

Disaster Preparedness Newsletter

April - 2024



Ready 

APR



National Financial Capability Month
Severe Weather Safety
#SafePlaceSelfie Day

Financial Preparedness

Financial Preparedness Tips

Americans at all income levels have experienced the challenges of rebuilding their lives after a disaster or other emergency. In these stressful times, having access to personal financial, insurance, medical and other records is crucial for starting the recovery process quickly and efficiently.

1. Gather financial and critical personal, household, and medical information.
2. Consider saving money in an emergency savings account that could be used in any crisis. Keep a small amount of cash at home in a safe place. It is important to have small bills on hand because ATMs and credit cards may not work during a disaster when you need to purchase necessary supplies, fuel, or food.
3. Obtain property (homeowners or renters), health and life insurance if you do not have them. Not all insurance policies are the same. Review your policy to make sure the amount and types of coverage you have meets the requirements for all possible hazards. Homeowners insurance does not typically cover flooding, so you may need to purchase flood insurance from the National Flood Insurance Program.
4. For more helpful financial preparedness tips, download the Emergency Financial First Aid Kit (EFFAK) to get started planning today.



Be Safe

- Be cautious about sharing personal financial information, such as your bank account number, social security number, or credit card number.
- Do not click on links in texts or emails from people you don't know. Scammers can create fake links to websites.
 - Remember that the government will not call or text you about owing money or receiving economic impact payments.
 - Be aware that scammers may try to contact you via social media. The government will not contact you through social media about owing money or receiving payments.
- Keep in mind that scammers may try to take advantages of financial fears by calling with work-from-opportunities, debt consolidation offers, and student loan repayment plans.
- Contact the Federal Trade Commission (FTC) at [ftc.gov/complaint](https://www.ftc.gov/complaint) if you receive messages from anyone claiming to be a government agent.

At Home

Store important documents either in a safety deposit box, an external drive or on the cloud to make it easy to access during a disaster.

Take time now to [safeguard these critical documents](#). Be cautious about sharing personal financial information, such as your bank account number, social security number, or credit card number.

Household Identification

- Photo ID (to prove identity of household members)
- Birth certificate (to maintain or re-establish contact with family members)
- Social Security card (to apply for FEMA disaster assistance)
- Military service
- Pet ID tags



Get Your Benefits Electronically

A disaster can disrupt mail service for days or weeks. If you depend on Social Security or other regular benefits, switching to electronic payments is a simple, significant way to protect yourself financially before disaster strikes. It also eliminates the risk of stolen checks. The U.S. Department of the Treasury recommends two safer ways to get federal benefits:

- Direct deposit to a checking or savings account. If you get federal benefits you can sign up by calling 800-333-1795 or [sign up online](#).
- The **Direct Express**® prepaid debit card is designed as a safe and easy alternative to paper.

Apply for government-funded unemployment, healthcare, and food and nutrition benefits to supplement your income or savings.

Consider using online and mobile banking services if you are able. These services enable you to practice social distancing and conduct banking transactions at the same time.

Severe Weather

Severe weather can happen anytime, in any part of the country. Severe weather can include hazardous conditions produced by thunderstorms, including damaging winds, tornadoes, large hail, flooding and flash flooding, and winter storms associated with freezing rain, sleet, snow and strong winds.

Know your Risk

Understand the type of hazardous weather that affects you and your family where you live:



