

Disaster Preparedness Newsletter

January 2023



By Helen Obih, EPPHN
SPA 5

Resolve to Be Ready

January is a great time to plan ahead and make positive changes. As you make a list of resolutions for 2023, resolve to add a few that will help you prepare for emergencies and disasters.

Remember, you don't need to enact all your resolutions at once. Take small steps throughout the year so that you're ready to weather the unexpected.

Here are some ideas to get you started. "FEMA - Individual and Community Preparedness"

4 Steps To Preparedness

1. have a
plan



2. keep
Supplies



3. Stay
informed



4. Get
involved








Preparedness Resources

www.espfocu.org

<https://www.fema.gov>

www.redcross.org/prepare

Stay Safe During Winter Storms

	Stay Informed Listen to the radio or watch television for information and instructions from your local officials. Pay attention to any notices coming from your local emergency notification system(s) and follow instructions.
	Drive Safely Maintain your distance and slow down. Don't forget to turn on your headlights if you are using your wipers – it's the law. If your vehicle is trapped in rapidly moving water, then stay inside. If water is rising inside the vehicle, then seek refuge on the roof.
	Avoid Moving Water Do not drive or walk-through moving water. You can be knocked off your feet in as little as 6 inches of water. Avoid unnecessary trips.
	Avoid Risky Areas Stay away from streams, rivers, flood control channels and other areas subject to sudden flooding. Do not "sightsee" or enter restricted areas.
	Obey Evacuation Instructions If you are told to evacuate, do so immediately. Never drive around barricades. Local responders use them to safely direct traffic out of flooded areas.

Quick Tip: Be Ready:

- Sign up for emergency alerts to get latest mud & debris update.
- Most fire stations offer sand and/or sandbags to residents – stock up before the storm gets worst – call ahead before going.

Quick Tip: When There's a Flood Warning or Watch

- Listen and follow instructions from the authorities
- Avoid driving if possible
- Don't touch electrical equipment if it is wet or if you are standing in water.
- Maintain a safe distance from downed power lines and broken gas lines; immediately report them to the appropriate utility company.

Quick Tip: At Work:

- Follow guidance/instructions issued by your supervisor
- Report any worksite flooding/storm damages immediately to your supervisor.
- Ensure your contact information is up-to-date on the Employee Self Service.

For More Winter Storm Information, visit

1. <https://ready.lacounty.gov/rain>
2. <https://www.sce.com/outage-center/check-outage-status>
3. <https://www.sce.com/outage-center/report-an-outage>
4. <https://ewp.lacounty.gov/workplace>



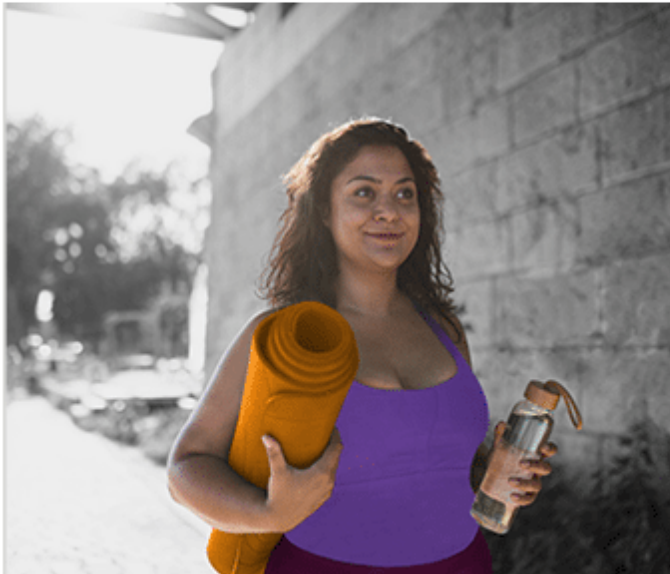


FREE CPR First Aid & AED Classes

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



AmeriCorps Members Recruitment

Los Angeles County Department of Public Health is
Recruiting Public Health AmeriCorps Members

JOIN US at one of our upcoming Virtual Information Sessions:

Tuesday - January 10th,
2023 5:30-6:00pm



Thursday - January 19th,
2023 5:30-6:00pm



Saturday - January 28th,
2023 10:30-11:00am



Interested in public health but don't know where to start?

Apply to the Los Angeles County Department of Public Health (LACDPH) AmeriCorps program and gain firsthand public health experience. LACDPH AmeriCorps Members will have the option of serving 1,200 hours (three-fourths time) or 900 hours (half-time) per year. A living allowance will be provided.

