



PUBLIC HEALTH WEEK

April 1 - 5, 2019

DAY 4: Emergency Preparedness and Mental Health Awareness Event

Santa Monica City College

1900 Pico Blvd, Santa Monica CA 90405

April 4, 2019 11 am – 1 pm

The Importance of Emergency Preparedness

For any type of emergency—including commonplace health emergencies or major catastrophic events such as a mass shooting—there are lifesaving skills that people can learn. These include Hands-Only CPR and Stop the Bleed training. Additionally, Psychological First Aid can address the mental health needs of affected individuals. Taking steps now to better prepare for an emergency will increase the chances that people will be able to effectively respond when first responder services will be overwhelmed.

The DPH Approach to Emergency Preparedness

If an emergency or disaster happens and response resources are overwhelmed, response services may be delayed. To increase everyone's chances of survival and recovery, it is important to equip as many people as possible with lifesaving skills and emergency preparedness resources. One of the ways DPH is assuring LA County residents are prepared with these lifesaving skills is through the Heart Heroes campaign.

The Los Angeles County Departments of Public Health, Health Services, and Fire are partnering with the city's LA Fire Department, American Heart Association and the American Red Cross to train 100,000 Los Angeles County residents in Hands-Only CPR training. Hands-Only CPR focuses on the first few minutes following cardiac arrest. Frequent chest compressions move oxygen through the body to keep the brain and other vital organs alive, helping buy time until help arrives. Learning to perform Hands-Only CPR may help save the life of someone you know and love. People may remember how to perform

Hands-Only CPR by simply humming one of their favorite tunes. Songs like "Stayin' Alive" by the Bee Gees, "Hips Don't Lie" by Shakira, or "Crazy in Love" by Beyoncé featuring Jay-Z, all correspond to the correct chest rate of 100 to 120 compressions by minute.

Learn the two simple steps & Save a Life

- Call 9-1-1.
- Push hard & fast in the center of the chest.

Emergency Preparedness Fair

April 4, 2019, DPH will host an Emergency Preparedness and Mental Health Awareness event with booths and interactive activities including Hands-Only CPR training and Stop the Bleed demonstrations. Mental Health workers and Public Health staff will also be on hand to share Psychological First Aid strategies. The purpose of this event is to provide an opportunity to increase lifesaving skills within communities and community groups who will likely be the true first responders when an emergency event occurs. Important points this event will reinforce:

- When an emergency happens, the true first responders who will be called upon will be the everyday people in the immediate area – wherever you live, work, or happen to be at the time.
- Hands-Only CPR and Stop the Bleed training are fast, free, and easy to learn skills that can save a life.
- You do not have to be a licensed healthcare professional to administer Psychological First Aid.
- Taking small steps to prepare now can save you.

To learn more, please visit our website or request further emergency preparedness engagements and trainings.

