

Disaster Preparedness

Newsletter

February 2023

February is Earthquake Awareness Month:

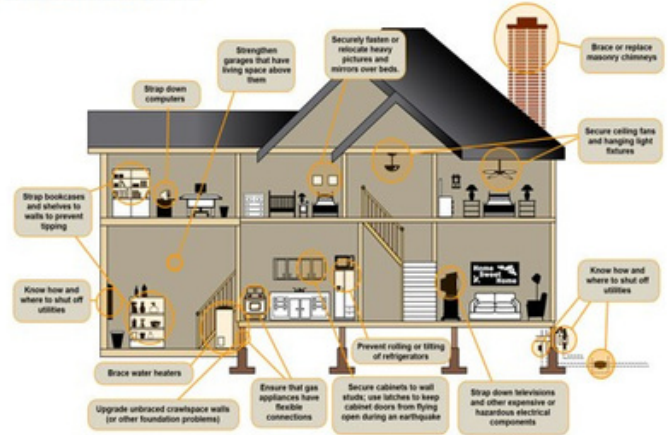
"The U.S. Department of Homeland Security Launched a national public service campaign in 2003 - 'Ready.gov' - to educate and empower Americans to prepare for, respond to, mitigate emergencies, hazards, and threats"

More Resources at www.ready.gov/calendar
Find toolkit at www.ready.gov/toolkits.

EARTHQUAKE SAFETY:

• Before an Earthquake

○ Step 1: Secure Your Space:



○ Step 2: Plan to be Safe



Practice Drop, Cover, and Hold On. Identify safe spots in every room such as under sturdy desks and tables.

○ Step 6: Improve Safety



After an earthquake by evacuating if necessary, helping the injured and preventing further injuries or damage.

○ Step 3: Organize Disaster Supplies



○ Step 4: Minimize Financial Hardship



Organize important documents, strengthening property, and considering insurance.

• During an Earthquake

○ Step 5: Drop, Cover, and Hold on



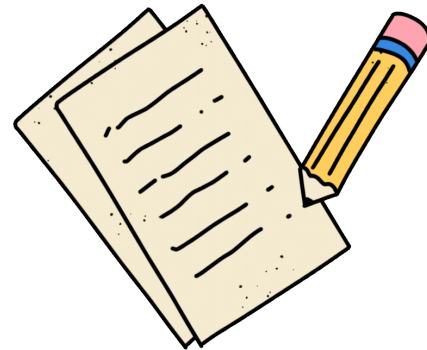
• After an Earthquake

○ Step 7: Reconnect and Recover



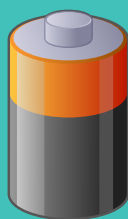
Reconnecting with others, repairing damage, and rebuilding community.

Resolve to Be Ready- New Years Resolution Continues



Here are some ideas to get you started.

- **Make an emergency plan.** Choose a safe place to meet, learn evacuation routes and establish an out-of-town contact.
- **Take stock of your emergency supplies.** Use those that will expire soon and add new ones as needed.
- **Sign up for alerts and warnings.** Download the [FEMA app](#) to get real-time alerts, safety tips and locate open shelters.
- **Snap pictures** of your property for insurance purposes.
- **Take a current photo of you and your pet together** in case you get separated during a disaster.
- **Snap photos of important documents and save them in a secure place or online.** In addition, consider filling out FEMA's [Emergency Financial First Aid Kit](#) to keep all your documents and important information in one place.
- **Set up group text lists** so you can communicate with friends and family during emergencies.
- **Take a class in CPR and first aid.**
- **Have back-up power sources available** to charge devices in case of a power outage.
- **Check your insurance** for coverage on disasters like floods, hurricanes and earthquakes.
- **Save for a rainy day!** Start and grow your emergency fund by adding a small amount at the start of each month.
- **Learn more** about preparedness actions you can take at FEMA's [Preparedness Community](#).



Ready. 

2023 CALENDAR

More resources at www.ready.gov/calendar.

Find toolkits at www.ready.gov/toolkits.



