a free web-based tool for producing DXCC league tables, expedition tools, log search services, and most-wanted lists for ham radio) is contributing 120 CPU cores (most running at 3.4 GHz) to the Folding@Home Project that’s simulating the dynamics of COVID-19 proteins to hunt for new therapeutic opportunities. Wells said he’s assigned a higher priority to the Folding@Home work, so radio amateurs may experience slightly longer upload times.

“You can help, too, by contributing your own computer to the project,” Wells said. “If you have a recent home computer with a good graphics card, and if a lot of people make a contribution, it will make a significant difference to the research, potentially reducing decades of work to a far shorter time frame that will make a practical difference this year.” He cautions that computers involved in the project will be operating at 100% CPU, when not otherwise in use.

Club Log’s Folding@Home team number is 246763.
OCRACES Is Now Under Technology Division

The Orange County Sheriff Department’s Administrative Services Command (ASC) was reorganized on March 13, 2020. Two of the primary technology areas within ASC—Radio Communications and Information Technologies (IT)—were merged into a new division—the Technology Division—made up of the Information Technology Bureau of the Support Services Division and the Communications & Technology Division. The Technology Division Director for this new command is Dave Fontneau, who was the Communications & Technology Division Director. OCRACES is now under the new Technology Division, with Emergency Communications Coordinator Peter Jimenez, KI6UTE, and Senior Telecommunications Engineer Erik Schull, KI6BVE, as the RACES Coordinators.

Stay Cyber Safe During COVID-19

Residents want to educate themselves with the latest and most accurate information on COVID-19 to keep themselves and their loved one’s information safe. Unfortunately, there are scammers who look to capitalize on such situations and attempt to steal or exploit personal information.

The Sheriff’s Department has seen an increase in malicious emails, mobile applications, and websites promoting fraudulent COVID-19 information. However, there are things you can do to protect your personal information.

Avoid clicking on any email, text, or other digital communication that contain the following:

- Messages that have CDC or COVID in the email address, but aren’t from a trusted agency
- Emails that appear to be from a known source, but the body contains a link and a short message with a tone of urgency
- Emails with subjects requiring “immediate action”
- Third-party apps or websites that advertise they have the latest COVID-19 information
- Text messages containing only a link with a title advertising important COVID-19 information

Avoid third-party apps or websites that purport to have breaking information regarding COVID-19. The apps/websites will attempt to look legitimate with phrases such as “CDC,” “COVID,” or “Coronavirus” in their name or website address and may appear in a trusted app store or near the top of an Internet search. Be wary of any links received through text, especially from an unknown or unsolicited source.

Remember: For the latest official information on COVID-19, visit trusted sources such as the Centers for Disease Control and Prevention or World Health Organization. For local updates, visit the Orange County Health Care Agency at https://ocovid19.ochealthinfo.com.

Apple Releases COVID-19 App and Website

On March 27, 2020, Apple released a new screening tool and set of resources to help people stay informed and take the proper steps to protect their health during the spread of COVID-19, based on the latest CDC guidance. The new COVID-19 website (https://www.apple.com/covid19) and COVID-19 app (available on the App Store) were created in partnership with the CDC, the White House Coronavirus Task Force, and FEMA to make it easy for people across the country to get trusted information and guidance at a time when the US is feeling the heavy burden of COVID-19.

The COVID-19 app and website allow users to answer a series of questions around risk factors, recent exposure, and symptoms for themselves or a loved one. In turn, they will receive CDC recommendations on next steps, including guidance on social distancing and self-isolating, how to closely monitor symptoms, whether or not a test is recommended at this time, and when to contact a medical provider. This new screening tool is designed to be a resource for individuals and does not replace instructions from healthcare providers or guidance from state and local health authorities.

The app and website also offer access to resources to help people stay informed and get the support they need. Users will receive answers to frequently asked questions about COVID-19, including who is most at risk and how to recognize symptoms. In addition, they will learn the most up-to-date information from the CDC, like best practices for washing hands, disinfecting surfaces, and monitoring symptoms.

Along with the new COVID-19 app and website, customers across the US may also ask Siri, “How do I know if I have coronavirus?” to access guidance and resources from the CDC and a curated collection of telehealth apps available on the App Store. The COVID-19 app and website were built to keep all user data private and secure. The tools do not require a sign-in or association with a user’s Apple ID, and users’ individual responses will not be sent to Apple or any government organization.
Field Day Might Be at Home Only

It has been a few years since OCRACES conducted its own Field Day exercise at Craig Regional Park in Fullerton. Since then, several OCRACES members have participated in ARRL Field Day with the Orange County Amateur Radio Club, to gain practice in setting up emergency communications stations in the field and participating in high-intensity communications. We were considering whether to participate with OCARC again this year, but that appears highly unlikely due to the COVID-19 situation, which probably will still be ongoing toward ARRL Field Day, which occurs over June 27-28.

