

# Disaster Preparedness Newsletter

## NATIONAL DISASTER PREPAREDNESS MONTH - SEPTEMBER, 2023

*Theme: "Take Control in 1, 2, 3".*

### Take Control in

1.  
Assess  
Your  
Needs

2.  
Make  
a Plan

3.  
Engage  
with your  
Community

✓  
Ready.



SERVICE PLANNING AREA 5 [SPA 5]  
SEPTEMBER, 2023

# NATIONAL DISASTER MONTH

National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time.

In 2021, FEMA's Ready Campaign and the Ad Council broke ground by producing the first-ever national preparedness campaign specifically targeting the Latino community for National Preparedness Month. Released during Hispanic Heritage month, the advertisements centered around the Latino community's commitment to personal planning for occasions and family milestones as a bridge to also planning for disasters.

This one-of-a-kind campaign is committed to putting people first and reaching communities where they are. To continue these efforts, this year's National Preparedness Month campaign will feature a call to action for the Black and African American community.

This year's national public service announcements are being developed and will be released throughout the country this September, to help get preparedness information into the hands of those who live in underserved communities.

## 2023 Theme: Take Control in 1, 2, 3

The Ready Campaign's 2023 National Preparedness Month theme is "**Take Control in 1, 2, 3**". The campaign will focus on preparing older adults for disasters, specifically older adults from communities that are disproportionately impacted by the all-hazard events, which continue to threaten the nation.

We know older adults can face greater risks when it comes to the multitude of extreme weather events and emergencies we now face, especially if they are living alone, are low-income, have a disability, or live in rural areas.

Emergency managers and all those who work with and support older adult communities to access the new webpage available in English and Spanish languages at [Ready.gov/older-adults](https://www.ready.gov/older-adults) and [Ready.gov/es/adultos-mayores](https://www.ready.gov/es/adultos-mayores). For more information on preparing with disabilities visit [Ready.gov/disability](https://www.ready.gov/disability) or [Ready.gov/es/discapacidad](https://www.ready.gov/es/discapacidad) in Spanish.

**BE PREPARED.**



# OLDER ADULT COMMUNITY

## PREPAREDNESS

As an older adult, you may have specific needs after a disaster. Use the information on this page to assess your needs and take simple, low-cost steps that help you get better prepared.



- ✓ Know what disasters could affect your area, which could call for an evacuation, and when to shelter in place, and plan what you need to do in both cases.
- ✓ Keep a NOAA Weather Radio tuned to your local emergency station and monitor TV and radio for warnings about severe weather in your area.
- ✓ Download the FEMA app and get weather alerts from the National Weather Service for up to five different locations anywhere in the United States.

**BE PREPARED.**



Plan how you will communicate if you have a communications need.



Plan for food, water, and essentials for you and pets or service animals. Research pet-friendly evacuation centers.



Plan how you will have your assistive devices with you during an evacuation.



Make copies of Medicaid, Medicare, and other insurance cards.

**BE PREPARED.**



- ✓ **Create a support network** of family, friends and others who can assist you during an emergency. Make an [emergency plan](#) and practice it with them.
- ✓ Make sure at least one person in your support network has an extra key to your home, knows where you keep your emergency supplies, and knows how to use lifesaving equipment or administer medicine.
- ✓ If you undergo routine treatments administered by a clinic or hospital, find out their emergency plans and work with them to identify back-up service providers.
- ✓ Don't forget your pets or service animals. Not all shelters accept pets, so plan for alternatives. Consider asking loved ones or friends outside of your immediate area if they can help with your animals.

## Get Your Benefits Electronically

A disaster can disrupt mail service for days or weeks. If you depend on Social Security or other regular benefits, switching to electronic payments is a simple, important way to protect yourself financially before disaster strikes. It also eliminates the risk of stolen checks. The U.S. Department of the Treasury recommends two safer ways to get federal benefits:

- Direct deposit to a checking or savings account. If you get federal benefits you can sign up by calling 800-333-1795 or [sign up online](#).
- The **Direct Express**<sup>®</sup> prepaid debit card is designed as a safe and easy alternative to paper.

**BE PREPARED.**

# PREPAREDNESS FOR VULNERABLE POPULATION

## DISASTER PREPAREDNESS FOR OLDER AMERICANS AND PEOPLE WITH DISABILITIES



Plan how you will communicate if you have a communication need.