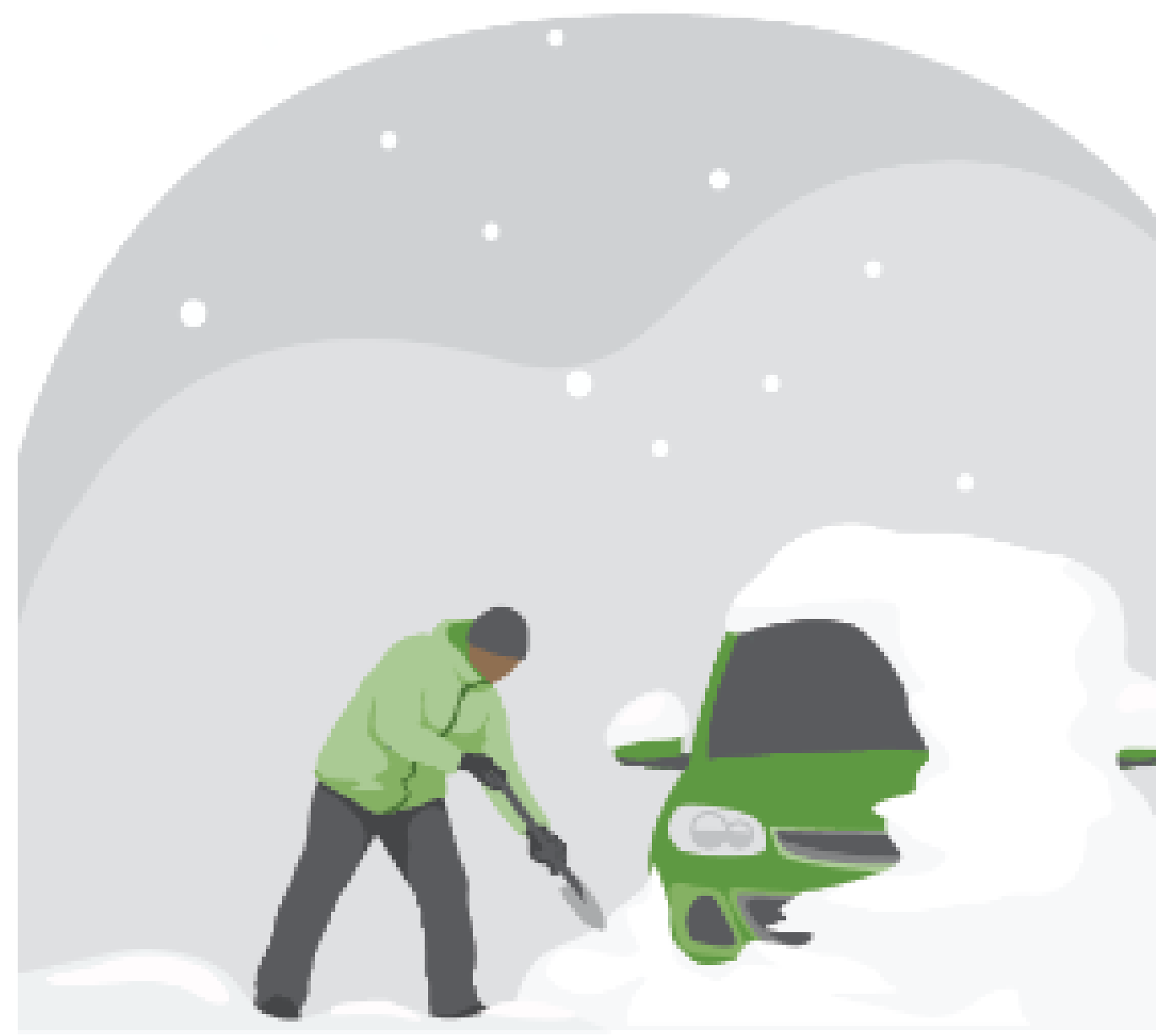
Tornadoes



Floods



Thunder and Lightning



Winter Weather

A horizontal banner with a grey background. It features various white and blue icons representing different people: a person in a wheelchair, a person with a cane, a person with a dog, a person with a lightbulb idea, and a person with a hand raised. The text "TAKE ACTION AND PREPARE" is centered in large, bold, blue capital letters.

TAKE ACTION AND PREPARE

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find.



Step 1: Put a plan together by discussing the questions below with your family, friends or household to start your emergency plan.

1. How will I receive emergency alerts and warnings?
2. What is my shelter plan?
3. What is my evacuation route?
4. What is my family/household communication plan?
5. Do I need to update my emergency preparedness kit?



Step 2: Consider specific needs in your household.

As you prepare your plan tailor your plans and supplies to your specific daily living needs and responsibilities. Discuss your needs and responsibilities and how people in the network can assist each other with communication, care of children, business, pets or specific needs like operating medical equipment. Create your own personal network for specific areas where you need assistance. Keep in mind some these factors when developing your plan:

- Different ages of members within your household
- Responsibilities for assisting others
- Locations frequented
- Dietary needs
- Medical needs including prescriptions and equipment
- Disabilities or access and functional needs including devices and equipment
- Languages spoken
- Cultural and religious considerations
- Pets or service animals
- Households with school-aged children



Step 3: Create a Family Emergency Plan

Make a Family Emergency Plan quickly and easily with our fillable form.

[Make a Family Emergency Plan](#)



Step 4: Practice your plan with your family/household



CERT Training Opportunity



Community Emergency Response Team Training

Training Classes starting
04/19/2024

C.E.R.T. TRAINING FOR COMMUNITY

C.E.R.T training teaches you proper use of a fire extinguisher and fire suppression. Hands on practice and realistic exercises prepare you for the unexpected in your community.

SIGN UP NOW!

Watts Community Emergency Response Team (CERT) Training Program.

Following a major disaster when police, fire, and medical personnel may not be able to fully meet the demand. People will have to rely on each other to meet immediate life-saving and life-sustaining needs. Developed through FEMA, and the Watts Community Emergency Response Team (CERT) training program provides basic training in safety and life-saving skills for the public.

