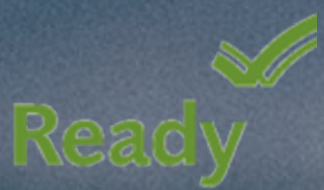
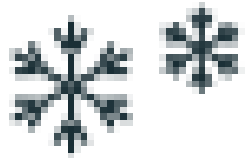


Disaster Preparedness Newsletter



DEC



[Resolve To Be Ready](#)

[National Influenza Vaccination Week](#)

[Winter Safety](#)

[Holiday Fire Safety](#)

[Holiday Online Shopping Safety](#)

[National App Day](#)



RESOLVE TO BE READY



Resolve to be Ready Social Media Toolkit

How to Use this Toolkit

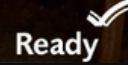
This year resolve to be prepared. The Resolve to be Ready social media toolkit offers practical emergency preparedness tips individuals and families can use to be ready for disasters and emergencies that could happen at any time. You can share these messages on your social media channels directly as written or customize them for your audiences.

Make a Resolution

- Make an emergency plan: choose a safe place to meet, learn evacuation routes, and establish an out-of-town contact.
- Take a current photo of you and your pet together in case you get separated during a disaster.
- Get to know your neighbor and invite them to be a part of your emergency plan.
- Snap photos of important documents and save them in a secure place or online.
- Set up group text lists so you can communicate with friends and family during emergencies.
- Take a class in CPR and first aid.
- Keep and update emergency supplies; remember to include cash.
- Have back-up power sources available to charge devices in case of a power outage.
- Snap pictures of your property for insurance purposes.
- Check your insurance for coverage on disasters like floods, hurricanes, and earthquakes.
- Sign up for alerts and warnings. Download the FEMA app to get real-time alerts, safety tips, and locate open shelters.
- Save for a rainy day! Start and grow your emergency fund.
- Financially prepare for the New Year. Find out how with the [Emergency Financial First Aid Kit](#).
- Spend within your means. Use a personal budgeting worksheet to help plan for holiday expenses and beyond.
- Build up your savings. Put a small amount in your account the first of every month beginning January 1.



RESOLVE TO BE READY
[READY.GOV/PLAN](https://www.ready.gov/plan)



NEW YEAR, NEW RESOLUTION:
RESOLVE TO PROTECT WHAT YOU LOVE THE MOST.



YOUR PLAN FOR THE NEW YEAR:
PROTECTING WHAT YOU LOVE



GET YOUR YEAR OFF TO A GOOD START:
PROTECT WHAT YOU LOVE

Get Tech Ready

- Download the FEMA app to get real-time alerts, safety tips, and locate open shelters.
- Sign up to receive text or email alerts about emergencies from your local Office of Emergency Management.
- Snap photos of important documents and save them online or in a secure place you can access during an emergency.
- Set up group text lists so you can communicate with friends and family at the same time during emergencies.
- Download money saving apps to help you save for a rainy day.
- Have external power sources available to charge phones and other devices in case of a power outage. #ResolveToBeReady #PrepTips

Preparedness Tips

- Include cash in your emergency supply kit. During an extended power outage, ATMs and credit card machines may not work.
- Check-in with neighbors to see how you can help each other out before and after a storm.
- Pick an out-of-town person for everyone to contact during an emergency.
- Preparing your family for an emergency is as simple as having a conversation over dinner. Make a plan tonight.
- As part of your family's emergency supply kit, include games and toys to keep children entertained.
- Get prepared by having an emergency supply kit already stored. www.ready.gov/kit #ResolveToBeReady
- Snap pictures of your property and make an inventory for insurance purposes.
- 30: The number of days it takes for flood insurance to begin. The time to buy is when it's dry.
- If you rely on public transportation, contact your local emergency management agency about evacuation procedures before a hurricane.
- Make a list of the things you would need or want to take with you if you had to leave your home quickly.
- Prepare your car for winter: keep your gas tank near full to help avoid ice in the tank and fuel lines.
- Make a plan to check on neighbors if extreme cold or winter weather knocks out your power.
- Learn how to shut off the utilities where you live, including water, electricity, and gas.
- #PrepTips: Take a first aid and CPR class. www.ready.gov/safety-skills #ResolveToBeReady
- Plan how you will leave and where you will go if you are advised to evacuate. Don't forget to include pets in your plans! www.ready.gov/evacuation #ResolveToBeReady
- Assemble supplies for a "go-bag" you can carry if you need to evacuate www.ready.gov/evacuation #ResolveToBeReady #PrepTips
- Make a portable emergency kit for your car www.ready.gov/car #ResolveToBeReady.
- Save. Save. Save. Your emergency savings can help you get life saving items like food, shelter, and water in an emergency. Saving tips: www.ready.gov/financial-preparedness #FinancialFuture
- 48% of people have an emergency fund, which gives them the savings to overcome simple emergencies. www.ready.gov/financial-preparedness #FinancialFuture

