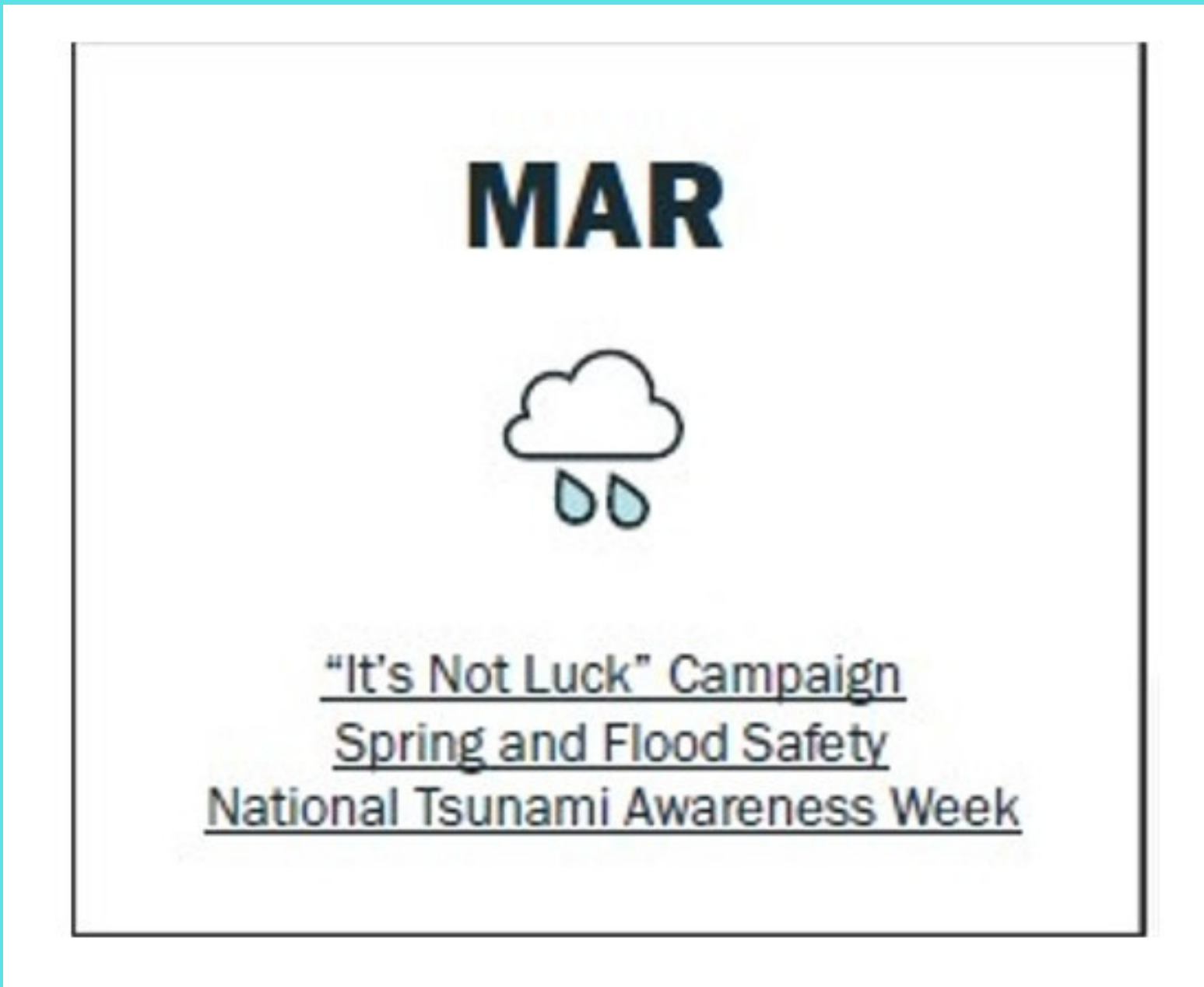


Disaster Preparedness Newsletter

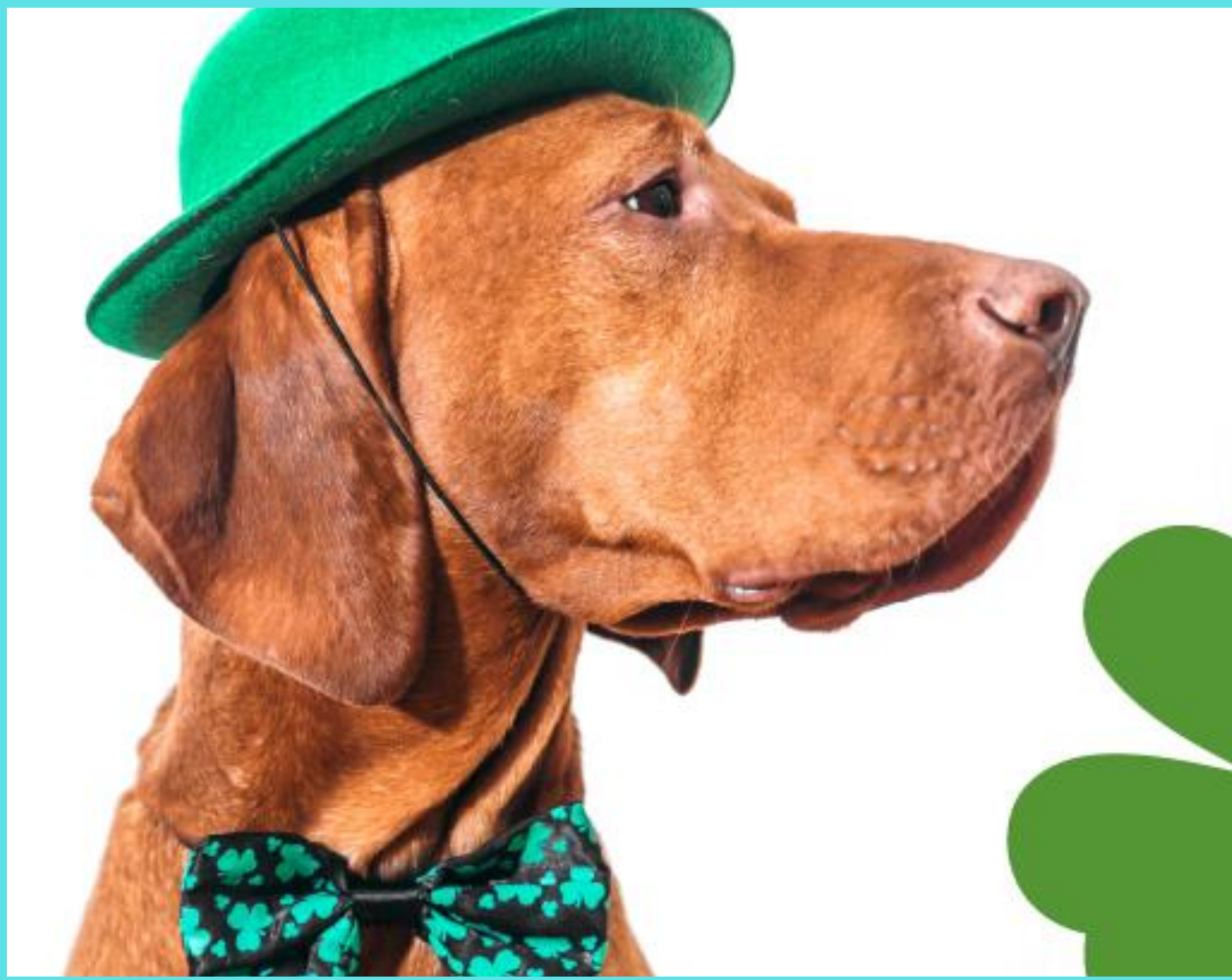
March 2023





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".





Take care of your
little leprechauns
with these pet tips!



Ready®

Assemble an Emergency Kit for your pet.

Keep items in an accessible place and store in a sturdy container so that they can be carried easily.

Examples of Pet disaster items to add in the kit:

Sturdy leashes, carriers for transportation, food, drinking water, bowls, a manual can opener, first aid kit and other items you think your pet may need.

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.

For more info.

- [visit ready.gov/kit.](https://www.ready.gov/kit)
- [redcross.org/get-help/how-to-prepare-for-emergencies/pet](https://www.redcross.org/get-help/how-to-prepare-for-emergencies/pet)

Earthquake Preparedness

"The earthquakes that devastated parts of southern Turkey and northern Syria earlier this month on February 6 and the earthquake that occurred in Malibu on January 25 remind us that an earthquake can happen at any time in LA County"

What to Keep in your Vehicle in Case of an Emergency

In LA County, many of us spend a lot of time in our cars. If you can, keep the following items in your vehicle to prepare for an emergency:

- a backpack of emergency supplies, including
 - non-perishable food
 - water
 - extra medicines
 - flash light
 - portable cell phone charger
 - first aid supplies
- extra clothing and comfortable walking shoes

Key vehicle safety steps also include keeping up with car maintenance and keep fuel tanks at least half full. If a power line falls on your car, stay inside until a trained person removes the wire to avoid the risk of an electrical shock. Other car safety tips are available [here](#).



