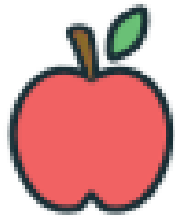


Disaster Preparedness Newsletter

AUG



Back to School –
Children & Youth Preparedness
Extreme Heat Safety
International Overdose Awareness Day



Can you believe it's almost back-to-school season?

As the days get shorter, students are gathering supplies, packing their backpacks and swapping swim trunks for school sneakers. To make sure your kids remain safe, take a look at these back-to-school safety tips.

3 Ways to Stay Safe as School Starts

1. **Ditch device—distracted walking.** The National Safety Council (NSC) reports distracted walking can be dangerous, even deadly. Teach your students to not text or talk on the phone while walking.
2. **Stay far from the curb.** When students wait for the school bus, tell them to stay far away from the traffic on the road.
3. **Keep little ones safe.** If your students are going to school for the first time, make sure they know how to get in touch with you or another trusted adult, if need be. This includes phone numbers, emails and other contact information.

Back to schoolchildren & Youth-Preparedness

Be a Ready Kid

Emergencies and disasters can be scary, but there are ways to help you stay safe before, during, and even after a disaster. Here, you can play games to become a Disaster Master and learn how to build an emergency kit. You will meet our friend Pedro the Penguin, who will teach you all about staying safe.



Games. [Play games](#) to Practice preparing for a disaster

Prepare with Pedro! [Visit with Pedro](#) and friends and learn how to prepare for a disaster



Talk it Through!

If a disaster happens, knowing who to call and where to meet is an important part of emergency planning for you and your family. Use this page to write down all of your family contact information and keep a copy with you wherever you



Build a Kit!

When making an emergency kit, it's important to know what your family already has and what you still need. Sit down with your family and use this checklist to decide what else you need to make sure you and your family are prepared for any emergency.



Parents of younger kids, especially those going to school for the first time, should make sure the child knows their phone number, address, how to get in touch with their parents at work, how to get in touch with another trusted adult and how to dial 911.

For more kids preparedness Resources, visit <https://www.ready.gov/kids/kids-resource-library>

SERVICE PLANNING AREA 5 [SPA 5] AUGUST, 2023

HEAT SAFETY

Extreme Heat

There is hot, and then there is hot! Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. In extreme heat your body works extra hard to maintain a normal temperature, which can lead to death. Extreme heat is responsible for the highest number of annual deaths among all weather-related hazards.

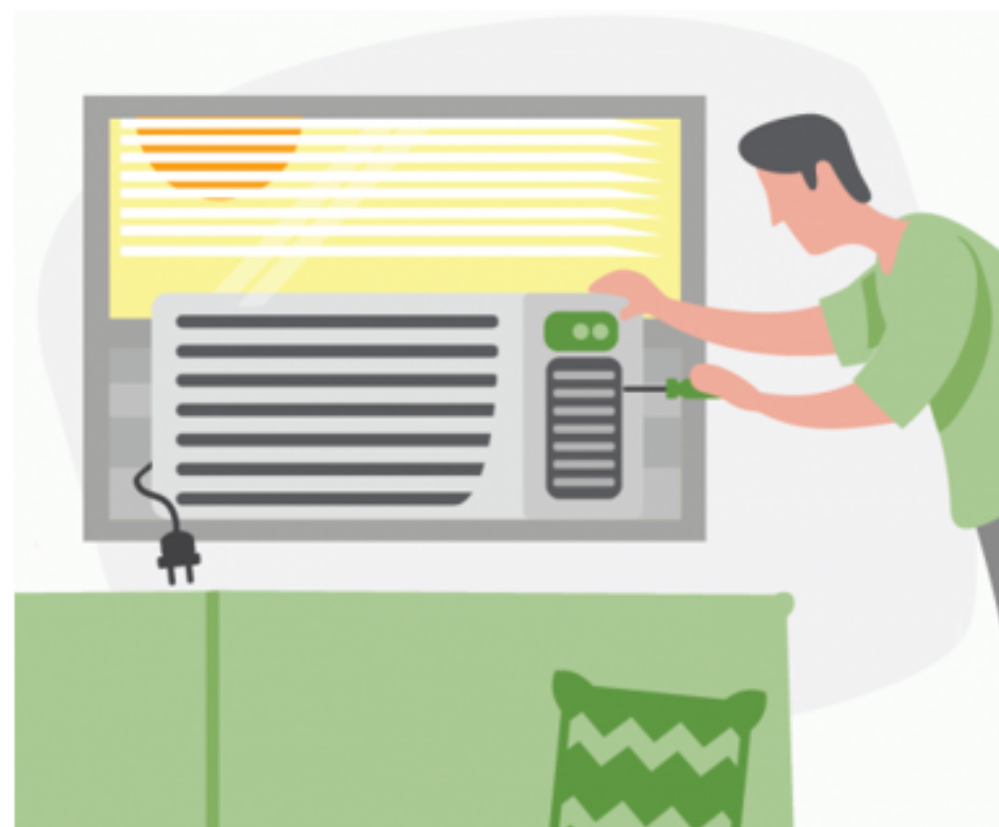


Older adults, children and sick or overweight individuals are at greater risk from extreme heat.



