

Disaster Preparedness Newsletter

**ARE YOU
PREPARED?**



**SERVICE PLANNING AREA 5/6 [SPA 5/6]
MAY, 2023**

May, National Wildfire Awareness Month



As the weather warms, wildfires are more likely to blaze through both forests and communities. That's why May is National Wildfire Awareness Month. Now is the time to prepare. Take these steps to be ready before the first fire sparks:

Before the Fire

Red Flag weather conditions mean that humidity is very low (usually below 15%) and winds exceed 25 mph. When a Red Flag Warning or Alert has been issued there is a greater possibility for brushfires to spread rapidly. If you live in an urban-interface area subject to Red Flag Alerts here are a few tips:

BEFORE FIRE

Know your Evacuation Zone



- ✓ You may have to evacuate quickly due to a wildfire. [Learn your evacuation routes](#), practice with household, pets and identify where you will go.
- ✓ Follow the instructions from local authorities. They will provide the latest recommendations based on the threat to your community and appropriate safety measures.



Gather Supplies

- ✓ [Have enough supplies](#) for your household, including a first aid kit, in your go bag or car trunk.
- ✓ Being prepared allows you to avoid unnecessary excursions and to address minor medical issues at home, alleviating the burden on urgent care centers and hospitals.
- ✓ Remember that not everyone can afford to respond by stocking up on necessities. For those who can afford it, making essential purchases and slowly building up supplies in advance will allow for longer time periods between shopping trips.
- ✓ Be cautious when carrying flammable or combustible household products that can cause fires or explosions if handled wrong, such as aerosols, cooking oils, rubbing alcohol and [hand sanitizer](#).
- ✓ If available, store an N95 mask to protect yourself from smoke inhalation.
- ✓ [Keep your cell phone charged](#) when wildfires could be in your area. Purchase backup charging devices to power electronics.

During Fire

Stay Safe During

- ✓ Pay attention to emergency alerts and notifications for information and instructions.
- ✓ Evacuate immediately if authorities tell you to do so!
- ✓ Check with local authorities for the latest information about public shelters or check open locations on the FEMA app. You can also download the free [Red Cross Emergency app](#) for a list of [open Red Cross shelters](#) in your area.
- ✓ Consider making plans with friends or family to shelter with them where you may be safer and more comfortable.
- ✓ If trapped, call 9-1-1 and give your location, but be aware that emergency response could be delayed or impossible. Turn on lights to help rescuers find you.
- ✓ Use an N95 mask to protect yourself from smoke inhalation or limit your exposure to smoke by doing the following:
 - ✓ Choose a room to close off from outside air and set up a portable air cleaner or filter to keep the air in this room clean even when it's smoky in the rest of the building and outdoors.
 - ✓ Use high efficiency filters in your central air conditioning system to capture fine particles from smoke. If your system has fresh air intake, set the system to "recirculate" mode and close the outdoor intake damper.
 - ✓ If you are not ordered to evacuate but smoky conditions exist, stay inside in a safe location or go to a community building where smoke levels are lower.
- ✓ If you are sick and need medical attention, contact your healthcare provider for further care instructions and shelter in place, if possible.

During the Fire

- Follow your evacuation plan instructions and the directions from Sheriff and Fire Department personnel.
- Gather your family, pets and disaster supply kit and immediately leave your home or business.
- Drive carefully at a normal speed with your headlights on.
- Never park your vehicle in a traffic lane or safety area.
- Keep pets in carriers or on leashes.

In case of a house fire, don't stop for anything—just get out. Call the Fire Department from a neighbor's telephone after you are out of the house.

TIP Pre-wetting your home and surrounding areas will not improve the safety of your home—and it wastes valuable time and water resources.