<p>JAN</p>  <p><u>Resolve To Be Ready</u> <u>Winter Safety</u> <u>National Slavery and Human Trafficking Prevention Month</u></p>	<p>FEB</p>  <p><u>National Canned Food Month</u> <u>Winter Safety</u> <u>Valentine's Day</u></p>	<p>MAR</p>  <p><u>"It's Not Luck" Campaign</u> <u>Spring and Flood Safety</u> <u>National Tsunami Awareness Week</u></p>
<p>APR</p>  <p><u>National Financial Capability Month</u> <u>Severe Weather Safety</u> <u>#SafePlaceSelfie Day</u></p>	<p>MAY</p>  <p><u>National Wildfire Awareness Month</u> <u>National Hurricane Preparedness Week</u> <u>Don't Fry Day</u></p>	<p>JUN</p>  <p><u>Pet Preparedness Month</u> <u>Summer and Extreme Heat Safety</u> <u>National Lightning Safety Awareness Week</u></p>
<p>JUL</p>  <p><u>Fireworks Safety</u> <u>Extreme Heat Safety</u></p>	<p>AUG</p>  <p><u>Back to School - Children & Youth Preparedness</u> <u>Extreme Heat Safety</u> <u>International Overdose Awareness Day</u></p>	<p>SEP</p>  <p><u>National Preparedness Month</u></p>
<p>OCT</p>  <p><u>Cybersecurity Awareness Month</u> <u>National Fire Prevention Week</u> <u>Great ShakeOut Earthquake Drills</u></p>	<p>NOV</p>  <p><u>Thanksgiving Cooking Safety</u> <u>Holiday Online Shopping Safety</u> <u>Winter Weather Safety</u></p>	<p>DEC</p>  <p><u>Resolve To Be Ready</u> <u>National Influenza Vaccination Week</u> <u>Winter Safety</u> <u>Holiday Fire Safety</u> <u>Holiday Online Shopping Safety</u> <u>National App Day</u></p>



COMMUNITY HANDS ONLY CPR INITIATIVE - 2023



Watch out! Free 'Hands Only CPR - Life Saving Skill Training is coming back starting from February, 2023.

Please call or email your Public Health Nurse - Helen Obih @ (213) 822-2750 or hobih@ph.lacounty.gov for any community scheduled outreach.



CPR Certification Training

FREE CPR First Aid & AED Classes

For online classes, you will need to pick up your CPR certificate in-person. Please choose a city closest to you.

CPR First Aid and AED is an instructor and video-base that teaches students critical skills needed to respond to and manage a first aid, choking or [sudden cardiac arrest](#) emergency in the first few minutes until emergency medical services (EMS) arrives. Participants will learn skills such as how to treat bleeding, sprains, broken bones, shock, and other first aid emergencies. This course also teaches CPR and AED for Adult, Child, and Infant.

REGISTER AT: REGISTER AT: www.acls123.com/Free-CPR/



CPR/First Aid

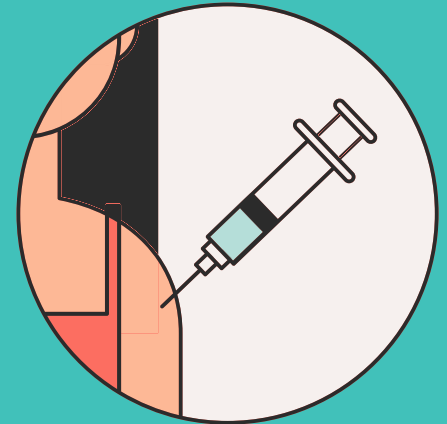
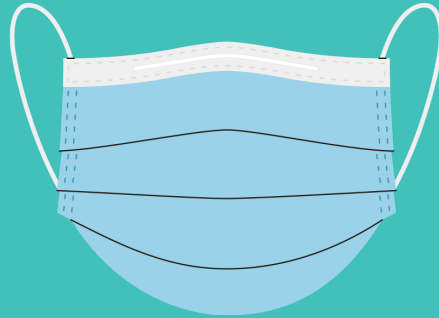
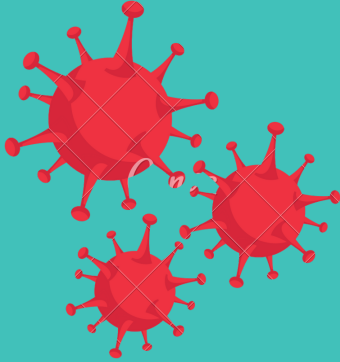
Learn first-aid basics and receive a 2-year CPR and First Aid Certification! Register for the Spanish or English class now! [Access flyer](#)

Spanish: Friday, January 6
English: Friday, January 13, 20 and 27 (Zoom) | 10am - 1pm

[REGISTER](#)

Please checkout the website for more class schedules

COVID - 19 Safety Information for 2023.