Ready

RESTOCK YOUR PANTRY

Have several days worth of non-perishable food per person.

Ready

BUDGET FOR A DISASTER

Gather critical financial information and keep cash on hand at home.

MEET YOUR NEIGHBORS

Get to know your neighbors before an emergency strikes. Cookies help!

Ready

IT NEVER HURTS TO BE PREPARED

Be ready this year by practicing your emergency plan with your family.

Resolve to be Ready

LOSE THE EXCUSES

Resolve to be Ready this New Year.



Planning with Pets

- Take a current photo of you and your pet together in case you get separated during a disaster. www.ready.gov/pets #ResolveToBeReady #PetPreparedness
- Search online today for local pet-friendly evacuation locations in case you need to evacuate.
- Update your pet's microchip registration info so you can be contacted if your pet gets lost in a disaster. www.ready.gov/pets #ResolveToBeReady #PetPreparedness
- Put your name and contact information on your pet's ID tag in case you're separated in an emergency. www.ready.gov/pets #ResolveToBeReady #PetPreparedness
- Remember to include your pets in your family's emergency plans.



National Influenza Vaccination Week (NIVW) is a national awareness week focused on highlighting the importance of influenza vaccinations.

STOP

Feeling sick?

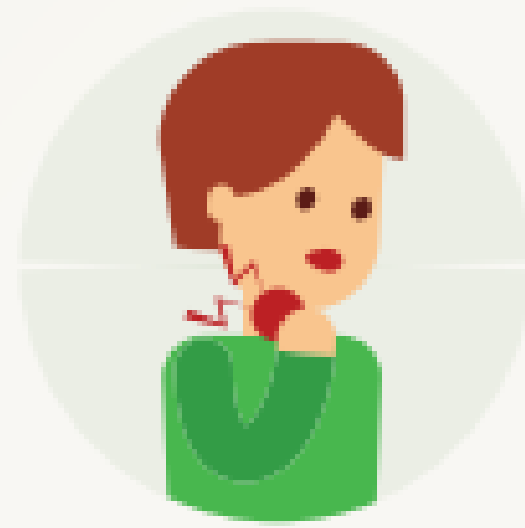
Stop the spread of flu in the workplace.
Stay home when you are sick.

Common Flu Signs & Symptoms Include:

