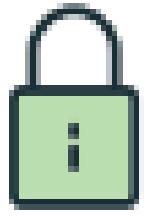


# Disaster Preparedness Newsletter

**OCT**



Ready ✓

## Cybersecurity Awareness Month

Since 2004, the President of the United States and Congress have declared the month of October to be Cybersecurity Awareness Month, a dedicated month for the public and private sectors to work together to raise awareness about the importance of cybersecurity.

This is the 20th Cybersecurity Awareness Month, and it has grown into a collaborative effort between government and industry to enhance cybersecurity awareness, encourage actions by the public to reduce online risk and generated discussion on cyber threats on a national and global scale.

## Four Easy Ways to Stay Safe Online

We can all collaborate to build a safer, more trusted digital world! By learning the four simple steps we can take to stay safe online at home, work, and school, and sharing these tips with our community, we can all become significantly safer online.



[Cybersecurity Awareness Month](#)  
[National Fire Prevention Week](#)  
[Great ShakeOut Earthquake Drills](#)

Below are the simple actions we should all take not only during October, but every day throughout the year.



### 1 [Use Strong Passwords](#)

Strong passwords are long, random, unique and include all four-character types (uppercase, lowercase, numbers, and symbols). Password managers are a powerful tool to help you create strong passwords for each of your accounts.



### 2 [Turn On MFA](#)

You need more than a password to protect your online accounts and enabling MFA makes you significantly less likely to get hacked. Enable MFA on all your online accounts that offer it, especially email, social media, and financial accounts.



### 3 [Recognize & Report Phishing](#)

Be cautious of unsolicited messages asking for personal information. Avoid sharing sensitive information or credentials with unknown sources. Report phishing attempts and delete the message.



### 4 [Update Software](#)

Ensuring your software is up to date is the best way to make sure you have the latest security patches and updates on your devices. Regularly check for updates if automatic updates are not available.

**SERVICE PLANNING AREA 5 [SPA 5]  
OCTOBER, 2023**



**Cooking safety starts with YOU.**

**Pay attention to fire prevention.**

**FIRE PREVENTION WEEK**

©2023 National Fire Protection Association | Sparky® is a trademark of NFPA

Fire Prevention Week is October 8-14, 2023

**FIRE SAFETY!!!!**

**"AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE."**

Remember that fire safety is crucial for protecting lives and property, so always take it seriously and follow safety guidelines and protocols.

## About Fire Prevention Week

### 2023 Campaign

This year's Fire Prevention Week™ (FPW™) campaign, "Cooking safety starts with YOU. Pay attention to fire prevention™," works to educate everyone about simple but important actions they can take to keep themselves and those around them safe when cooking.

Fire Prevention Week is observed each year during the week of October 9th in commemoration of the Great Chicago Fire, which began on October 8, 1871, and caused devastating damage.

**Did you know?** Cooking fires are the leading cause of home fires and home fire injuries. Unattended cooking is the leading cause of cooking fires and deaths.

**What can you do?** The good news is you can prevent most cooking fires and burns. Help keep your family safer with some simple but effective tips.

### Importance of fire prevention

In a fire, mere seconds can mean the difference between a safe escape and a tragedy. Fire safety education isn't just for school children. Teenagers, adults, and the elderly are also at risk in fires, making it important for every member of the community to take some time every October during Fire Prevention Week to make sure they understand how to stay safe in case of a fire.





# Cooking Safety

Cooking brings family and friends together, provides an outlet for creativity and can be relaxing. But did you know that cooking fires are the number one cause of home fires and home injuries? By following a few safety tips you can prevent these fires.

### “COOK WITH CAUTION”

- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.

### If you have a small (grease) cooking fire and decide to fight the fire...

- On the stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled.
- For an oven fire, turn off the heat and keep the door closed.

### If you have any doubt about fighting a small fire...

- Just get out! When you leave, close the door behind you to help contain the fire.
- Call 9-1-1 or the local emergency number from outside the home.




### Cooking and Kids

Have a “kid-free zone” of at least 3 feet (1 metre) around the stove and areas where hot food or drink is prepared or carried.

**FACTS**

- ❗ The leading cause of fires in the kitchen is unattended cooking.
- ❗ Most cooking fires in the home involve the kitchen stove.




# Cooking Appliance Safety

When we think of cooking appliances in the kitchen, we often think of the stovetop, oven, and microwave. However, more and more people are often turning to electrical appliances like air fryers and slow cookers for the convenience of cooking meals quickly. Using these appliances properly is key to keeping safe in the kitchen.