"Together, we can commit to a safe and healthy 2023. The simple actions listed below can ensure that as a community, we protect people who are more vulnerable to illness, reduce respiratory virus transmission, and take steps to minimize the impact of new COVID strains".

2023 Actions for a Safe Start to the New Year

- ✓ Protect people who are more vulnerable to illness
- ✓ Reduce respiratory virus transmission
- ✓ Take steps to minimize the impact of new COVID strains

Recommended Actions

- * Mask indoors in public spaces, and for at least 10 days upon returning to work and school, or after high-risk activities, such as travel
- * Test before gatherings
- * Stay home when sick
- * Stay up to date on the bivalent booster for COVID and the seasonal flu vaccine



Take a COVID-19 Test



Take a COVID-19 test if you...

- Have COVID-19 symptoms
- Tested negative, but have symptoms
- Were exposed to COVID-19
- Before and 3-5 days after attending a gathering, a large event or travel

Get tested to know for sure. Take another test as needed.



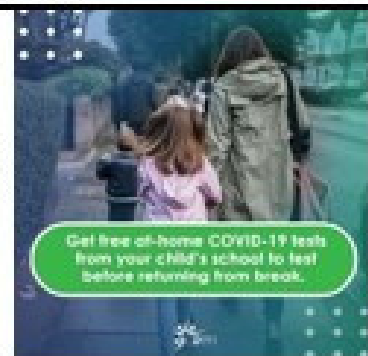
Need a COVID test? There are several options in LA County. [Click here](#) to learn more.

If you test positive, you risk getting others sick and spreading COVID-19. Isolate at home away from others, even if you feel well.

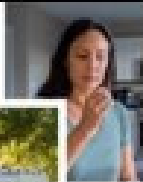
Get Free At-Home COVID-19 Tests for Students & Families

California is providing free, at-home COVID-19 tests to K-12 schools to be used before returning from winter break. Contact your school to have your student pick up free tests.

Visit the [CA Safe Schools For All](#) website to learn more.



Get Free At-Home COVID-19 Tests



Every U.S. household is eligible to order 4 free at-home COVID-19 tests. Order a free at-home tests [here](#).

Need help placing an order for your at-home tests? Call 1-800-232-0233 (TTY 1-88-720-7489)

SPA X Resources and Announcements



Winter Shelters Open Until March 31

The Los Angeles Homeless Services Authority (LAHSA) Winter Shelter Program will continue throughout L.A. County until March 31, 2023.

Visit [Winter Shelter \(lahsa.org\)](#) to learn how to access and obtain a list of shelters -or- call **1-800-548-6047** for more information.

Mental Health Resources In Response to Tragic Mass Shooting at Monterey Park - Dance Studio

A Reference for Maintaining Mental Health & Well-Being

Attachment II

Shootings: Strategies on Coping with Stress & Concern

The recent incidents of shootings in the news, including the tragic death of Rapper Nipsey Hussle in Los Angeles on Sunday can cause concern for people living in the area. It's normal to experience stress, anxiety, and fear during this type of situation. Here are some coping strategies you can take to aid in your recovery:

1. Manage Your Stress

- Stay informed. Refer to credible sources for updates on the situation.
- Stay focus on your personal strengths.
- Maintain a routine.
- Make time for recreation and relaxation.

2. Prepare Yourself and Your Family

- Attend community meetings for resources/education.
- Give honest age-appropriate information to children.
- Become familiar with local medical and mental health resources in your community.
- Stay calm! Children look to you to interpret confusing events.

3. Connect With Your Community

- Keep contact with family and friends
- Join a community or religious group.
- Accept help from family, friends, co-workers, and clergy.
- Reach out to neighbors and friends with access and functional needs that may need your assistance.

4. Reach Out and Help

- Become involved in the recovery process. Helping others heal can be beneficial to one's own recovery.
- Locate a charity or volunteer organization near you.
- Find out what's needed and how you can be of most help.
- Encourage friends and family to get involved with you.