Humidity increases the feeling of heat.

Prepare for Extreme Heat



- Learn to [recognize the signs of heat illness](#).
- Do not rely on a fan as your primary cooling device. Fans create air flow and a false sense of comfort, but do not reduce body temperature or prevent heat-related illnesses.
- Identify places in your community where you can go to get cool such as libraries and shopping malls or contact your local health department to find a cooling center in your area.
- Cover windows with drapes or shades.
- Weather-strip doors and windows.
- Use window reflectors specifically designed to reflect heat back outside.
- Add insulation to keep the heat out.
- Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing out hot air.
- Install window air conditioners and insulate around them.
- If you are unable to afford your cooling costs, weatherization or energy-related home repairs, contact the [Low Income Home Energy Assistance Program \(LIHEAP\)](#) for help.

Be Safe DURING



- Never leave people or pets in a closed car on a warm day.
- If air conditioning is not available in your home, go to a cooling center.
- Take cool showers or baths.
- Wear loose, lightweight, light-colored clothing.
- Use your oven less to help reduce the temperature in your home.
- If you're outside, find shade. Wear a hat wide enough to protect your face.
- Drink plenty of fluids to stay hydrated.
- Avoid high-energy activities or work outdoors, during midday heat, if possible.
- Check on family members, older adults and neighbors.
- Watch for heat cramps, heat exhaustion and heat stroke.
- Consider pet safety. If they are outside, make sure they have plenty of cool water and access to comfortable shade. Asphalt and dark pavement can be very hot to your pet's feet.
- If using a mask, use one that is made of breathable fabric, such as cotton, instead of polyester. Don't wear a mask if you feel yourself overheating or have trouble breathing.

Heat-Related Illnesses

Know the signs of heat-related illnesses and ways to respond. If you are sick and need medical attention, contact your healthcare provider for advice and shelter in place if you can. If you are experiencing a medical emergency call 9-1-1.

Get more detailed information about heat-related illnesses from the [CDC](#) and [National Weather Service](#).



HEAT CRAMPS

- **Signs:** Muscle pains or spasms in the stomach, arms or legs



HEAT EXHAUSTION

- **Signs:** Heavy sweating, paleness, muscle cramps, tiredness, weakness, fast or weak pulse, dizziness, headache, fainting, nausea, vomiting

HEAT STROKE

- **Signs:**
 - Extremely high body temperature (above 103 degrees F) taken orally
 - Red, hot and dry skin with no sweat
 - Rapid, strong pulse
 - Dizziness, confusion or unconsciousness

If you suspect heat stroke, call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives. Do not give the person anything to drink.

For more information on heat safety, visit <https://www.ready.gov/heat#prepare>

If you have signs of heat cramps or heat exhaustion, go to a cooler location and cool down by removing excess clothing and taking sips of sports drinks or water. Call your healthcare provider if symptoms get worse or last more than an hour.