### Key Safety Tips

- Always use cooking equipment—air fryers, slow cookers, electric skillets, hot plates, griddles, etc.—that are listed by a qualified testing laboratory.
- Follow the manufacturer's instructions on where and how to use appliances.
- Remember to unplug all appliances when not in use.
- Check cords regularly for damage. Do not use any appliance with a damaged cord.

### Slow Cooker

A slow cooker is designed to be left on while you do other things, even things outside of the home. However, there are few safety tips to keep in mind:

- Keep things that could catch fire away from the slow cooker.
- Make sure the slow cooker is in a place where it won't get bumped. If the lid gets dislodged, the liquid could boil away, which could cause the appliance to overheat and create a fire.

### Pressure Cooker

A pressure cooker is designed to cook food faster than a stovetop or oven. Because it uses hot steam and pressure to cook food it is important that they are used properly to prevent burns.

- Place the cooker in an open space to give enough room for the steam to ventilate.
- Never cover the steam release valve on the pressure cooker.
- Do not leave the home when using a pressure cooker.

### Air Fryers

- Give your air fryer enough space. The air vents release heat and need airflow.
- Do not leave the home when using the air fryer.
- Make sure you clean grease and food debris after every use. Unplug and allow to cool completely before cleaning.

### Hot Plate, Griddle and Electric Skillet

- Stay with the hot plate, griddle, or electric skillet when cooking.
- Do not touch the surface of a hot plate, griddle, or electric skillet, as it could burn you.
- Unplug a hot plate, griddle, or electric skillet when not in use and before cleaning. Allow the appliance to cool before cleaning it.



Turkey fryers that use oil and an open flame cannot be used safely. These fryers use a large quantity of cooking oil at hot temperatures, which can lead to devastating burns.

Buy an infrared fryer or electric turkey fryer that has been listed by a qualified testing laboratory. Do not leave fryers unattended when in use.



# Heating Safety

There is something about the winter months and curling up with a good book by the fireplace. But did you know that heating equipment is one of the leading causes of home fire deaths? With a few simple safety tips and precautions you can prevent most heating fires from happening.

### BE WARM AND SAFE THIS WINTER!

- Keep anything that can burn at least three-feet (one metre) away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- Have a three-foot (one metre) “kid-free zone” around open fires and space heaters.
- Never use your oven to heat your home.
- Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- Remember to turn portable heaters off when leaving the room or going to bed.
- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- Test smoke alarms at least once a month.



### Heating Equipment Smarts

Install wood burning stoves following manufacturer's instructions or have a professional do the installation. All fuel-burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisoning.

Install and maintain CO alarms to avoid the risk of CO poisoning. If you smell gas in your gas heater, do not light the appliance. Leave the home immediately and call your local fire department or gas company.

**FACT**

Half of home heating fires are reported during the months of **December, January, and February.**

# Smoke Alarms at Home

SMOKE ALARMS ARE A KEY PART of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.



### SAFETY TIPS

- Install smoke alarms in every bedroom. They should also be outside each sleeping area and on every level of the home. Install alarms in the basement.
- Large homes may need extra smoke alarms.
- It is best to use interconnected smoke alarms. When one smoke alarm sounds, they all sound.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- Current alarms on the market employ different types of technology including multi-sensing, which could include smoke and carbon monoxide combined.
- Today's smoke alarms will be more technologically advanced to respond to a multitude of fire conditions, yet mitigate false alarms.
- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Replace all smoke alarms when they are 10 years old.

### FACTS

- ❗ A closed door may slow the spread of smoke, heat, and fire.
- ❗ Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- ❗ Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or no working smoke alarms.



# Fire Prevention Week October 8th - 14th

Plan Your Escape Route

Test Your Smoke Alarms

Choose an Outside Meeting Place

Make a Regular Reminder



# Great Shake-Out Earthquake Drills

## Drop, Cover, and Hold On!!!

The annual Great California Shake Out earthquake drill is happening in two weeks! This is a chance to practice and prepare for the most likely hazards within Los Angeles County. On **Thursday, October 19, 2023, at 10:19 a.m.**, you can join millions of people across the world practicing earthquake safety - "Drop, Cover, and Hold on" for sixty seconds if possible.

Below are some general guidelines and helpful links for protective actions



### INDOORS

- If an earthquake happens and you're inside, [Drop, Cover, and Hold On](#), if possible. Avoid windows and other hazards.
- If you use a wheelchair or other mobility assistive device with wheels, lock your wheels and remain seated. [Lock, Cover, and Hold On](#).  
If you have difficulty getting safely to the floor on your own, get as low as possible, protect your head and neck, and move away from windows or items that might fall on you.