Plan for your transportation if you need help evacuating.



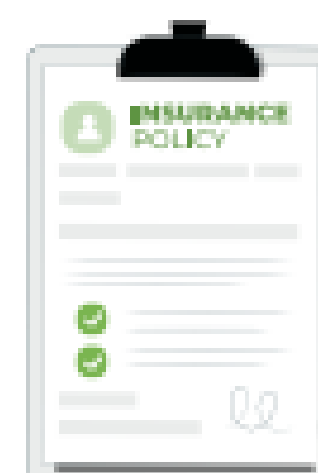
Plan how you will evacuate with any assistive devices.



Plan for food, water, and essentials for you and pets or service animals.



Include medicines, medical supplies, batteries, and chargers.



Make copies of Medicaid, Medicare, and other insurance cards.

## WHAT TO INCLUDE IN AN EMERGENCY PREPAREDNESS KIT

- ✓ Contact information for important people and care providers.
- ✓ A list of medicines you need, dosage instructions, and any allergies.
- ✓ Contact information for your durable medical provider.
- ✓ Need-to-know information for first responders and others who might need to help you.



[ready.gov/disability](https://ready.gov/disability)

# BE PREPARED.



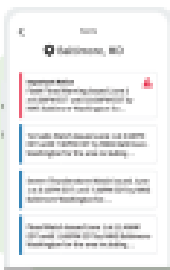
## Preparedness Tips for People with Disabilities



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## Preparedness Tips for People with Disabilities



### Stay Informed

- Know what disasters could affect your area.
- Keep TV and radio turned to local channels & have a NOAA Weather Radio.
- Download the FEMA app.



### Make A Plan

- Plan for your daily needs.
- Create a support network and communicate your emergency plan with your network.
- Identify your transportation needs and how you will safely evacuate.



### Build A Kit

- Keep an extra supply of prescription medications.
- Keep an extra supply of sanitary and dietary supplies.
- Have backup power options for assistive devices.

**Ready.gov**  
Stay informed. Be Ready.



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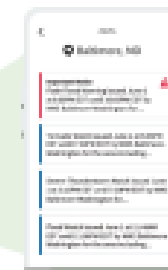
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Stay informed. Be Ready.



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**Ready.gov**  
Stay informed. Be Ready.



**BE PREPARED.**



# Community Emergency Response Team Training

Regional Training Classes starting 09/12/2023

## C.E.R.T. TRAINING FOR LACoFD DIVISION VI

Athens, Compton, Cudahy, Del Aire, Downey, Florence/Firestone, Huntington Park, Inglewood, Lynwood, South Gate, Vernon Unincorporated Los Angeles County, and surrounding cities.

### SIGN UP NOW!

This is a Regional CERT Training provided by the Los Angeles County Fire Department, in conjunction with the Offices of Supervisor Janice Hahn, Supervisor Holly Mitchell and the Martin Luther King Jr. Center for Public Health.

Following a 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 life-saving and life-sustaining needs. Developed through FEMA, the Los Angeles County Fire Department's Community Emergency Response Team (CERT) training program provides basic training in safety and life-saving skills for the public.

The course curriculum covers the following modules:

September 12, 2023	September 19, 2023	September 26, 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 Tuesdays, September 12, 19, and 26, 2023, from 9:00 a.m. to 4:00 p.m., at: Martin Luther King Jr. Center for Public Health

11833 S. Wilmington Avenue  
Los Angeles CA 90059

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

\*Students must complete 20 course hours to receive a certificate of completion. If you miss any units, you can make them up anywhere CERT is taught to receive your certificate. For additional information you may contact Community Services Liaison Gigi Chan at (323) 400-9615 or Emergency Preparedness Public Health Nurse Shamika Ossey at (323) 568-8762.



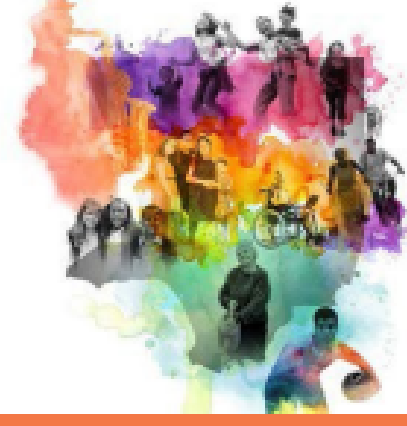
# BE PREPARED.