INTERNATIONAL OVERDOSE AWARENESS DAY

AUGUST 31

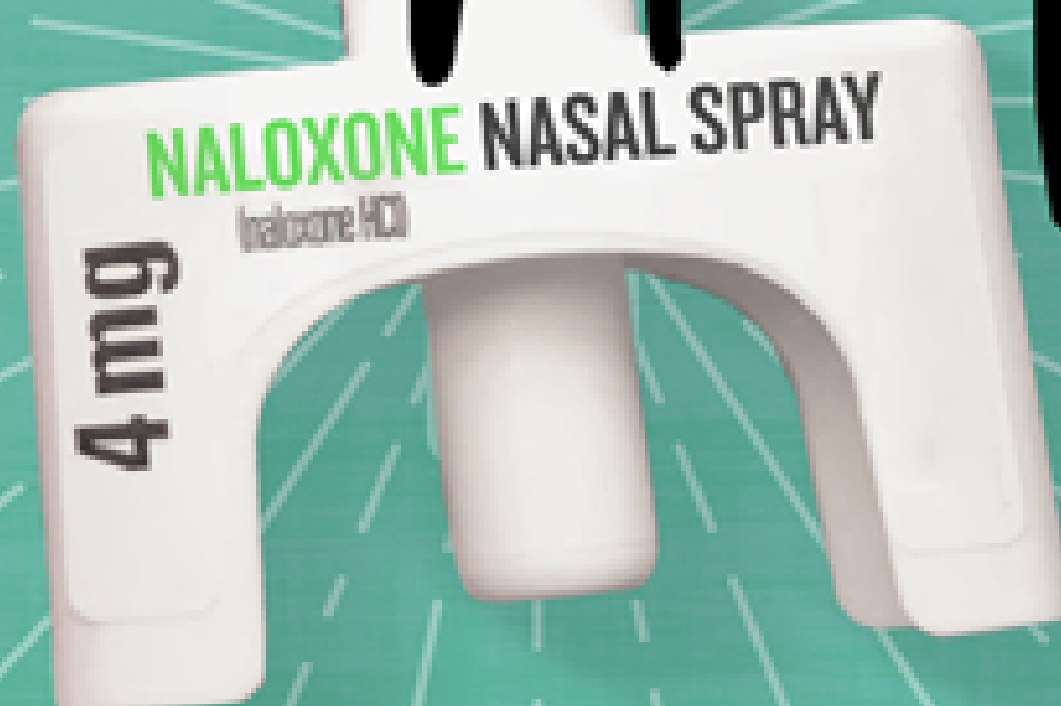
INTERNATIONAL OVERDOSE AWARENESS DAY



AUGUST 31

INTERNATIONAL OVERDOSE AWARENESS DAY

Take Action



Naloxone Saves Lives

www.cdc.gov

#EndOverdose #IOAD2022

Free Virtual Presentation

RECOGNIZING AND RESPONDING TO AN OVERDOSE



Learn the 3 vital steps to perform if you find someone unresponsive from a potential overdose and receive a FREE Naloxone (Narcan) kit.
Tuesday's or Thursday's
2:00 PM - 3:00 PM
via Microsoft Teams

Scan this QR code to register or click on a date to join a session

- [August 3](#)
- [August 10](#)
- [August 15](#)
- [August 31](#)



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) 472-5624

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

123 W Manchester Blvd.
Inglewood, CA 90301



WHAT YOU NEED TO KNOW ABOUT SUBSTANCE USE DISORDERS

Weekly Virtual Presentations
Tuesday's & Thursday's
2:00 - 3:00 PM
via Microsoft Teams

LEARN ABOUT SUBSTANCE USE DISORDERS

LEARN HOW SUBSTANCES AFFECT YOUR HEALTH

LEARN HOW TO CARE FOR YOURSELF AND YOUR LOVED ONES

Scan this QR code to register or click on a date to join a session.

Forgot to register? Scan the QR code located next to the presentation you would like to attend and join the session directly.



August 8

[Your Teen and Vaping](#)



August 22

[Being at Risk for Substance Use](#)



For questions, contact:

Krystal Mousseau
kmousseau@ph.lacounty.gov
(213) 472-5624

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



How to recognize an overdose

Recognizing an overdose can be difficult. If you aren't sure, it is best to treat the situation like an overdose—you could save a life. Call 911 immediately. Administer [naloxone](#), if it's available. Do not leave the person alone. Signs of an overdose may include:

- Small, constricted "pinpoint pupils"
- Falling asleep or loss of consciousness
- Slow, weak, or no breathing
- Choking or gurgling sounds
- Limp body
- Cold and/or clammy skin
- Discolored skin (especially in lips and nails)

Lifesaving naloxone

[Naloxone](#) can reverse an overdose from opioids, including heroin, illicitly manufactured fentanyl and fentanyl analogs, and prescription opioid medications. Often given as a nasal spray, naloxone is safe and easy to use.

You should carry naloxone if

- You or someone you know is at increased risk for opioid overdose, especially those with opioid use disorder (OUD).
- You or someone you know are taking high-dose opioid medications prescribed by a doctor.
- You or someone you know have both opioid and [benzodiazepines prescriptions](#) or use illicit substances like heroin or

For more information on Drug overdose, visit, cdc.gov/drugoverdose/awareness/ioad.html#

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

ALL
READY
LA
COUNTY

Free Hands-Only CPR Training



BE THE DIFFERENCE FOR SOMEONE

Community Hands Only CPR August, 2023 Schedule

Community Hands Only CPR, August Schedule.