If you or a loved one is having difficulty coping over concern regarding air quality, consider seeking professional help.



Be Proactive!

1. Prepare yourself and your family for emergencies.
2. Set up strong social support networks.
3. Help others in need by volunteering and donating time and resources to trusted organizations.
4. Keep a positive attitude and outlook.

Resources

Los Angeles County
Department of Mental Health
Access Center 24/7 Helpline
(800) 854-7771

Los Angeles County
Department of Public Health:
<http://publichealth.lacounty.gov/eprp/media/index.htm>



Attachment II

WHAT YOU CAN DO TO HELP COPE WITH EMOTIONAL DISTRESS

- Maintain a regular routine
- Maintain contact with family and friends
- Find ways to relax that do not include alcohol or drugs
- Participate in activities you enjoy
- Stay focused on personal strengths
- Limit overexposure to media
- Ask for financial, emotional, and medical assistance as needed

ACCESS CENTER HOTLINE

1-800-854-7771

562-651-2549 tdd/tty



Attachment II



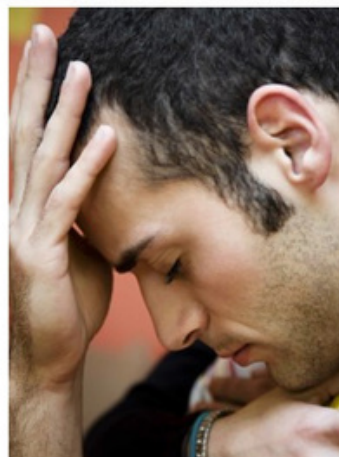
Tips for Survivors of a Disaster or Other Traumatic Event: COPING WITH RETRAUMATIZATION

Introduction

According to National Comorbidity Survey data, more than half of men and women had experienced one or more traumas over the course of their lives, with experience of a natural disaster the second most common trauma type (Kessler et al., 1999). For some, traumatic stress reactions to a new event can feel as intense as they were when the original event occurred. This is known as re-traumatization. Re-traumatization is reliving stress reactions experienced as a result of a traumatic event when faced with a new, similar incident. However, as the result of the passing of time many people do not realize the stress they are experiencing is related to an earlier trauma in their lives. A current experience is subconsciously associated with the original trauma, reawakening memories, and reactions, which can be distressing. This type of reaction is common, and survivors should realize there are steps that can be taken to manage or relieve symptoms.

This tip sheet covers signs and symptoms of re-traumatization, as well as how to know if you may benefit from more help and guidance on how to manage it. The tip sheet also lists resources for support and identifies ways you can build resilience, which is your ability to tap into your skills and access the resources around you when you are going through stressful experiences.

Most survivors of a disaster or other traumatic event are able to work through their traumatic experiences, return to their regular activities, and enjoy their lives. Some people, however, experience re-traumatization and could benefit from recognizing trauma symptoms, learning how to manage them, and seeking additional help as needed. If you are experiencing re-traumatization and need additional help, try using some of the recommendations noted in this tip sheet, or see the Helpful Resources section of this tip sheet for information about locating a trauma-informed professional.



TIPS FOR SURVIVORS OF A DISASTER OR OTHER TRAUMATIC EVENT: COPING WITH RETRAUMATIZATION



- Significant changes in appetite and/or weight
- Fatigue and lack of energy
- Experiencing strong reactions to triggers (e.g., fast breathing and heartbeat, sweating)

Behaviors

- Social withdrawal and isolation
- Increasing intake of alcohol and other substances following an incident
- Avoidance of people, places, and situations related to the traumatic event

Emotions

- Intense feelings of guilt, anger, fear, anxiety, horror, sadness, shame, or despair
- Intense distress in reaction to triggers, or circumstances you link to present or past trauma
- Feeling distant from other people
- Feeling unable to control your emotions, such as not being able to calm yourself down, a decreased sense of security and inability to feel love

- Using unhealthy coping styles, such as practicing avoidance or being in denial of past traumatic events, mismanaging stress (e.g., misusing alcohol, prescription medication, or illegal substances)
- Having a lack of economic and social supports or a lack of access to health and mental health care services

Retraumatization Signs and Symptoms

If you have survived a traumatic experience, you can relieve it in any of the following ways:

