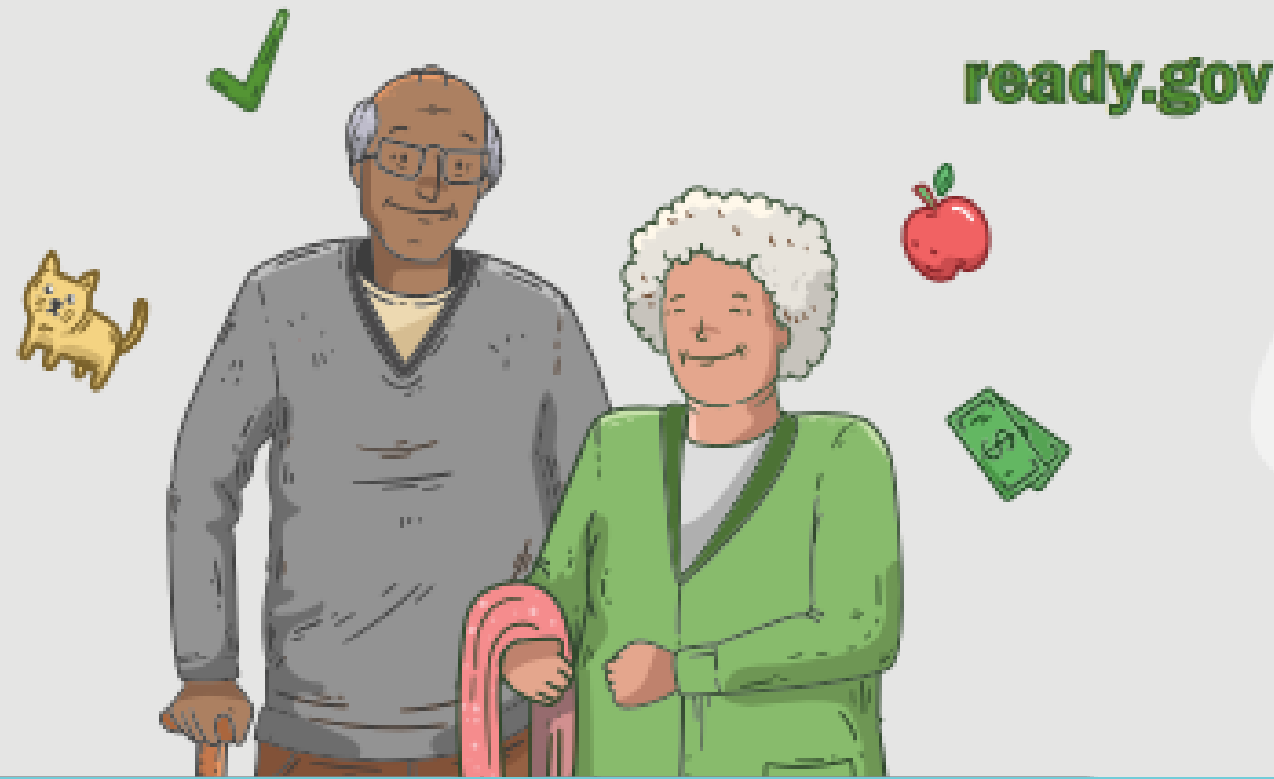


Disaster Preparedness Newsletter

March - 2024

Ready. ✓
2024
CALENDAR

More resources at www.ready.gov/calendar.
Find toolkits at www.ready.gov/toolkits.



MAR



"It's Not Luck" Campaign
Spring and Flood Safety
National Tsunami Awareness Week

March- "It's Not Luck" Campaign - asserts that no one should rely on Luck when it comes to being prepared for disaster and preparedness. "Don't leave disaster preparedness to chance".

Know your risk:
Know what disasters and hazards could affect your area.

Make A Plan:
Your family may not be together if disaster strikes



Build a Kit:
Get your supplies together. Store your items in airtight bag and put your entire disaster supplies kit in an easy to carry kit.

Know your Risks

Know what disasters and hazards could affect your area, how to get [emergency alerts](#), and where you would go if you and your family need to evacuate. Make sure your family has a plan and practices it often.

Download the [FEMA App](#) to get preparedness strategies, real-time weather and emergency alerts.

Make A Plan

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](#)?



Build A Kit

After an emergency, you may need to survive on your own for several days. Being prepared means having your own [food](#), [water](#) and other [supplies](#) to last for several days. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.