### OUTDOORS

- If you are outdoors, move to a clear area if you can safely do so. Avoid power lines, trees, buildings, and other hazards. Then drop, cover, and hold on.
- If you are driving, pull over to the side of the road, stop, and set the parking brake. Avoid overpasses, bridges, power lines, signs, and other hazards. Stay inside the vehicle until the shaking stops, then proceed carefully by avoiding fallen debris, cracked or shifted pavement, and emergency vehicles. If a power line falls on the car, stay inside until a trained person removes the wire.

### NEAR THE COAST

- Drop, cover, and hold on until the shaking stops.
- If severe shaking lasts 20 seconds or more, evacuate quickly to higher ground since the earthquake might have generated a tsunami.
- Immediately move inland to land that is at least 100 feet above sea level. Do not wait for officials to issue a warning.
- It is advised that you walk quickly and safely as you are able, rather than drive, to avoid traffic, debris, and other hazards.

If you use a cane: **DROP**, **COVER**, and **HOLD ON** or sit on a chair, bed, etc. and cover your head and neck with both hands. Keep your cane near you so it can be used when the shaking stops.





If you use a walker or wheelchair: LOCK your wheels (if applicable). If using a walker get as low as possible. Bend over and COVER your head/neck with your arms, a book, or a pillow. Then HOLD ON until the shaking stops.



**What NOT to do:**

**DO NOT get in a doorway!** An early earthquake photo is a collapsed adobe home with the door frame as the only standing part. From this came our belief that a doorway is the safest place to be during an earthquake. In modern houses and buildings, doorways are no safer, and they do not protect you from flying or falling objects. Get under a table instead!

**DO NOT run outside!** Trying to run in an earthquake is dangerous, as the ground is moving, and you can easily fall or be injured by debris or glass. Running outside is especially dangerous, as glass, bricks, or other building components may be falling. You are much safer to stay inside and get under a table.

**DO NOT believe the so-called "triangle of life"!** In recent years, an e-mail has circulated which recommends potentially life-threatening actions, and the source has been discredited by leading experts.

# The Great CA Shakeout is also a good opportunity to review your household disaster plan and emergency supplies kit at home and Household emergency plans,

ALL READY  
 LA COUNTY

## You're More Prepared Than You Think

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### MAKE A PLAN

#### 6 simple steps to be more prepared today

- 1 Set a place to meet up.** If you have to leave your home or work during an emergency, decide where you will go. How about a local park or nearby landmark?
- 2 Get connected.** Who do you need to communicate with when an emergency or disaster happens?
- 3 Be informed.** Know local sources of emergency information and resources.
- 4 Know the plan.** Ask about the emergency plans at work, at your children's school or daycare, or if your family and dependents are in other facilities. Include your pets in your plan.
- 5 Know where your important documents are.** Take pictures of them and save digital copies.
- 6 Share your plans.** Take five minutes to fill out the plan at the back of this page. Snap a photo, and share it with the people you care about. Think about plans for people in your family or community who may need extra help, including those with access and functional needs. For example, people who have challenges with vision, hearing, mobility or medical conditions.

ALL READY  
 LA COUNTY

## You're More Prepared Than You Think

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### MAKE A PLAN AND SHARE IT

Take five minutes to fill out the information below. Snap a photo, and share it with the people you care about.

**Meeting Spot:** Where will you go and meet up with others when something happens?

Location: .....

Address: .....

**Personal Contacts:** Who are the first people you will want to contact when something happens?

Name: ..... Phone: .....

Name: ..... Phone: .....

Name: ..... Phone: .....

**My Connections:** Identify other contacts from groups you belong to.

Name: ..... Phone: .....

Address: .....

Name: ..... Phone: .....

Address: .....

**Other Important Contacts:** What other numbers will be helpful? For example, work, doctor, local law enforcement, or utilities.

Name: ..... Phone: .....

Name: ..... Phone: .....

Name: ..... Phone: .....





# You're More Prepared Than You Think

## GATHER SUPPLIES

Check what you already have.

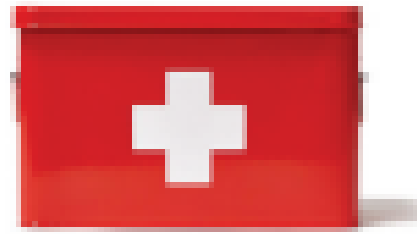
### ESSENTIALS



Water



Flashlight



First aid kit



Fire extinguisher



Food



Prescriptions

### USEFUL



Comfortable clothes and sturdy shoes



Radio



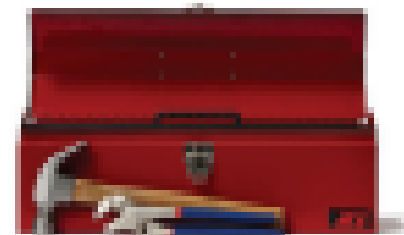
Cash



Sleeping bags or blankets



Cellphone charger



Tools

### PERSONAL



Comfort foods



Personal hygiene and sanitation items



Personal documents



Toys and games



Pet items



For more information on Disaster Preparedness, Cyber Security or Fire Protection, visit