# Hands Only CPR Training 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  
www.youtube.com/lapublichealth



## Community Hands Only CPR September, 2023 Schedule

### COMMUNITY HANDS ONLY CPR – September 2023 SCHEDULE

Address	Date/Time
Virginia Park Farmers Market 2200 Virginia Ave. Santa Monica CA. 90405	9/2/2023 9:00am – 1:00pm
Santa Monica College. 1900 Pico Blvd. Santa Monica CA. 904	9/7/2023 10:00am – 12:00pm
Santa Monica College. 1900 Pico Blvd. Santa Monica CA. 9040	9/14/2023 10:00am – 12:00pm
Santa Monica College Health Fair: 1900 Pico Blvd. Santa Monica CA. 904	9/19/2023 9:30am – 12:30pm
Westchester Library 7114 W. Manchester Ave. LA CA 900	9/20/2023 1:00 – 3:00pm
Santa Monica Malibu Unified School District. 1717 4 <sup>th</sup> Street. Santa Monica CA. 90401	9/20/2023 1:00 – 3:30pm
Playa Vista Library 6400 Playa Vista Drive. LA CA 90094	9/21/2023 1:00 – 3:00pm
Main Street Farmers Market 2640 Main Street. Santa Monica CA. 90405	9/24/2023 10:00am – 1:00pm
UCLA PH Students Presentation 325 Westwood Plaza LA CA 90095	9/25/2023 12:30 – 1:30pm
Palms Rancho Library 2920 Overland Ave. LA CA 90064	9/27/2023 1:00 – 3:00pm
Santa Monica College. 1900 Pico Blvd. Santa Monica CA. 904	9/28/2023 10:00am – 12:00pm
Julian Dixon Library 4975 Overland Ave. Culver City CA. 90230	9/28/2023 2:00 – 4:00pm
People Concern: Resource Fair 1751 Cloverfield Blvd. Santa Monica CA. 90404	9/29/2023 11:00am – 2:00pm

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 <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

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# 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**

**SCAN THIS QR CODE TO REGISTER**

**FORGOT TO REGISTER?**

Learn the 3 vital steps to perform if you find someone unresponsive from a potential overdose and receive a FREE Naloxone (Narcan) kit.

Or click on a date to join a session:

Scan this QR code and join a session directly

September 7

September 14

September 26

*Disponible en Español*



Naloxone is a life-saving medication that reverses an overdose from fentanyl, heroin, and prescription drugs when given right away.



## 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

**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



## THURSDAY, SEPTEMBER 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



**BE PREPARED.**



# SUBSTANCE ABUSE USE



**COREcenter**  
Connecting to Opportunities for Recovery and Engagement



**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



**SEPTEMBER 12**  
**HARM REDUCTION & SYRINGE EXCHANGE**

Scan QR code to join session directly



**SEPTEMBER 28**  
**HEALTH EFFECTS OF SUBSTANCE USE**

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



## Vaping & E-Cigarette Use Educational Webinar



### Time for a smoke break.

This webinar provides information on vaping and e-cigarette use, how it affects our health, and how to talk to your children about vaping/e-cigarette.

**Tuesday, September 20, 2023**

**AT 4:30 - 5:30 PM**

**VIRTUAL (ZOOM)**

**To register and for more information**

Complete registration form [here](#).



Questions? Contact Esme Limeta at [e.limeta@ucla.edu](mailto:e.limeta@ucla.edu)

**UCLA** **KAISER PERMANENTE**  
**CENTER FOR HEALTH EQUITY**

**UCLA Jonsson**  
Comprehensive Cancer Center

*For more information on Disaster Preparedness or Drug use, visit the following websites:*

1. **Ready.gov**
2. **Ready.gov/older-adults**
3. **Ready.gov/disability**
4. **[cdc.gov/drugoverdose/awareness/iodad.html#](https://www.cdc.gov/drugoverdose/awareness/iodad.html)**

*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"*

**COUNTY OF LOS ANGELES**  
**Public Health**

**BE PREPARED.**