As an LACDPH AmeriCorps Member you will:

- Acquire public health experience;
- Learn skills to engage and educate community members;
- Receive mentorship from public health experts;
- Develop skills as a future public health leader;

LACDPH AmeriCorps Member activities include:

- Conducting COVID-19 outreach and education;
- Providing resource and service navigation to community members;
- Supporting LACDPH with region specific public health activities;

This is a great opportunity to make a positive impact in YOUR community.

Come join our team!

For More Information and To Apply: Visit www.hsp-inc.com/ameriCorps/



Apply



AmeriCorps



**COUNTY OF LOS ANGELES
Public Health**

Substance Use Disorder

COREcenter

Connecting to Opportunities for Recovery and Engagement

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 the QR code to register or click on a date to join a session



January 5

Being at Risk for Substance Use

January 10

Harm Reduction & Syringe Exchange

January 19

Health Consequences of Substance Use

January 24

How to Talk to Your Loved Ones About Alcohol & Drugs

Krystal Mousseau
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Steven Cagle
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(323) 236-6307

 CURTIS TUCKER CENTER FOR
COMMUNITY WELLNESS
LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH
Fostering Hope • Healing • Purpose

123 W Manchester Blvd.
Inglewood, CA 90301



COUNTY OF LOS ANGELES
Public Health

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.
Tuesday's or Thursday's
2:00 PM - 3:00 PM
via MICROSOFT Teams

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

January 12

January 17

January 26

January 31



Disponible en Español

Receive a free Naloxone Kit

Naloxone is an emergency medicine that prevents overdose death from prescription painkillers and heroin.



For more information contact:

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

Steven Cagle
scagle@ph.lacounty.gov
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 **County of Los Angeles Public Health**





Cold Weather Alert

Cold Temperatures Expected in Parts of Los Angeles County

LOS ANGELES – The Los Angeles County Health Officer is issuing a Cold Weather Alert due to the National Weather Service's forecast for low temperatures.

"Children, the elderly, and people with disabilities or special medical needs are especially vulnerable during cold weather. Extra precaution should be taken to ensure they don't get too cold when they are outside," said Muntu Davis, MD, MPH, Los Angeles County Health Officer. "There are places where people can go to stay warm, such as shelters or other public facilities. We also want to remind people not to use stoves, barbecues, or ovens to heat their homes due to the risk of carbon monoxide poisoning."

Take precautions to protect yourself from the cold:

- Dress in layers of warm clothing if you plan to be outdoors.
- Protect head, hands and feet from the cold by wearing a hat, scarf, gloves, and socks.
- Check on and help family members, friends and neighbors with limited mobility and limited access to heat, such as seniors or those who are ill. Check on them frequently.
- If you have pets, bring them indoors and do not leave them outside overnight.

Take shelter during peak cold times:

- The Los Angeles Homeless Services Authority has a Winter Shelter Program available for those who need shelter. Locations and transportation information are online at www.lahsa.org or by calling the LA County Information line at 2-1-1 from any landline or cell phone.

People exposed to extremely cold weather conditions, such as places where it snows and where freezing occurs, may be at risk of frostbite. Frostbite is a bodily injury caused by freezing those results in loss of feeling and color in affected areas. The most common affected areas are the nose, ears, cheeks, chin, fingers, or toes.

Gently warm the person and seek **immediate** medical care if you believe someone is showing signs of hypothermia or frostbite.

Prevent carbon monoxide poisoning when heating your home:

- Only use approved heaters, such as electric or natural gas heaters and fireplaces. Never use stoves, barbecues and ovens to heat your room or home, as these appliances can produce a deadly gas known as carbon monoxide that can collect inside your home.
- Install a carbon monoxide detector in your home to reduce the risk of poisoning.
- If you use an outdoor generator at home, place it at least 10 feet away from all doors and windows to avoid exhaust gases entering the home.

Carbon monoxide poisoning can cause shortness of breath, headaches, muscle and joint pain, and nausea. Exposure to high levels of carbon monoxide could lead to death within minutes. Those suffering from carbon monoxide poisoning should be taken outside, into fresh air, immediately, and should be taken to an emergency room for immediate medical treatment.

Los Angeles County residents and business owners, including people with disabilities and others with access and functional needs may also call 2-1-1 or visit www.211la.org for emergency preparedness information and other referral services 24 hours a day and seven days a week. For the deaf and hard of hearing, call the TDD line at 1-800-660-4026.



Contact Information

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"The only thing tougher than planning for a disaster is explaining why you did not"