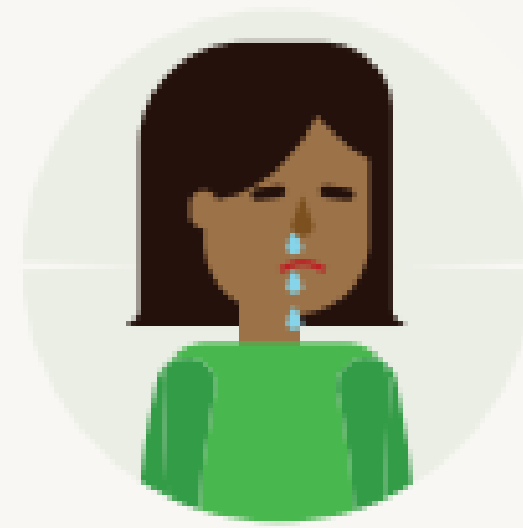


Fever* or feeling feverish/chills

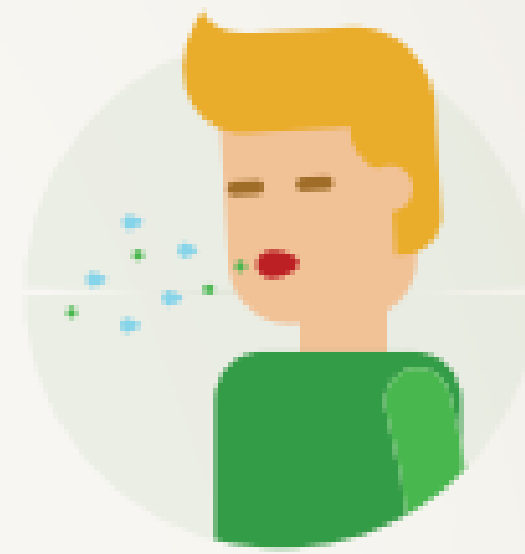
*It is important to note that not everyone with flu will have a fever.



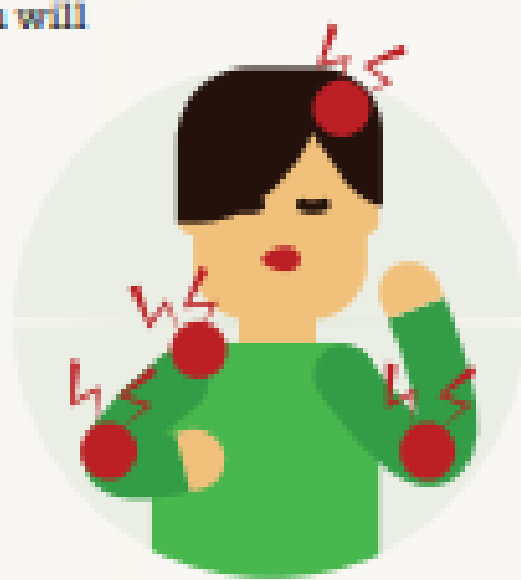
Sore throat



Runny or stuffy nose



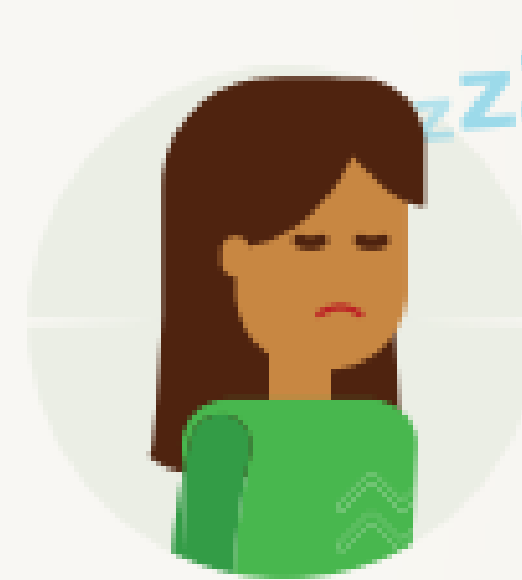
Cough



Muscle or body aches



Headaches



Fatigue (tiredness)

Flu is different from a common cold.

Flu usually comes on suddenly, and in general symptoms are more intense compared to the common cold.

If you think you may have flu tell your supervisor and stay home from work.

All employees should stay home if they are sick. CDC recommends that you stay home for at least 24 hours after your fever (100 degrees Fahrenheit or 37.8 degrees Celsius) is gone. Your fever should be gone without the need to use a fever-reducing medicine. If you have flu without a fever, you should stay home at least 4-5 days after the start of your symptoms.

For more information visit www.cdc.gov/flu



302908-A

Help protect yourself and your family this holiday season.

The holiday season is here. That means more time to spend with your family and friends. However, it also can mean the spread of flu and its potentially serious outcomes, especially among certain higher risk groups, such as pregnant people and children. Getting a flu vaccine is the best way to reduce your risk from flu. Here are five things you should know about flu vaccination.

Flu shots benefit you, your family and your community.

The most important action to protect yourself against flu is getting a flu vaccine each year. CDC recommends everyone 6 months and older get a flu vaccine to reduce your risk of getting flu and lessen its symptoms if you do get sick.

Getting vaccinated against flu can also help protect loved ones, like adults 65 years and older and people living with chronic conditions, both groups of people who are at higher risk of having serious flu complications. Bottom line? Getting an annual flu vaccine is important to protect yourself, your loved ones, and your community against flu.

Flu shots benefit pregnant people and babies.