Prepare

- 1) Secure your space by identifying hazards and securing movable items.
- 2) Plan to be safe by creating a disaster plan and deciding how you will communicate in an emergency.
- 3) Organize disaster supplies in convenient locations.
- 4) Minimize financial hardship by organizing important documents, strengthening property, and considering insurance.

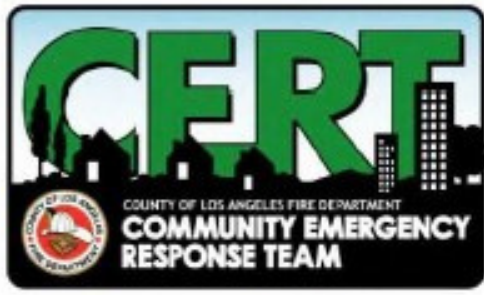
Survive

- 5) Drop, Cover, and Hold on, if possible, during the shaking.
- 6) Improve safety after the earthquake by evacuating if necessary, helping the injured, and preventing further injuries or damage.

Recover

- 7) Reconnect and restore daily life by reconnecting with others, repairing damage, and rebuilding community.

Training Opportunities



Community Emergency Response Team Training Regional Training Classes starting April 4, 2023

C.E.R.T. TRAINING FOR LACOFD DIVISION VI

Lynwood, South Gate, Nickerson Gardens, Willowbrook, South Gate, Florence-Graham, Vermont Vista, Westmont, West Athens, Unincorporated Los Angeles County Communities, and surrounding communities.

SIGN UP NOW!

This is a **Regional CERT Training** provided by **Los Angeles County Fire Department**, hosted by the **Martin Luther King Jr. Center for Public Health**.

Following major disaster, police, fire, and medical personnel may not be able to fully meet the demand. People will have to rely on each other to meet immediate lifesaving and life sustaining needs. Developed through FEMA, the L.A. County Fire Department's Community Emergency Response Training (CERT) program provides basic training in safety and life-saving skills for the public.

The Course Curriculum covers the following modules:

April 4, 2023	April 11, 2023	April 18, 2023
1. Disaster Preparedness	4. Disaster Medical 2	7. Light Search and Rescue
2. CERT Organization	5. Disaster Psychology	8. Terrorism and CERT
3. Disaster Medical 1	6. Fire Safety/Utility Controls	9. Course Review/Final exam and Disaster Simulation

The training course will be a series of three classes on **three Tuesdays, April 4, 11, and 18, 2023 from 9:00 a.m. to 4:00 p.m. at:**

Martin Luther King Jr. Center for Public Health
1st Floor Community Engagement Room
11833 S. Wilmington Avenue
Los Angeles, CA 90059

Class size is limited. Sign up and register today to reserve your seat at: <https://tinyurl.com/DivisionVICert>.



*Students must complete 24 hours of the course to receive a certificate of completion. If you must miss any units, you can make them up anywhere CERT is taught to receive your certificate.

If you have any questions, contact Community Services Liaison, Gigi Chan at (323) 400-9615 or email at gigi.chan@fire.lacounty.gov.

Hands Only CPR Skill Training

- **FREE SKILL TRAINING**
- **CPR WITHOUT MOUTH TO MOUTH BREATH.**
- **ONLY TO BE USED ON TEENS OR ADULTS.**
- **NOT A CERTIFIED CPR COURSE, NO CPR CERTIFICATE IS PROVIDED**

FEBRUARY 22, 2023
FROM 1 - 3:00PM.
PALMS RANCHO
LIBRARY. 2920
OVERLAND AVE. LOS
ANGELES CA. 90064

March 15, 2023, 1-3:30pm
March 23, 2023, 2:15 -
4:15pm
Venice Library.
501 S. Venice Blvd.
Los Angeles CA. 90291

**LOS ANGELES
COUNTY
DEPARTMENT
OF PUBLIC
HEALTH**

Get trained on basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. In an event of a disaster, you can volunteer to respond and help your community.

Stop by, if you are in the neighborhood

Hands Only CPR

You could help save countless lives by taking simple actions to prepare your community or organization for a disaster before one strikes.



ALL
READY
✓ LA
COUNTY

Free Hands-Only CPR Training



BE THE DIFFERENCE FOR SOMEONE

For your planned
Community outreaches or
staff trainings, Please call
or email your Public
Health Nurse -
Helen Obih @
(213) 822-2750 or
hobih@ph.lacounty.gov
with time and date.

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
 www.youtube.com/lapublichealth