Social distancing and state and local requirements very likely will impact just how—and whether—OCRACES members are able to participate in Field Day this year. We will pay close attention to information and guidance offered by the Centers for Disease Control and Prevention (CDC) and from the Orange County Health Care Agency. We will also abide by OCSD orders, which currently prohibit all outside RACES group activities. Part of the Field Day concept has always been adapting our operation to the situation at hand. At its heart, Field Day is an emergency communications demonstration. ARRL Field Day rules are flexible enough to allow individuals and groups to adjust their participation and strategies in a way that still addresses their needs while being fun. Some possibilities:

- Operate from our home stations on emergency power (Class E of ARRL Field Day Rules).
- Keep in touch with each member via the OCRACES 2-meter repeater during the event.
- Set up a portable station in the backyard with a temporary antenna.

One purpose of Field Day has been to demonstrate amateur radio to the public and to show our preparedness to local and served agency officials. ARRL urged groups to do this in a public venue. Our willingness to adapt, even in our own backyards, will show that radio amateurs are good working partners with local or served agencies, provided we keep them informed of our efforts.

During this Field Day, under these unprecedented circumstances, we can learn something new about how we prepare, even if we don’t have a concerted effort to operate in accordance with ARRL Field Day procedures, but simply set up portable stations in our backyards to successfully make a few contacts.

Radio Amateurs Help Design Ventilator

This article appeared on March 23, 2020, on the ARRL website.

Amateur radio volunteers from around the world have volunteered to assist University of Florida Professor Sam Lampotang and his engineering team in their quest to rapidly develop an open-source, low-cost patient ventilator that can be built anywhere from such commonly available components as PVC pipe and lawn-sprinkler valves. The amateur radio volunteers are developing Arduino-based control software that will set the respiratory rate and other key parameters in treating critically ill coronavirus victims.

Multiple volunteers responding to a call for help from Gordon Gibby, MD, KX4Z, included noted software developer Jack Purdum, W8TEE, and uBITX transceiver maker Ashhar Farhan, VU2ESE. University of Florida physicians are working to address the critical legal aspects as the design moves closer to fruition.

The ventilator’s valves would precisely time compressed oxygen flow into patient breathing circuits under Arduino control, allowing exhausted patients with “stiff” lungs impacted by viral pneumonia to survive until their body can clear the infection. The software design team is also adding simple features such as an LCD display, encoders to choose parameters, and watchdog safety features.—Thanks to Gordon Gibby, KX4Z

State of California Order Remains in Effect

On March 19, 2020, California Governor Gavin Newsom and the State Public Health Officer ordered all individuals to stay home except to get food, care for a relative or friend, get necessary health care, or go to an essential job. The order also dictated that individuals employ social distancing practices by maintaining 6 feet of distance from others.

Residents of Orange County are required to continue to stay at home except for essential needs. Because transmission is occurring throughout the county, it is important for individuals and businesses to practice social distancing, as directed by the Governor and the State’s Public Health Officer, regardless of the expiration of the County Public Health Order.

State of California Governor Executive order can be found at https://www.gov.ca.gov/2020/03/19/governor-gavin-newsom-issues-stay-at-home-order.

Frequently asked questions regarding the order can be found on the state website at https://covid19.ca.gov/stay-home-except-for-essential-needs.
RACES/MOU News from Around the County

Huntington Beach RACES
Huntington Beach RACES City Coordinator Brevyn Mettler, K6FRG, advised Chief Radio Officer Jim Hansen, KG6ZDP, that all HBRACES activities are suspended effective immediately. Brevyn stated that, in these strange times, the city is working diligently to keep up with the rapidly changing environment.

Brevyn told Jim there may be a future need for auxiliary communications during the COVID-19 incident, but stressed that all members over 65 years of age and those under 65 with certain medical conditions are ineligible. To this extent, Brevyn asks that everyone remain at home as much as possible and to practice good social distancing. HBRACES members who do not meet any of the above criteria and would want to be activated if the need arises are asked to let Jim know, and a roster will be prepared.

Brevyn shared that this is not a normal EOC response. The EOC is manned by a skeleton crew with only 10 people allowed in the EOC at any one time. Most of the response organization is spread throughout City Hall and the city. All non-essential functions have been halted and many employees have been sent home. All facilities are closed, including City Hall and the PD front desk. No one is allowed at the fire stations except crews.

Jim encourages HBRACES members to continue with their Monday night nets and to use the repeater on a social basis during other times. For the latest information from the city, monitor https://hbready.com.

Irvine RACES (IDEC)
IDEC members are encouraged to keep in touch on the Tango repeater. The March 26th General Meeting was held online. The VikiBreak second-Saturday breakfast meetings are on hiatus due to the coronavirus. The March 22nd Reaching for the Cure Half Marathon (Pediatric Cancer Research Foundation) was canceled. The Irvine Annual Volunteer Breakfast, which had been scheduled for Saturday, April 18th, has been postponed to an unknown date. Still scheduled but possibly to be postponed or canceled are the IDEC Spring Drill on Saturday, April 25th, the IPD Open House on Saturday, May 2nd, and 2020 Field Day on Saturday, June 27th, 11:00 AM to 5:00 PM, at the Great Park hangar.