Flu can be especially serious for [pregnant people](#) because of changes in the immune system, heart, and lungs during pregnancy that can make them more vulnerable to flu and its potentially severe complications. The good news? Getting a flu vaccine can reduce your risk of getting flu and lessen flu symptoms if you do get sick both during and after pregnancy. A flu shot during pregnancy also can help protect your baby from flu for several months after birth, when they're too young to be vaccinated themselves.

Flu vaccines have safely protected millions of pregnant people and their babies from flu for decades. One [study](#) showed fewer cases of infants with flu in mothers who got a flu vaccine compared to mothers who were not vaccinated. This is because, when vaccinated while pregnant, you pass antibodies on to your developing baby.

Flu shots benefit young children.

Did you know flu can be more serious for children than a cold? That's why it's also important to get your children vaccinated against flu this year. Children younger than 5 years old – especially those younger than 2 – and children of any age with certain chronic health conditions, like asthma and diabetes, are at a higher risk of developing potentially serious flu [complications](#). Because these groups of children are at [higher risk](#), it is especially important they get a flu vaccine to reduce their risk of getting sick or being hospitalized or dying from flu if they do get sick.

Flu vaccines are safe and effective – and there's still time to get vaccinated.

Every year, experts update flu vaccines as needed to best protect against the viruses expected to spread during the upcoming season. During seasons when the vaccine viruses are well-matched to the viruses that are spreading, flu vaccine has been shown to reduce the risk of flu illness by 40 to 60 percent. And if someone who is vaccinated gets sick, vaccination has been shown to reduce severity of illness, reducing the risk of serious flu outcomes. The best time to get vaccinated is before flu has begun spreading widely in your community but vaccination can still be protective later. Flu most commonly peaks in February, and significant flu activity can continue into May.

You have options on which flu vaccine to get and where to get it, including at a health care provider's office, at work, a pharmacy, some stores, or even supermarkets. Speak with a health care provider today about getting a flu vaccine to protect yourself and your loved ones.

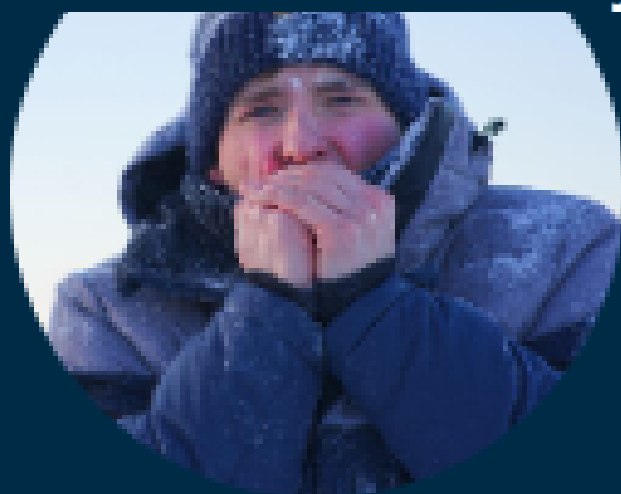
Learn more about the benefits of getting vaccinated against flu at <https://www.cdc.gov/flu/prevent/vaccinations>.

Winter Safety

Why You Should Be #WINTERREADY



#WinterReady



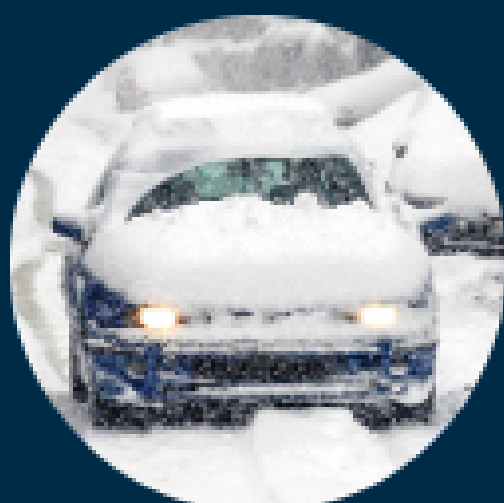
Learn the signs of [frostbite](#) and [hypothermia](#) and how to respond.



[Prevent Carbon Monoxide \(CO\) poisoning.](#) Install a CO detector and check that it has a working battery. Have your heating system checked by a qualified professional. Never use a gas range or oven to heat your home.