1. [www.ready.gov/calendar](http://www.ready.gov/calendar)
2. [Publichealth.lacounty.gov](http://Publichealth.lacounty.gov) - Los Angeles County Department of Public Health - Health Education.
3. [Cisa.gov](http://Cisa.gov) - Cybersecurity Awareness
4. [Nfpa.org/education](http://Nfpa.org/education) - Fire Protection



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

## October, 2023 Schedule

### October 2023 HOCPR Schedule

Site/Address	Date/Time
<b>Santa Monica College</b> 1900 Pico Blvd Santa Monica CA 90405	<b>10/5/2023</b> 10:00am – 12:00pm
<b>Virginia Park Farmers Market</b> <b>(Saturday)</b> 2200 Virginia Ave. Santa Monica CA. 90405	<b>10/7/2023</b> 9:00am – 1:00pm
<b>Main Street Farmers Market</b> <b>(Sunday)</b> 2640 Main Street. Santa Monica CA 90405	<b>10/8/2023</b> 10:00 – 1:00pm
<b>Santa Monica College</b> 1900 Pico Blvd. Santa Monica CA 90405	<b>10/12/2023</b> 10:00am – 12:00pm
<b>LA King Fan Fests</b> 1111 S. Figueroa Street Los Angeles CA. 90015 <b>(Saturday)</b>	<b>10/14/2023</b> <b>2:00pm – 8:00pm</b>
<b>Oakwood Recreation Center- Breast Cancer Community Fair. (Saturday)</b> 767 California Ave. Venice CA 90291	<b>10/14/2023</b> 12:00 – 6:00pm
<b>Venice Library</b> 501 S. Venice Blvd. Venice CA 90291	<b>10/17/2023</b> 2:30pm - 4:30pm
<b>Westchester Library</b> 7114 W. Manchester Ave. Los Angeles CA. 90047	<b>10/18/2023</b> 1:00 – 3:00pm
<b>LMU EP Fair</b> 1 LMU Dr. Los Angeles CA. 90045	<b>10/18/2023</b> 11:00am – 2:00pm
<b>Mar Vista Library</b> 12006 Venice Blvd Los Angeles CA 90066	<b>10/18/2023</b> 3:30 – 5:30pm
<b>Santa Monica College</b> 1900 Pico Blvd. Santa Monica CA 90405	<b>10/19/2023</b> 10:00am – 12:00pm
<b>Beaches &amp; Harbors EP Fair</b> 13471 Fiji Way Marina Del Rey 90292	<b>10/25/2023</b> 11:00am – 2:30pm
<b>Palms Rancho Library</b> 2920 Overland Blvd. Los Angeles CA. 90064	<b>10/25/2023</b> 1:00 – 3:00pm
<b>Santa Monica College</b> 1900 Pico Blvd. Santa Monica CA 90405	<b>10/26/2023</b> 10:00am – 12:00pm
<b>Julian Dixon Library</b> 4975 Overland Ave. Culver City CA. 90230	<b>10/26/2023</b> 2:00- 4:00pm
<b>Palisades Library</b> 861 Alma Real. Pacific Palisades CA. 90272	<b>10/31/2023</b> 2:00 – 4:00pm

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!

Everyone Can Save A Life

Everyone Can Save A Life





# 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 <a href="https://www.communityresourcecenterla.org/locations/boyle-heights">https://www.communityresourcecenterla.org/locations/boyle-heights</a>	(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

FOR CERTIFIED TRAINING, CALL 213-428-1490

OR GO TO  
[WWW.ACLS123.COM/  
FREE.CPR](http://WWW.ACLS123.COM/FREE.CPR)

213-428-1490



# RECOGNIZING AND RESPONDING TO AN OVERDOSE



Connecting to Opportunities for Recovery and Engagement



## 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:

**October 5**

**October 24**

**October 31**



**FORGOT TO REGISTER?**

Scan this QR code and join a session directly

*Disponible en Español*



**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



# WHAT YOU NEED TO KNOW ABOUT SUBSTANCE ABUSE USAGE



## 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



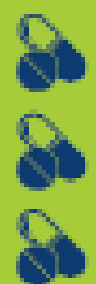
**OCTOBER 17**  
**RELAPSE PREVENTION  
AND HEALTHY COPING**

Scan QR code to join  
session directly



**OCTOBER 26**  
**HOW TO TALK 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



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](mailto:hobih@ph.lacounty.gov)

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