The course curriculum covers the following modules:

April 19 th 4:30pm-8:30pm	April 20 th 8:00am – 2:30pm	April 21 st 8:00am – 2:30pm
Disaster Preparedness	Disaster Medical 1	Course Review/Final exam
Disaster Psychology	Disaster Medical 2	Disaster Simulation
CERT Organization	Terrorism and CERT	CERT Graduation
Light Search and Rescue	Fire Safety/Utility Controls	

The training course will be a total of three days: Friday, Saturday, and Sunday.
April 19, 2024, 4:30pm – 8:30pm, April 20, 2024, 8:00am – 2:30pm, April 21, 2024, 8:00am – 2:30pm at:
Martin Luther King Jr. Center for Public Health

11833 S. Wilmington Ave.
Los Angeles CA, 90059

Scan the QR Code below to register today:



*Participants must complete 3-day training to receive a certificate of completion. If you miss any units, you can make them up anywhere CERT is taught to receive your certificate.

For questions or additional information, you may contact Sharon at ssidney.wattscert@gmail.com or Shamika at wattscert@gmail.com

Hands Only CPR Training for Community, Business, FBO. ETC.

April 2024, Schedule!!!

Hands Only CPR Schedule

April 2024

Site & Address	Date & Time
Santa Monica College (Not open for Public) 1900 Pico Blvd. Santa Monica CA 90405	4/2/2024 12:00pm - 3:30pm
Santa Monica College (Not open to public) 1900 Pico Blvd. Santa Monica CA 90405	4/2/2024 12:00pm - 3:30pm
Santa Monica College (Not open to public) 1900 Pico Blvd. Santa Monica CA 90405	4/2/2024 12:00pm - 3:30pm
Westwood Library 1246 Glendon Ave. Los Angeles CA. 90024	4/11/2024 2:30pm – 4:30pm
Local's Night Event- Santa Monica Pier.	4/18/2024 3:30pm – 9:00pm
Mar Vista Library 12006 Venice Blvd Los Angeles CA. 90066	4/17/2024 2:30pm – 4:30pm
Venice Library 501 Venice Blvd. Venice CA. 90292	4/23/2024 2:30pm – 3:30pm
Westchester Library 7114 W. Manchester Ave. Los Angeles CA 90045	4/25/2024 2:30pm – 4:30pm

Hands Only CPR for Community, Business, FBO. ETC.

ALL
READY
✓LA
COUNTY

You're More Prepared Than You Think

MAKE A PLAN

6 simple steps to be more prepared today

- 1 **Set a place to meet up.** If you have to leave your home or work during an emergency, decide where you will go. How about a local park or nearby landmark?
- 2 **Get connected.** Who do you need to communicate with when an emergency or disaster happens?
- 3 **Be informed.** Know local sources of emergency information and resources.
- 4 **Know the plan.** Ask about the emergency plans at work, at your children's school or daycare, or if your family and dependents are in other facilities. Include your pets in your plan.
- 5 **Know where your important documents are.** Take pictures of them and save digital copies.
- 6 **Share your plans.** Take five minutes to fill out the plan at the back of this page. Snap a photo, and share it with the people you care about. Think about plans for people in your family or community who may need extra help, including those with access and functional needs. For example, people who have challenges with vision, hearing, mobility or medical conditions.

 Get Connected
  Make a Plan
  Gather Supplies
 

ph.lacounty.gov

FOR CERTIFIED TRAINING, CALL 213-428-1490



OR GO TO

WWW.ACLS123.COM/

FREE.CPR



Free Full CPR Classes for the General Public

Please see list below for community members who would like to take a full, 3-hour, CPR class that includes learning the basic steps of CPR on adults, children, and infants, and includes information about administering rescue breathing. Call the Community Resource Center near you for upcoming classes and schedule or go to the website at <https://www.communityresourcecenterla.org/classes-events>.

L.A. Care Community Resource Center	Address	Phone Number
Palmdale (SPA 1)	2072 E. Palmdale Blvd., Palmdale, CA 93550	(213) 438-5580
Pacoima (SPA 2)	10807 San Fernando Rd., Pacoima, CA 91331	(213) 438-5497
Pomona (SPA 3)	696 West Holt Ave., Pomona, CA 91768	(909) 620-1661
El Monte (SPA 3)	3570 Santa Anita Ave., El Monte, CA 91731	(213) 428-1495
Metro LA (SPA 4)	1233 S. Western Ave., Los Angeles, CA 90006	(213) 428-1457
Boyle Heights (SPA 4)	ONLINE ONLY https://www.communityresourcecenterla.org/locations/boyle-heights	(213) 294-2840
Lynwood (SPA 6)	3200 E. Imperial Hwy., Lynwood, CA 90262	(301) 661-3000
Norwalk (SPA 7)	11721 Rosecrans Ave., Norwalk, CA 90650	(562) 651-6060
East LA (SPA 7)	4801 Whittier Blvd., Los Angeles, CA 90022	(213) 438-5570
Long Beach (SPA 8)	5599 Atlantic Ave., Long Beach, CA 90805	(562) 256-9810
Inglewood (SPA 8)	2864 W. Imperial Hwy., Inglewood, CA 90303	(310) 330-3130
Wilmington (SPA 8)	911 North Avalon Blvd., Wilmington, CA 90744	(213) 428-1490