Home heating is the second leading cause of home fires, and winter is when most home fires happen. Download the free [Home Fire Safety Guide](#) from the U.S. Fire Administration for ways to keep your home safe from fires.




[Get your car ready for cold weather.](#) Service the radiator and maintain antifreeze level; make sure your tires are in good condition. Keep an emergency kit in your car including blankets, food and water, first aid, and [other items](#) you may need if you are stranded

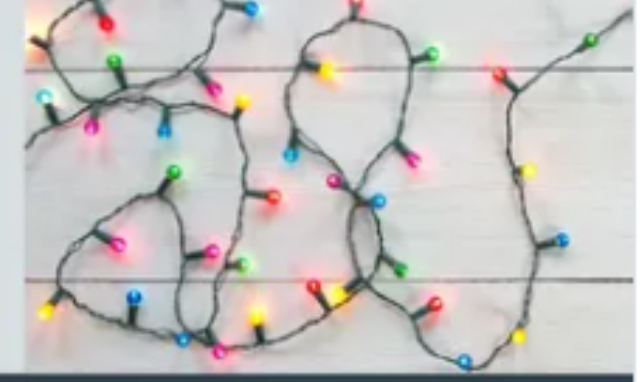
Holiday Fire Safety

Put a **FREEZE** on Winter Holiday Fires

It's fun to decorate for the winter holidays, but holiday decorations can increase your risk for a home fire. As you deck the halls this season, be fire smart.

 <p>Half of the home decoration fires in December are started by candles.</p>	 <p>More than 1/3 of home decoration fires are started by candles.</p>	 <p>Christmas is the peak day for candle fires.</p>
 <p>Keep candles at least 12 inches away from anything that burns.</p>	 <p>A dry Christmas tree can burn very hot and very fast.</p>	 <p>More than 1 in every 5 Christmas tree fires were caused by a heat source too close to the tree.</p>
 <p>Read manufacturer's instructions for the number of light strands to connect.</p>	 <p>Make sure your tree is at least 3 feet away from heat sources like fireplaces, radiators, space heaters, candles or heat vents. Also, make sure your tree does not block exits.</p>	 <p>Get rid of your tree after Christmas or when it is dry.</p>

Winter Holiday Fire Safety



Did you know?

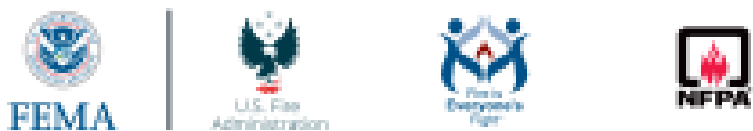
Nearly half of holiday decoration fires happen because decorations are placed too close to a heat source.

It's fun to decorate for the winter holidays, but holiday decorations can increase your risk for a home fire. As you deck the halls this season, be fire smart.

- ✔ Inspect holiday lights each year before you put them up. Throw away light strands with frayed or pinched wires.
- ✔ Water your Christmas tree every day. A dry tree is dangerous because it can catch on fire easily.
- ✔ Consider using battery-operated flameless candles, which can look, smell and feel like real candles.
- ✔ If you do use lit candles, make sure they are in stable holders and place them where they cannot be knocked down easily.

For more information and free fire-safety resources, visit

www.usfa.fema.gov.



For more information on how to prevent winter fires, visit usfa.fema.gov/prevention/outreach/holiday.html and nfpa.org/winter.