Thoughts

- Negative thoughts that are associated with fear or other emotions experienced during the trauma
- Flashbacks and nightmares
- Trouble concentrating
- Dissociation (separation of normally related parts of awareness, such as thoughts, perceptions, memories, and identity)

Physical Signs and Symptoms

- Feeling "on edge," very anxious and tense, or easily startled
- Trouble falling or staying asleep

Tips for Managing and Developing Resilience for Retraumatization

Retraumatization can feel like reopening a wound that has not quite healed. Once you recognize that you are experiencing re-traumatization, you may wish to consider dedicating time and effort to your recovery from the traumatic event. The following suggestions can help you manage re-traumatization:

- Appreciate the impact of the original trauma. Do not underestimate what you have been through, but also recognize that you are strong and able to recover.
- Understand how and why the event happened.
- Connect with people who understand and help you through trigger events.
- Ensure that you have a support system that is easily accessible and consists of people who know, accept, and care for you.

- Develop effective coping skills (e.g., stress management, self-care, and social support, especially peer support).
- Have a self-care plan that includes strategies for building resilience (e.g., get regular exercise, set aside quiet time for meditation or relaxation).
- Practice your spiritual beliefs or reach out to a faith leader for support.
- Seek care from a trained, trauma-informed provider who can recognize your retraumatization symptoms and offer evidence-based treatment and guidance.



Hope for Your Future

If you experience retraumatization, you may feel discouraged, but remember you can take steps toward feeling better and returning to a full and satisfying life. The past will always be with you, but you can learn new ways to manage triggers, trauma, and stress.

Most importantly, understand that your perceptions can affect your reactions. Be patient with yourself, and keep in mind that people recover from all kinds of setbacks. Take the opportunity to take control of your reactions and your life by determining the best ways to recover.

References

- Kessler, R. C., Sonnega, A., Bromet, E., Hughes, M., Nelson, C. B., & Breslau, N. N. (1999). Epidemiological risk factors for trauma and PTSD. In R. Yehuda (Ed.), *Risk factors for PTSD*. (pp. 23–59). Washington, DC: American Psychiatric Press.



Toll-Free: 1-877-SAMHSA-7 (1-877-726-4727) | info@samhsa.hhs.gov | <https://store.samhsa.gov>

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(2017)

Helpful Resources

Hotlines

SAMHSA's Disaster Distress Helpline

Toll-Free: 1-800-985-5890 (English and español)

SMS: Text TalkWithUs to 66746

SMS (español): "Hablamos" al 66746

TTY: 1-800-346-8517

Website (English): <https://www.samhsa.gov/find-help/disaster-distress-helpline>

Website (español): <https://www.samhsa.gov/find-help/disaster-distress-helpline/espanol>

SAMHSA's National Helpline

Toll-Free: 1-800-662-HELP (24/7/365 Treatment Referral Information Service in English and español)

Website: <https://www.samhsa.gov/find-help/national-helpline>

National Suicide Prevention Lifeline

Toll-Free (English): 1-800-273-TALK (8255)

Toll-Free (español): 1-888-628-6454

TTY: 1-800-799-4TTY (4889)

Website (English): <https://www.suicidepreventionlifeline.org>

Website (español): <https://suicidepreventionlifeline.org/help-yourself/en-espanol/>

Treatment Locator

Behavioral Health Treatment Facility Locator

Website: <https://www.findtreatment.samhsa.gov>

Trauma-Related Resources

Center for the Study of Traumatic Stress, Uniformed Services University

Phone: 301-285-2470

Email: cstsinfo@usuhs.mil

Website: <https://www.cstsonline.org>

National Center for Child Traumatic Stress

Phone: 310-235-2833

Phone: 919-882-1552

Website: <http://www.nctsn.org>

National Center for Trauma-Informed Care and Alternatives to Seclusion and Restraint (NCTIC)

Toll-Free: 1-866-254-4819

Email: NCTIC@NASMHPD.org

Website: <https://www.samhsa.gov/nctic>

SAMHSA Disaster Technical Assistance Center

Toll-Free: 1-800-308-3515

Email: DTAC@samhsa.hhs.gov

Website: <https://www.samhsa.gov/dtac>

**Note: The views, opinions, and content expressed in this publication do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS).*

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"The only thing tougher than Planning is explaining why you did not"

COUNTY OF LOS ANGELES

Public Health