Recognizing and Responding to an Overdose



Free Virtual Presentation **RECOGNIZING AND RESPONDING TO AN OVERDOSE**



**TUESDAY OR THURSDAY
2:00 PM - 3:00 PM
VIA MICROSOFT TEAMS**

Learn the 3 vital steps to perform if you find someone unresponsive from a potential overdose and receive a **FREE** Naloxone (Narcan) kit.



**SCAN THIS QR CODE
TO REGISTER**

Or click on a date to join a session:

April 9 @ 2pm

April 24 In-Person at Curtis Tucker @ 2pm

April 30 @ 2pm

Disponible en Español



**FORGOT TO
REGISTER?**

Scan this QR code and join a session directly



Naloxone is a life-saving medication that reverses an overdose from fentanyl, heroin, and prescription drugs when given right away.

**For more information
contact:**

 **Krystal Mousseau**
kmousseau@ph.lacounty.gov
(213) 772-5624

 **Steven Cagle**
scagle@ph.lacounty.gov
(323) 236-6307

123 W. Manchester Blvd.
Inglewood, CA 90301



What you need to know about Substance use disorder



Connecting to Opportunities for Recovery and Engagement



Free Virtual Presentations WHAT YOU NEED TO KNOW ABOUT SUBSTANCE USE DISORDERS

WEEKLY VIRTUAL PRESENTATIONS

Tuesdays & Thursdays
2:00 P.M. - 3:00 P.M.
Via microsoft teams



**SCAN THIS QR
CODE TO
REGISTER**

Or click on a date to
join a session directly



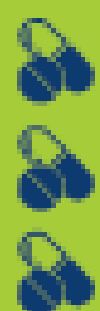
APRIL 11
**RELAPSE PREVENTION &
HEALTHY COPING
SKILLS**

Scan QR code to join
session directly



APRIL 25
**STIGMA AND
SUBSTANCE ABUSE
DISORDERS**

Scan QR code to join
session directly



LEARN ABOUT SUBSTANCE USE DISORDERS

LEARN HOW SUBSTANCES AFFECT YOUR HEALTH

LEARN HOW TO CARE FOR YOURSELF AND YOUR LOVED ONES

For more information
contact:



Krystal Mousseau
kmousseau@ph.lacounty.gov
(213) 772-5624



Steven Cagle
scagle@ph.lacounty.gov
(323) 236-6307

Recognizing and Responding to an Opioid Overdose with Naloxone



Connecting to Opportunities for Recovery and Engagement



RECOGNIZING & RESPONDING TO AN OPIOID OVERDOSE WITH NALOXONE

IN-PERSON PRESENTATION

Learn the 3 vital steps to perform if you find someone unresponsive from a potential overdose.



Receive a **FREE** Naloxone (Narcan) kit

WEDNESDAY, APRIL 24

2:00PM – 3:00PM

For more information contact:

 **Krystal Mousseau**
kmousseau@ph.lacounty.gov
(213) 772-5624

 **Steven Cagle**
scagle@ph.lacounty.gov
(323) 236-6307

123 W. Manchester Blvd.
Inglewood, CA 90301



FREE FOOD MARKET

Come get a free bag of fruits and vegetables!
Open to patients and the community!



EVERY 1st and 3rd Tuesday of the Month

When

March 5th & 19th

April 2nd & 16th

May 7th

May 21st - Cancelled

9:30 am - 11:30 am
While supplies last

WHERE

Simms/Mann Health & Wellness Center

2509 Pico Blvd, Santa Monica

(310) 664-7815

Sponsored by



References:

[Financial Preparedness/Ready.gov](https://www.ready.gov)

[Emergency Financial First Aid Kit/Community.fema.gov](https://www.fema.gov)

[Severe Weather/Ready.gov](https://www.ready.gov)

[ID/Insurance images/Google.com](https://www.google.com)

[Practice your disaster plan images/google.com \(Wiki How\).](https://www.google.com)



COUNTY OF LOS ANGELES

Public Health

Helen Obih, RN, BSN, PHN, MPA.

Emergency Preparedness Public Health Nurse (EPPHN)

Service Planning Area 5 (SPA 5)

(213) 822-2750 – Cell

hobih@ph.lacounty.gov

"The only thing tougher than planning for a disaster is explaining why you did."