Click here to



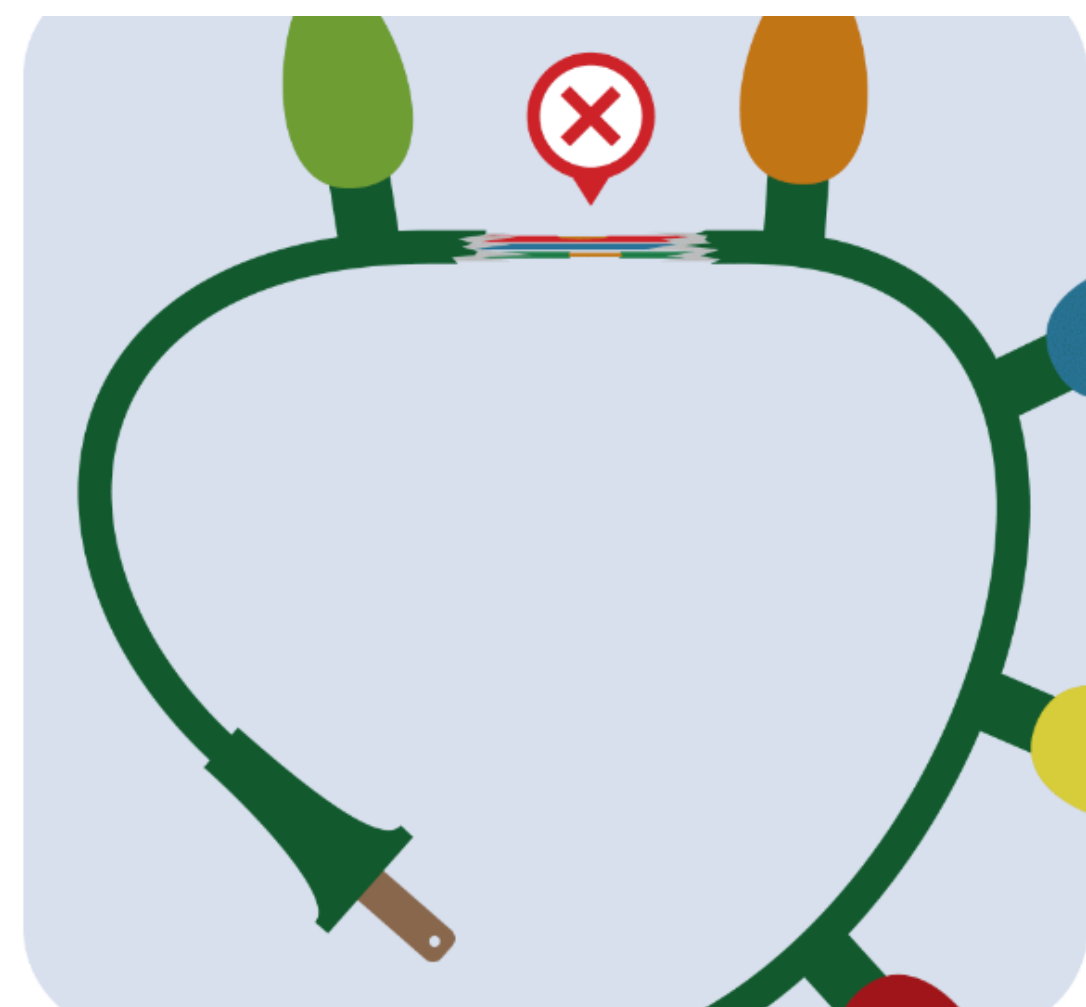
Use holiday lighting safely.

Throw away light strands with frayed or pinched wires. Turn off all your holiday lights before going to bed or leaving your home.



- Natural trees should be cut at a 45° angle at the base and placed in water.
- Place tree away from sources of heat.
- Use only non-flammable decorations.
- Use only lighting evaluated by a nationally recognized laboratory, such as Underwriters Laboratories (UL).
- Inspect lights for frayed wire or other defects before use.
- Do not leave lights on unattended.
- Keep natural tree stands filled with water at all times.
- When the tree becomes dry, discard it promptly.

FEMA FA-024/09233-1/11/08



Holiday Online Shopping Safety

The holiday season is a prime time for hackers, scammers, and online thieves. While millions of Americans will be online looking for the best gifts and Cyber Monday deals, hackers will be looking to take advantage of unsuspecting shoppers by searching for weaknesses in their devices or internet connections or attempting to extract personal and financial information through fake websites or charities.

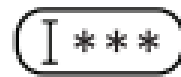
TIP #1:

CHECK YOUR DEVICES

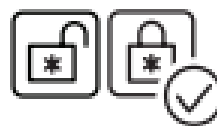
Before making any online purchases, make sure the device you're using to shop online is up-to-date. Next, take a look at your accounts and ask, do they each have strong passwords? And even better, if multifactor authentication is available, are you using it?



Protect your devices by keeping the software up-to-date. These include items like mobile phones, computers, and tablets, but also appliances, electronics, and children's toys.