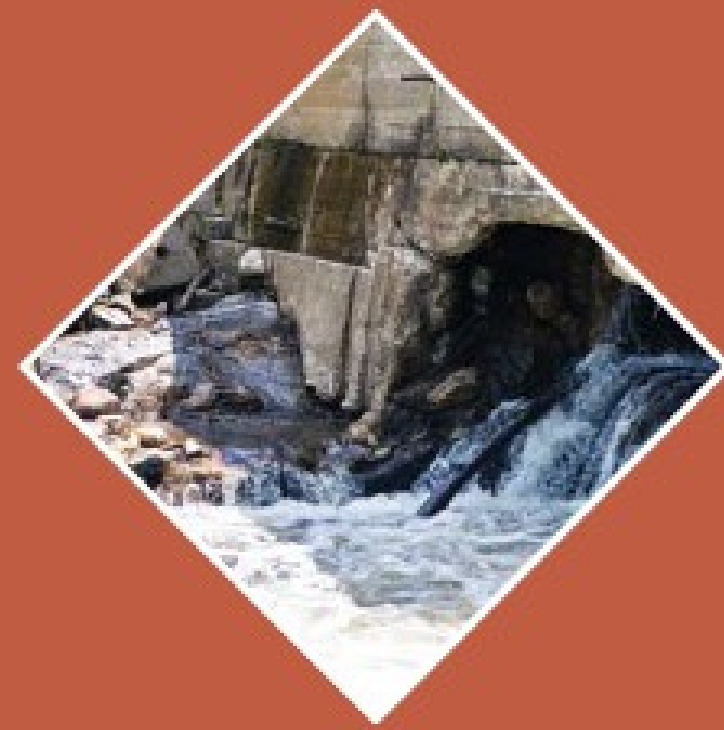


WILDLAND FIRE

After the Fire

- Don't return to your home before the area is declared to be safe by local officials. Returning home can be both physically and mentally challenging.
- Assess damage; check that your home is safe to occupy.
- Before returning home, be sure that utilities are operational.
- Check with the Department of Public Works at 1-800-675 HELP (4357) or at www.ladpw.org to find out what roads are damaged.
- Remember, burned hillsides may have trouble absorbing water after a fire. Monitor burn areas and be prepared to evacuate if necessary.

For more information on Fire Safety please visit the Los Angeles County Fire Department website at www.fire.lacounty.gov.



IF YOU LIVE NEAR A RECENTLY BURNED AREA...

Flash floods and debris flows may now be a danger. Once the smoke clears from a wildfire, the danger is not over! Other hazards, such as flash floods and debris flows, now become the focus. Steep mountainsides and hillsides recently burned by wildfires are particularly susceptible to flash floods and debris flows during rainstorms. Just a short period of moderate rainfall on a burn scar can lead to flash floods and debris flows. Rainfall that is normally absorbed by vegetation can run off almost instantly. This causes creeks and drainage areas to flood much sooner during a storm, and with more water than normal.

Additionally, the soils in a burn scar are highly erodible so flood waters can contain significant amounts of mud, boulders, and vegetation. The powerful force of rushing water, soil, and rock, both within the burned area and downstream, can destroy culverts, bridges, roadways, and structures, and can cause injury or death if care is not taken.

After Fire

Returning Home After a Wildfire

- ✓ Do not return home until authorities say it is safe to do so.
- ✓ Avoid hot ash, charred trees, smoldering debris and live embers. The ground may contain heat pockets that can burn you or spark another fire.
- ✓ When cleaning, wear protective clothing – including a long-sleeved shirt, long pants, work gloves and sturdy thick-soled shoes – during clean-up efforts.
- ✓ Use a respirator to limit your exposure, and wet debris to minimize breathing dust particles. People with asthma, COPD and/or other lung conditions should take precautions in areas with poor air quality, as it can worsen symptoms.
- ✓ Document property damage with photographs. Conduct an inventory and contact your insurance company for assistance.
- ✓ Send text messages or use social media to reach out to family and friends. Phone systems are often busy following a disaster. Make calls only in emergencies.

Additional Resources

Videos

- [Survivor Stories Video Series](#)

Social Media & Graphics

- [Wildfire Safety Social Media Toolkit](#)
- [Wildfire Outreach Materials \(USFA\)](#)

More Info

- [RSG! Program](#)
- [Wildfire Information Sheet](#)
- [Smokey Bear](#)
- [Protective Actions Research for Wildfire](#)
- [Create a Clean Room \(EPA\)](#)
- [Smoke-Ready Toolbox for Wildfires \(EPA\)](#)



Hands Only CPR

Training for Your Community, Business, FBO, ETC.



HANDS
ONLY
CPR

Everyone Can Save A Life



HANDS
ONLY
CPR

Everyone Can Save A Life

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.pub@chealth.lacounty.gov

 www.facebook.com/lapublichealth
 www.twitter.com/lapublichealth
 www.youtube.com/lapub@chealth



COUNTY OF LOS ANGELES
Public Health



HANDS
ONLY
CPR

Everyone Can Save A Life



HANDS
ONLY
CPR

Everyone Can Save A Life

Community Hands Only CPR

May, 2023 Schedule

IMPORTANT NOTICE

- THIS IS A FREE SKILL TRAINING
- SKILL GAINED IS TO BE USED ON TEENS OR ADULTS ONLY
- IS A ONE ON ONE OR GROUP SESSION THAT LASTS LESS THAN 10 MINUTES
- THIS IS NOT A CERTIFIED CPR
- NO CPR CERTIFICATION IS PROVIDED.