Make sure your emergency kit is stocked with the items on the checklist below.

[Download a printable version](#) to take with you to the store. Once you take a look at the basic items consider what [unique needs](#) your family might have, such as supplies for [pets](#) or [seniors](#).

Basic Disaster Supplies Kit

To assemble your kit store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit could include the following recommended items:

- ✓ [Water](#) (one gallon per person per day for several days, for drinking and sanitation)
- ✓ [Food](#) (at least a several-day supply of non-perishable food)
- ✓ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- ✓ Flashlight
- ✓ First aid kit
- ✓ Extra batteries
- ✓ Whistle (to signal for help)
- ✓ Dust mask (to help filter contaminated air)
- ✓ Plastic sheeting and duct tape (to [shelter in place](#))
- ✓ Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- ✓ Wrench or pliers (to [turn off utilities](#))
- ✓ Manual can opener (for food)
- ✓ Local maps



12 WAYS TO PREPARE



Sign up for Alerts and Warnings



Make a Plan



Save for a Rainy Day



Practice Emergency Drills



Test Family Communication Plan



Safeguard Documents



Plan with Neighbors



Make Your Home Safer



Know Evacuation Routes



Assemble or Update Supplies



Get Involved in Your Community



Document and Insure Property

March 10th, Daylight Saving Time

Next change:

MAR

10

1 hour Forward

Mar 10, 2024, 2:00 am

What to do during

daylight saving time:



Turn your clock forward.



Test your smoke alarm.



CHANGE YOUR CLOCKS

CHANGE YOUR BATTERIES



Reminder:

While changing your battery, Don't forget to go through your disaster preparedness supplies, change and replace any expired items!!!

CERT Training Opportunity



WEST ADAMS

FOR IMMEDIATE RELEASE JANUARY 13, 2024

An all-new *Community Emergency Response Team "Basic Training Class"* is coming to the West Adams area of Los Angeles starting *March 7, 2024 and continuing for six successive Thursdays*. The class will teach attendees the basics of skills needed to take care of themselves, their families, and their community in the event of a disaster which delays professional responders.

This class will be held at the *West Adams Church of Christ (4959 West Adams Boulevard)* from *11AM to 2PM starting March 7th*. Community members will learn the following skills:

Class 1 – MAR 7 (Introduction, Disaster Awareness)

Class 2 – MAR 14 (ICS and Disaster Psychology)

Class 3 – MAR 21 (Disaster Medical Operations 1)

Class 4 – MAR 28 (Disaster Medical Operations 2)

Class 5 – APR 4 (Fire Suppression and Hazardous Materials)

Class 6 – APR 11 (Light Search and Rescue)

Class 7 – APR 18 (Terrorism & CERT)

YOU MUST ATTEND ALL CLASSES TO RECEIVE A "CERTIFICATE OF COMPLETION".

Sessions are taught by Firefighters from the Los Angeles **CITY** Fire Department. Actual members of the CERT Team will also be in attendance to answer questions and steer you to YOUR WEST ADAMS TEAM (Yes, there is one along with a city-wide team!). Please join us in this continuing effort to prepare ourselves, our families, and our communities to survive and thrive through any disaster that will be fall us. To register for this class, go to LAFD CERT's Eventbrite site or use the link below:

Link: <https://www.eventbrite.com/e/lafd-cert-west-adams-tickets-796136263997?aff=ebdsoporgprofile>

Note: *There is 50+ seats available, but Eventbrite limits us to 25...if you run int an issue where you cannot sign up, place yourself on the waitlist...you will get a seat. See you there!*

Questions? Email cert68chin@gmail.com

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

March 2024, Schedule!!!

March 2024



Site & Address	Date & Time
Virginia Park Farmers Market (Saturday) 2200 Virginia Ave. Santa Monica CA 90405	3/9/2024 9:00am – 1:00pm
Palms Rancho Library 2920 Overland Ave. Los Angeles CA. 90064	3/12/2024 2:30 – 4:30pm
Main St. Farmers Market (Sunday) 2640 Main Street Santa Monica CA. 90405	3/17/2024 10:00am – 1:00pm
Culver City Library (Narcans Education/Dissemination Available) 4975 Overland Ave. Culver City CA. 90230	3/21/2024 2:30 – 4:30pm
Brentwood Library (Narcans Education/Dissemination Available) 11820 San Vicente Blvd. Los Angeles CA. 90049	3/22/2024 1:30 – 3:30pm
Palisades Library (Narcans Education/Dissemination Available) 861 Alma Real. Pacific Palisades, CA. 90272	3/28/2024 2:30 – 4:30pm

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.