Laguna Niguel ACS
Russ Lange, KK6URR, is the new Laguna Niguel ACS Chief Radio Officer.

Laguna Woods RACES
The Laguna Woods Amateur Radio Club March 5th meeting was canceled, and so was the March 12th club breakfast. Due to the current stay-at-home order because of the coronavirus (COVID-19), all Laguna Woods Amateur Radio Club meetings are canceled until further notice. Weekly nets will still occur as planned.

Newport Beach RACES
Steve Livingston, KM6JON, is the new Newport Beach RACES Chief Radio Officer.

San Juan Capistrano RACES
Deborah Yee Litt, WA0JRO, is the San Juan Capistrano RACES Radio Officer. SJC RACES is part of Tri-Cities RACES, with Joe Lopez, W6BGR, as Chief Radio Officer.

Orange County Hospital Emergency Amateur Radio Team (OCHEART)
At the Monday, March 2, 2020, OCRACES meeting, OCHEART signed an MOU with OCRACES to use their repeaters for weekly nets as well as emergency operations when OCRACES is not activated. The MOU also certifies OCHEART as a de facto RACES unit under FCC RACES rules. Signing the agreement in the above photo are (left to right) OCRACES Captain Ken Bourne, W6HK, ARRL Orange Section Emergency Coordinator Bob Turner, W6RHK, OCSD Emergency Communications Coordinator Peter Jimenez, KI6UTE, and OCHEART Coordinator David Gorin, KB6BXD.
# April 2020

## Mission Statement

County of Orange RACES has made a commitment to provide all Public Safety departments in Orange County with the most efficient response possible to supplement emergency/disaster and routine Public Safety communications events and activities. We will provide the highest level of service using Amateur and Public Safety radio resources coupled with technology, teamwork, safety, and excellence. We will do so in an efficient, professional, and courteous manner, accepting accountability for all actions. We dedicate ourselves to working in partnership with the Public Safety community to professionally excel in the ability to provide emergency communications resources and services.

## Upcoming Events:
- **April 6:** OCRACES Meeting, **CANCELED**
- **April 20:** Cooperative T-hunt, **CANCELED**
- **April 17:** Orange County Amateur Radio Club (OCARC) Meeting, 1900 hours, American Red Cross (George M. Chitty Building), 600 Parkcenter Drive, Santa Ana (cancellation probable)
- **April 4-5:** Baker to Las Vegas Challenge Cup Relay, **POSTPONED** (possibly to Fall 2020)
- **May 2:** ACS Radio Rodeo, **CANCELED**
- **June 8:** City/County RACES & MOU Meeting, 1930 hours, 840 N. Eckhoff Street, Suite 104, Orange (cancellation possible)
- **June 27-28:** Field Day (cancellation possible)
- **July 11:** HRO Ham Jam (cancellation possible)

## County of Orange RACES Frequencies

<table>
<thead>
<tr>
<th>Band</th>
<th>Frequency Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>60 m</td>
<td>5371.5 kHz USB (dial) (Channel 4) (OC ACS Net—Saturdays, 1000 hours)</td>
</tr>
<tr>
<td>40 m</td>
<td>7250 kHz LSB</td>
</tr>
<tr>
<td>10 m</td>
<td>29.640 MHz output, 29.540 MHz input, 107.2 Hz PL (out of service)</td>
</tr>
<tr>
<td>6 m</td>
<td>52.620 MHz output, 52.120 MHz input, 103.5 Hz PL</td>
</tr>
<tr>
<td>2 m</td>
<td>146.895 MHz output, 146.295 MHz input, 136.5 Hz PL*</td>
</tr>
<tr>
<td>1.25 m</td>
<td>223.760 MHz output, 222.160 MHz input, 110.9 Hz PL (out of service)</td>
</tr>
<tr>
<td>70 cm</td>
<td>446.000 MHz simplex</td>
</tr>
<tr>
<td>70 cm</td>
<td>448.320 MHz output, 443.320 MHz input, 141.3 Hz PL (private)</td>
</tr>
<tr>
<td>70 cm</td>
<td>449.100 MHz output, 444.100 MHz input, 110.9 Hz PL (private)</td>
</tr>
<tr>
<td>70 cm</td>
<td>449.180 MHz output, 444.180 MHz input, 110.7 Hz PL (private)</td>
</tr>
<tr>
<td>70 cm</td>
<td>449.680 MHz output, 444.680 MHz input, 131.8 Hz PL (private)</td>
</tr>
<tr>
<td>70 cm</td>
<td>1287.650 MHz, 1287.675 MHz, 1287.700 MHz, 1287.725 MHz, 1287.750 MHz, and 1287.775 MHz outputs, 12 MHz inputs, 88.5 Hz PL</td>
</tr>
</tbody>
</table>

*Primary Net—Mondays, 1900 hours

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https://ocraces.org
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Visit Our Web Site
https://ocraces.org
It’s Where It’s At!

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“W6ACS ... Serving
Orange County”