Address	Date and Time
Santa Monica College 1900 Pico Blvd Santa Monica CA. 90405	8/10/2023 10am – 12pm
Main Street Farmers Market 2640 Main Street. Santa Monica CA. 90401	8/13/2023 10:00am – 1:00pm
Westchester Library 7114 W. Manchester Ave. Los Angeles CA. 90045	8/16/2023 1:00 – 3:00pm
Palisades Library 861 Alma Real. Pacific Palisades CA. 90272	8/22/2023 2:00 – 4:00pm
Palms Rancho Library 2920 Overland Ave. Los Angeles CA. 90064	8/23/2023 1:00 – 3:00pm
Julian Dixon Library 4975 Overland Ave. Culver City CA. 90230	8/24/2023 2:00 - 4:00pm

Los Angeles County Department of Public Health is offering free trainings on **Hands-Only CPR** for community members. **Hands-Only CPR** is a life-saving skill that increases the survival rate of a person in a cardiac arrest emergency. We are asking our community partners to host these free and important trainings as a benefit for the people you serve. You play a significant role in helping us train as many people as possible.

Hands - Only CPR training is:

- A life-saving skill that will help you feel more confident to respond in an emergency
- A one-on-one or group session that lasts less than 10 minutes
- CPR **without** mouth-to-mouth breaths
- Only to be used on teens or adults
- Easy; no documents are required from anyone who would like to be trained
- **NOT** a Certified CPR course. NO CPR certification is provided; if you need a certificate you will need to take a different course offered by a certified provider

The trainings will be conducted by the Los Angeles County Department of Public Health staff at your facility. Trainings can be in various languages to accommodate the clients you serve. Please contact **Helen Obih** at **213-822-2750** or **hobih@ph.lacounty.gov** with the time and date that you would be available to host a training.



LEARN HOW TO SAVE A LIFE!

Important NOTICE

- This is a free skill Training
- Skill gained is to be use on Teens or Adults ONLY.
- Is a one on one or group session that takes less than 10 minutes
- This is not a certified CPR Training
- NO CPR Certification is provided

Los Angeles County Department of Public Health
www.publichealth.lacounty.gov

www.facebook.com/lapublichealth
www.twitter.com/lapublichealth
www.youtube.com/lapublichealth



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

Back to School is around the Corner, Know what kind of vaccination your kid need for School

Ready for School?

Find out what shots are required in CA for child care and school.

 [ShotsforSchool.org](https://shotsforschool.org)

Bienestar de regreso a la escuela para padres



Los niños regresan al salón de clases. Las vacunas, la nutrición y los buenos hábitos de sueño conducen a menos días escolares perdidos y contribuyen a un año escolar saludable y académicamente exitoso.

¡Deje que el Departamento de Salud Pública del Condado de Los Angeles lo prepare para un año escolar exitoso!

LO QUE APRENDERÁS:

- Requisitos de vacunación para todos los estudiantes y por qué son tan importantes.
- Cómo desayunar y una nutrición adecuada pueden ayudar a mejorar la concentración, el estado de alerta, reducir los días de enfermedad y el rendimiento académico.
- Por qué el sueño juega un papel fundamental en la memoria, los problemas de comportamiento y el éxito académico.

FECHAS DE ENTRENAMIENTO VIRTUAL:

- Martes, 22 de Agosto de 2023: 5:00pm-6:00pm (Inglés)
- Jueves, 24 de Agosto de 2023: 5:00pm-6:00pm (Español)

REGÍSTRESE AQUÍ:

TinyURL.com/DPHAMB

¿Tiene preguntas? Envíenos un correo electrónico TK12Ambassador@ph.lacounty.gov



escanea aquí

Back-to-School Wellness for Parents



Kids are headed back to the classroom. Immunizations, nutrition, and good sleep habits lead to less missed school days and make for a healthy and academically successful school year.

Let the Los Angeles County Department of Public Health set you up for a successful school year!

WHAT YOU'LL LEARN:

- Immunization requirements for all students and why they are so important.
- How eating breakfast and proper nutrition can help improve concentration, alertness, reduce sick days, and academic performance.
- Why sleep plays a critical role in memory, behavioral issues, and academic success.

VIRTUAL TRAINING DATES:

- Tuesday, August 22, 2023: 5:00pm-6:00pm (English)
- Thursday, August 24, 2023: 5:00pm-6:00pm (Spanish)

REGISTER HERE:

TinyURL.com/DPHAMB

Questions? Email us:

TK12Ambassador@ph.lacounty.gov



SCAN ME!

LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH



Back-to-School Wellness for Students



Missed school days have a big impact on health and learning. Let the Los Angeles County Department of Public Health set you up for success!

What you'll learn:

- Immunization requirements for all students and why they are so important.
- How eating breakfast and proper nutrition can help improve concentration, alertness, reduce sick days, and academic performance.
- Why sleep plays a critical role in memory, feeling good, and academic success.

Questions? Email us:

TK12Ambassador@ph.lacounty.gov

Join the Student Public Health Ambassador virtual training and make this school year the best yet.

Wednesday
August 23, 2023
5:00pm-6:00pm

Sign up today!

TinyURL.com/DPHAMB



SCAN ME

LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH



Contact Information

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 not"