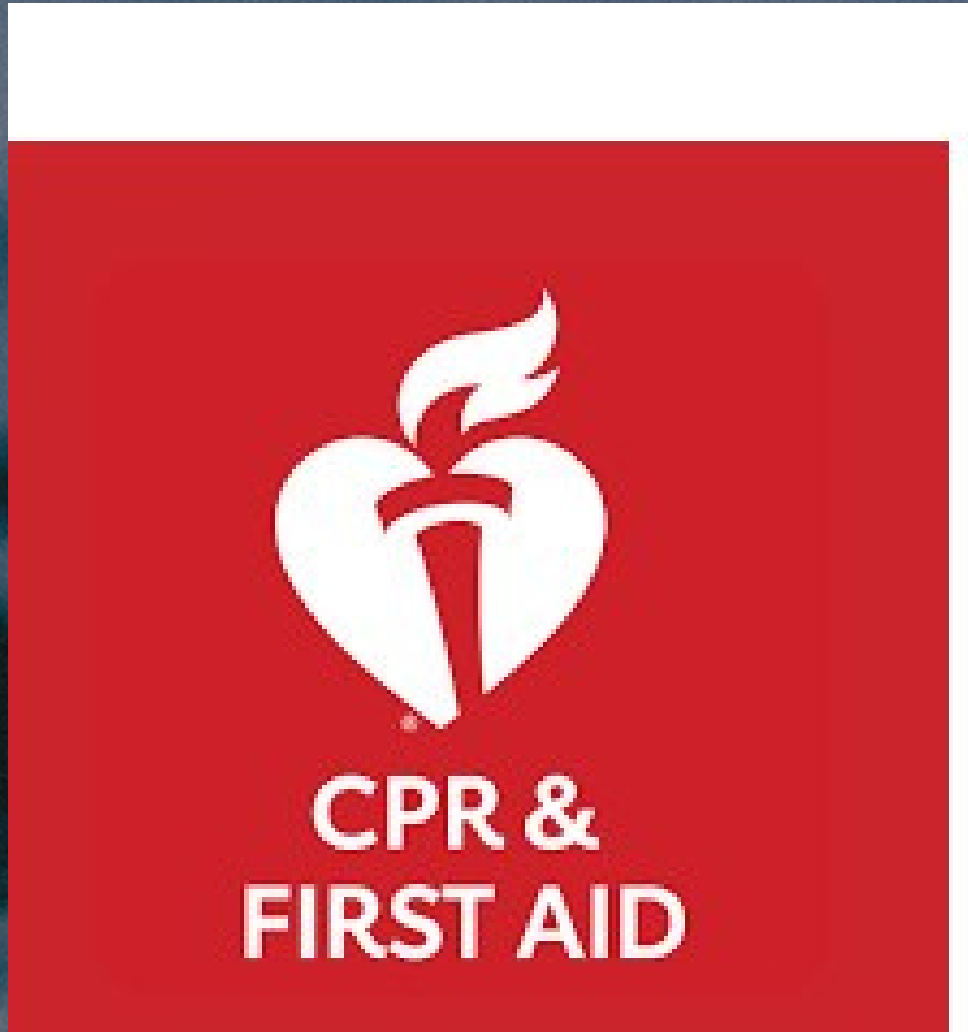
LEARN HOW TO SAVE A LIFE!

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

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



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:

March 5 @ 2pm

March 21 In-Person at Curtis Tucker @ 2pm

March 26 @ 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



Substance Use - What You Need To Know Presentation



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



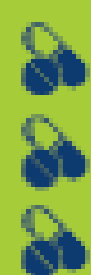
MARCH 12
**HEALTH EFFECTS OF
SUBSTANCE USE**

Scan QR code to join
session directly



MARCH 19
**TALKING TO LOVED
ONES ABOUT
ALCOHOL & DRUGS**

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

123 W. Manchester Blvd.
Inglewood, CA 90301



Responding To An Opioid Overdose With Narcan



COREcenter
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

THURSDAY, MARCH 21
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

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

 COUNTY OF LOS ANGELES
Public Health

References:

[Ready.gov/prepare](https://www.ready.gov/prepare)
[Redcross.org](https://www.redcross.org) -
Daylight Saving time.

 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"