Address	Date and Time
Westchester Senior Center. 8740 Lincoln Blvd. Los Angeles CA. 90045 (For those that use the Center Only)	5/2/23 1:00 - 2:00pm
Festival/Carnival Event. Frank D. Parent Elementary School 5354 W. 64 th Street. Inglewood CA. 90302	5/5/2023 8:00am – 1:30pm
Venice Library 501 S. Venice Blvd. Venice CA. 90291	5/17/23 12:15 – 2:15pm
Palms Rancho Library 2920 Overland Ave. Los Angeles CA. 90064	5/24/23 1:00 – 3:00pm
Julian Dixon Library 4975 Overland Ave. Culver City CA. 90230	5/25/23 2:00 – 4:00pm
Venice Library 501 S. Venice Blvd. Venice CA. 90291	5/26/23 11:00 – 12:30pm

FOR CERTIFIED TRAINING, CALL 213-428-1490

OR GO TO WWW.ACLS123.COM/FREE-CPR

CPR & First Aid Classes

1st Wednesday every Month
9:30 am-12:30 pm (Spanish)
2:00 pm-5:00 pm (English)

MUST Register At: www.ACLS123.com/FREE-CPR

Receive your 2-year American Heart Association CPR and First Aid Certification through our Free virtual training. Limited class space is available and pre-registration is required. You must have access to a web cam or video phone to participate.

WE'LL BE COVERING:


- » First aid basics
- » Medical, injury and environmental emergencies
- » Adult, child and infant CPR and AED use
- » Key changes reflecting the new science from the 2020 American Heart Association


*L.A. Care offers certain information, classes, or services (Services) through independent vendors to all visitors of the CRC. Participation in the Services is completely voluntary. Any personal information you share is also completely voluntary, and you understand that L.A. Care is not responsible for maintaining the privacy of any information you voluntarily share. L.A. Care does not make any representations or guarantees about any Service or vendor, and you waive all liability, under any theory of law or equity, for all Services you participate in.

FOLLOW US ON



 911 North Avalon Blvd
Wilmington, CA 90744

 213.428.1490
activehealthyinformed.org

Fentanyl - Community Zoom Discussion Opportunity

Are you or someone you know able to help by participating in a stakeholder listening session to shape the messaging and help us better connect with this audience? If so, please review the attached flyer explaining how you can register to attend and offer your informed perspective.

To register [CLICK HERE](#) or the link in the flyer. Please consider contributing to this opportunity to impact the fentanyl and overdose epidemic in Los Angeles County.

Feel free to forward this message to someone who you think might be interested and has knowledge of this identified audience. We look forward to receiving responses from your organization to help develop this very important campaign message designed to address the fentanyl crisis in LA County.

Thank you,

SAPC

HOW IS FENTANYL AFFECTING YOUR COMMUNITY?

WHAT:
By attending this virtual group discussion, you will have the opportunity to shape the conversation for ending fentanyl poisonings in your community and connect with others who are interested in this important issue.

WHO:
Open to all residents of Los Angeles between the ages of 25 and 44.
No prior knowledge or experience is necessary.

WHERE:
Zoom details to be provided upon participant selection.

THURSDAY
MAY 11, 2023
AT 4:30 PM - 5:30 PM

REGISTER NOW

County of Los Angeles Public Health

Fentanyl comes in many forms- such as:

Daniel's Place

A Good Mental Health Resource for ages 18 - 28

Step Up

VISIT OUR NEW SITE

DANIEL'S PLACE

WHO WE ARE?

Daniel's Place is a drop-in center for Transition Age Youth (TAY) and young adults ages 18-28 who are in need of mental health support and/or are street-based.

WHAT WE DO?

We provide a secure, comfortable social environment to assist young adults in their path to wellness and recovery. This includes our center's peer and group support and Medi-Cal mental health services

- SHOWERS & HYGIENE PRODUCTS
- LAUNDRY & CLOTHING CLOSET
- MEALS & FOOD
- PEER SUPPORT
- HOUSING ASSISTANCE
- EMPLOYMENT & EDUCATION SUPPORT
- MENTAL HEALTH SERVICES
- GROUP SUPPORT
- COMPUTER ACCESS

COME VISIT US OR CALL FOR MORE INFO

(310) 392-5855

dp@stepuponsecond.org
danielsplace.org

3745 OVERLAND AVE, LOS ANGELES, CA 90034

Contact information



Helen Obih, RN,BSN, PHN, MPA
 Emergency Preparedness Public Health Nurse (EPPHN)
 Service Planning Area 5 (SPA 5)
 (323) 568-8763 (Office)
hobih@ph.lacounty.gov

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