

WE ARE ALL IN THIS TOGETHER

EMERGENCY PREPAREDNESS AND WELL-BEING DURING THE PANDEMIC

We are currently in the midst of extreme weather patterns: wildfires, thunderstorms, and heat in addition to Covid-19 and power shut-offs that cause a lot of physical and emotional challenges. Wildfire smoke has brought complexity in our pandemic state as it can irritate our lungs, cause inflammation, affect our immune system, and make us more prone to lung infections.

We do not have a complete control over these natural disasters; however, we can plan for these disasters so we can be better prepared when they strike. By acting, and having a plan, we will be in a better position to survive the physical and emotional challenges. We need to remember to continue taking care of ourselves and connecting with our loved ones during and after a disaster as these are useful tools in our ability to bounce back after the disaster. September is **National Preparedness Month** (NPM) and this year's theme is very timely: **Disasters Don't Wait. Make Your Plan Today.**



WILDFIRE TIPS:

- **Sign up** to receive text/e-mail alerts re emergencies: cwsalerts.com/; airnow.gov; FEMA app, and IRIS app.
- **Know** your community's evacuation plans, evacuation routes, and shelter locations.
- **Update** your Emergency Preparedness Kit: supplies, N95 respirator masks, asthma action plan, and medication.
- **Close** all doors and windows. **Set up** a portable air cleaner to keep indoor pollution levels low.
- **Keep** important documents in fireproof, safe place. Create digital copies.
- **Review** insurance coverage to make sure it is enough to replace your property. Consider flood insurance.
- **Make** a paper copy of an Emergency Plan with your household/friends; make sure everyone carries a copy in his/her backpack, purse, or wallet; post a copy in a central location in your home; and practice your plan.
Emergency Communication Plan Wallet Cards: <https://bit.ly/3aXzt0A>; Emergency Supply List: <https://bit.ly/32oKMee>
- **Talk** to your healthcare provider on how to protect yourself against wildfire smoke.
- **Opt** for home delivery to buy supplies; Use mask and observe social distancing when running essential errands.
- **Stock up** on your routinely taken medicines. **Store** 7–10-day supply of prescriptions meds in a waterproof, childproof container to take with you if you evacuate.
- **Seek** help from local mental health providers if you detect these prolonged signs in yourself or others: sense of confusion; disordered thinking; out of normal sleeping and eating patterns; feelings of anger and frustration; physical problems like headache, stomachache, and overwhelming fatigue.
- **CDC Wildfire Smoke/Covid-19 Reference:** <https://bit.ly/34yLs3a>

EXTREME HEAT TIPS #BeatTheHeat



- **Stay** indoors with air conditioning. **Take** cool showers.
- **Dress** in loose-fitting, lightweight, and light-colored clothes. **Wear** a hat.
- **Drink** LOTS of water to stay hydrated. **Avoid** Hot and heavy meals.
- For heat cramps: **Rest** in a cool place and drink sports drinks.
- Never leave children or pets alone in hot vehicles. **Look before you lock!**
- **Check** local news for extreme heat alerts/ local cooling shelters.
- **CDC Coping with Extreme Heat Video:** <https://bit.ly/2EBc5JQ>

We care about you. Thank you for all the wonderful things you do here at work. We welcome your Bright Spots, videos, and heartwarming ideas. Please send them to the Covid Wellness Team at CovidWellness@cchealth.org. Team Members: Priscilla Aguirre, Claire Battis, Amanda Dold, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Kimberly Nasrul, Samir Shah, Sonia Sutherland, Arlene Trimble.