



Public Health Brief

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September is National Preparedness Month:

Practical Skills

Learn basic preparedness and coping skills to prepare and protect your health until help arrives. Always call 911 first in a life-threatening emergency.

The Basics

- Learn [the right way to wash your hands](#). Hand washing is one of the best ways to protect yourself, your family, and others from getting sick.
- Learn how to use a portable generator safely to [prevent carbon monoxide poisoning](#).
- Learn [how to perform Seizure First Aid](#) to help a person with epilepsy until the seizure stops.
- Learn [how to cope healthily with a disaster or traumatic event](#) without the use of tobacco, alcohol, or drugs.

Quick Tips

- Learn how to [keep food safe](#) after a disaster or emergency. When in doubt, Throw it out!
- Learn [how to make water contaminated with germs safe](#) to drink and where to find alternate sources of water. Bottled water is the safest choice for drinking and all other uses in an emergency.
- Learn [how to protect yourself from electrical hazards and help someone who has had electric shock](#).
- Learn [how to give back blows](#) to an infant, and [how to perform the Heimlich maneuver](#) on yourself and others in a choking emergency.
- Learn [how to take care of wounds](#) after an emergency.
- Learn [how to help children cope](#) with the trauma of an emergency.



Public Health

Prevent. Promote. Protect.

Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120

Alpine County Board of Supervisors, Phone: (530) 694-2281

District 1: Donald M. Jardine, District 2: Ron Hames, District 3: Katherine Rakow,

District 4: Terry Woodrow, District 5: David Griffith

- Learn [Nonpharmaceutical Interventions \(NPIs\)](#) to help slow the spread of respiratory illnesses like [pandemic flu](#).
- Learn [how to use a fire extinguisher](#). Replace your single-use extinguisher after use or every 10–12 years, unless the manufacturer notes an earlier expiration date.
- Learn [how to use an inhaler](#) if you or a family member lives with [asthma](#).
- Learn [how to use an epinephrine auto-injector](#) if you or a family member is at risk for anaphylaxis.
- Enroll in [Until Help Arrives](#) training to learn how to provide lifesaving care in emergencies.
- People with diabetes: Show people in your personal support network [how to give an insulin shot](#).
- Learn how to [drive safely](#) during an emergency. Turn around, don't drown!
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- Learn [how to cleanup mold](#) after a flood.
- Learn [how to remove a tick](#) with fine-tipped tweezers.
- Learn [how to prevent mosquito bites, avoid contact with rodents, and treat a snakebite](#).
- Each year, approximately 36,000 people got to hospital emergency departments with chainsaw injuries. Learn [how to use a chainsaw safely](#) during tree removal after a disaster.
- Learn how to [help someone who was struck by lightning](#).
- Learn [how to cover a cough or a sneeze](#).
- Learn how to perform [hands-only cardiopulmonary resuscitation \(CPR\)](#) and how to use an automated external defibrillator (AED) until help arrives.
- Learn how to [Stop the Bleed](#) so you can assist injured people in an emergency.
- Know how to [treat burn injuries](#) in the first few minutes after it occurs.

Resources

- [Find a Course](#) (American Heart Association)
- [Take a Class](#) (American Red Cross)



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