Once you've purchased an internet connected device, **change the default password** and use different strong passwords for each one. Consider using a password manager to help.



Check the devices' privacy and security settings to make sure you understand how your information will be used and stored. Also make sure you're not sharing more information than you want or need to provide.



Enable automatic software updates where applicable, as running the latest version of software helps ensure the manufacturers are still supporting it and providing the latest patches for vulnerabilities.



Learn more at cisa.gov/shop-safety

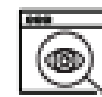
TIP #2:

ONLY SHOP THROUGH TRUSTED SOURCES

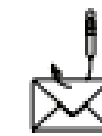
Think about how you're searching online. How are you finding the deals? Are you clicking on links in emails or going to trusted vendors? Are you clicking on ads on webpages? You wouldn't go into a store with boarded up windows and without signage - the same rules apply online. If it looks suspicious, something's probably not right.



Before providing any personal or financial information, **make sure that you are interacting with a reputable, established vendor.**



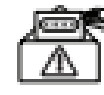
Some attackers may try to trick you by creating malicious websites that appear to be legitimate. **Always verify the legitimacy before supplying any information.** If you've never heard of it before, check twice before handing over your information.



Most of us receive emails from retailers about special offers during the holidays. **Cyber criminals will often send phishing emails**—designed to look like they're from retailers—that have malicious links or that ask for you to input your personal or financial information.



Don't click links or download attachments unless you're confident of where they came from. If you're unsure if an email is legitimate, type the URL of the retailer or other company into your web browser as opposed to clicking the link.



Never provide your password, or personal or financial information in response to an unsolicited email. Legitimate businesses will not email you asking for this information.



Make sure your information is being encrypted. All reputable merchants use encryption to transmit information from your browser to their servers. Look in your browser's location bar to **make sure the website address begins with "https:"** instead of "http:". Also look at the padlock icon. If the padlock is locked, your information is encrypted.



Learn more at cisa.gov/shop-safety

TIP #3:

USE SAFE METHODS FOR PURCHASING

If you're going to make that purchase, what information are you handing over? Before providing personal or financial information, check the website's privacy policy. Make sure you understand how your information will be stored and used.



If you can, **use a credit card as opposed to a debit card.** There are laws to limit your liability for fraudulent credit card charges, but you may not have the same level of protection for your debit cards. Additionally, because a debit card draws money directly from your bank account, unauthorized charges could leave you with insufficient funds to pay other bills. Also use a credit card when using a payment gateway such as PayPal, Google Wallet, or Apple Pay.



You'll likely make more purchases over the holiday season, **be sure to check your credit card and bank statements for any fraudulent charges frequently.** Immediately notify your bank or financial institution.



Be wary of emails requesting personal information. Attackers may attempt to gather information by sending emails requesting that you confirm purchase or account information. Legitimate businesses will not solicit this type of information through email. Do not provide sensitive information through email.



If you receive a suspicious email that you think may be a phishing scam, **you can report it at:** cisa.gov/uscert/report-phishing



Learn more at cisa.gov/shop-safety

National APP



Learn how to prepare for common hazards quickly and easily. The FEMA App can help you learn basic preparedness strategies like how to create a family emergency communication plan, what to pack in your emergency kit, and what to do immediately after a disaster.

PROTECT.

Knowing when and how to protect yourself, your loved ones and your property during a disaster can make all the difference. With the FEMA App, you can receive real-time weather and emergency alerts from the National Weather Service for up to five locations nationwide. It can also help you find a nearby shelter if you need to evacuate to a safe space.



RECOVER.

The FEMA App gives you the tools you need to recover after a disaster. Find out if your location is eligible for FEMA assistance, find Disaster Recovery Center locations, and get answers to your most pressing questions. Instantly connect with FEMA's disaster resources so you find the help that you need when you need it most.



FEMA App: Take Charge of Disasters

The FEMA App is your personalized disaster resource, so you feel empowered and ready to take charge of any disaster life throws your way.

Download today on [iOS](#) or [Android](#).

Image



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

December, 2023 Schedule!!!

Site & Address	Date & Time
Virginia Park (Saturday) 2200 Virginia Ave. Santa Monica CA. 90405	12/2/2023 9:00am – 1:00pm
LA King Fan Fests. (Sunday) Crypto.com Arena. 1111 S. Figueroa Street. Los Angeles CA. 90015	12/3/2023 10:00am – 5:30pm
Venice Library 501 S. Venice Blvd. Venice CA. 90291	12/6/2023 2:30pm – 4:30pm
Santa Monica College 1900 Pico Blvd. Santa Monica CA 90405	12/7/2023 10:00am – 12:00pm
Westchester Senior Center. 8740 Lincoln Blvd. Los Angeles CA. 90045	12/7/2023 12:00 – 1:00pm
Palisades Library 861 Alma Real. Pacific Palisades CA. 90272	12/12/2023 2:00pm – 4:00pm
Mar Vista Library 12006 Venice Blvd Los Angeles CA. 90066	12/13/2023 2:00pm – 4:00pm
Santa Monica College 1900 Pico Blvd. Santa Monica CA 90405	12/14/2023 10:00am – 12:00pm
Westchester Library: 7114 W. Manchester Ave. Los Angeles CA. 90045	12/20/2023 1:00pm – 3:00pm
LA King Fan Fests. (Sunday) Crypto.com Arena. 1111 S. Figueroa Street. Los Angeles CA. 90015	12/23/2023 11:00am – 7:30pm
Palms Rancho Library 2920 Overland Ave. Los Angeles CA. 90064	12/27/2023 1:00pm – 3:00pm
Santa Monica College 1900 Pico Blvd. Santa Monica CA 90405	12/28/2023 10:00am – 12:00pm
Julian Dixon Library 4975 Overland Ave. Culver City CA 90230	12/28/2023 2:00pm – 4:00pm
LA King Fan Fests. (Sunday) Crypto.com Arena. 1111 S. Figueroa Street. Los Angeles CA. 90015	12/30/2023 11:00am – 7:30pm

Hands Only CPR for Community, Business, FBO. ETC

ALL
READY
✓ LA
COUNTY

Free Hands-Only CPR Training



BE THE DIFFERENCE FOR SOMEONE

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!

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

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



COUNTY OF LOS ANGELES
Public Health

FOR CERTIFIED TRAINING, CALL 213-428-1490



CPR &
FIRST AID

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

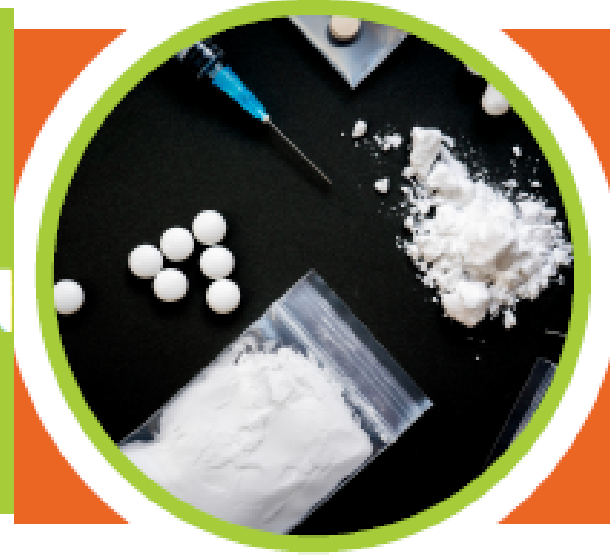


CPR &
FIRST AID

RECOGNIZING AND RESPONDING TO AN OVERDOSE



Free Virtual Presentation
RECOGNIZING AND RESPONDING TO AN OVERDOSE



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



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:

December 5

December 28

Disponible en Español



FORGOT TO REGISTER?

Scan this QR code and join a session directly

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



DECEMBER 12
TREATMENT FOR SUBSTANCE USE DISORDERS

Scan QR code to join session directly



DECEMBER 19
SUBSTANCE USE DISORDERS & MENTAL HEALTH

Scan QR code to join session directly



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

- 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

123 W. Manchester Blvd.
Inglewood, CA 90301



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



References:

- www.ready.gov/kit #ResolveToBeReady
- www.ready.gov/safety.skills #PrepTips.
- www.ready.gov/evacuation - Plan how to Evacuate.
- www.ready.gov/car #ReadyToBeReady
- www.ready.gov/Financial-Preparedness #FinancialFuture



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"