

## ACTION PLAN

### What You Can Do For Children

- Provide a safe environment
- Talk with them about their fears
- Encourage them to express their feelings and thoughts
- Do not punish regressive behavior (i.e. thumb sucking, clinging, tantrums, etc.)
- Stay together as a family as much as possible
- Resume daily routine

### What You Can Do For Adolescents

- Be honest about the situation
- Allow them to cry as it relieves pain
- Allow for silence but encourage expression of thoughts and feelings
- Encourage them to help others
- Humor is healthy and may reduce stress

### What You Can Do For the Elderly

- Provide someone to stay with them
- Help to discuss feelings of fear, anxiety and irritability
- Provide attention and reassurance
- Encourage contact with friends and relatives



## RESOURCES

Los Angeles County  
Department of Mental Health  
ACCESS CENTER HOTLINE  
1-800 854-7771  
or  
562-651-2549 TDD/TTY  
(Available 24/7 including holidays)

Los Angeles County  
Department of Health Services  
1-800-427-8700 or <http://www.ladhs.org>

Los Angeles County  
Department of Public Health  
1-800-427-8700 or <http://ph.lacounty.gov>

Los Angeles County Information Line  
Dial 211 or <http://www.211la.org>

Los Angeles City Information Line  
Dial 311 or <http://www.lacity.org/LAFD/311.htm>

The American Red Cross  
1-800-REDCROSS or 733-27677  
<http://www.redcross.org>

World Health Organization  
<http://www.who.int/en/>

Center for Disease and Control  
<http://www.cdc.gov/>

## Los Angeles County Board of Supervisors



Gloria Molina  
First District

Mark Ridley-Thomas  
Second District

Zev Yaroslavsky  
Third District

Don Knabe  
Fourth District

Michael D. Antonovich  
Fifth District

William T Fujioka  
Chief Executive Officer

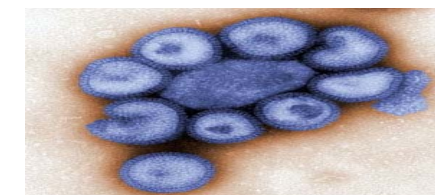
Los Angeles County Department of Mental Health  
Community and Government Relations Division  
Public Information Officer  
550 South Vermont Avenue, 11th Floor  
Los Angeles, CA 90020  
213-351-5297  
<http://dmh.lacounty.gov>

## County of Los Angeles Department of Mental Health



## COPING WITH H1N1 VIRUS (SWINE INFLUENZA)

### Emergency Outreach Bureau Disaster Services



550 South Vermont Avenue, 10th Floor  
Los Angeles, CA 90020  
213-738-4919  
<http://dmh.lacounty.gov>

### Mission Statement

Enriching lives through partnerships designed to  
strengthen the community's capacity to support  
recovery and resiliency

## H1N1 Virus

### What is H1N1 Virus (Swine Influenza)?

A respiratory disease of pigs caused by type A influenza viruses that has a major impact on the swine industry in the United States. Flu outbreaks in pigs are common, especially during winter months.

<http://www.who.int/en/>

### What are the implications for human health?

Outbreaks and sporadic human infections with swine influenza have been occasionally reported. Clinical symptoms are similar to seasonal influenza.

<http://www.who.int/en/>

### What is Pandemic Influenza?

Pandemic influenza (flu) is a worldwide outbreak of a new flu virus for which there is little or no immunity (protection). Health experts are concerned about the potential for a pandemic flu. The Los Angeles Department of Mental Health wants you to know more about pandemic flu and how you can protect yourself and your family. A pandemic flu occurs when a new flu virus emerges. For more information regarding Pandemic Flu please visit the Los Angeles County Department of Public Health at:

<http://www.lapublichealth.org/>

## PREPAREDNESS

### Role of Los Angeles County Department of Mental Health

Los Angeles County Department of Mental Health will respond to the psychological needs of first responders, victims and the community at large. Additionally, maintaining continuity of care is a priority.

### Steps you and your family can take NOW to prepare

#### ◆ Prevent the spread of flu and teach your children to do the same

- Stay informed, listen to radio and television, read news stories, check the internet and follow instructions from the local Public Health Department.

- Avoid close contact with people who are sick. If you are sick, keep your distance from others to protect them from getting sick.

- Stay home when you are sick or have flu symptoms.

- Cover your mouth and nose with a tissue when coughing or sneezing. If you don't have a tissue, cough or sneeze into your sleeve, not your hands. This may prevent those around you from getting sick.

- Washing your hands often will help protect you and others against germs. When soap and water are not available, use alcohol-based disposable hand wash or gel sanitizers.

#### ◆ Practice other good health habits

- Get plenty of sleep, be physically active, drink plenty of fluids, and eat nutritious foods.

- Avoid smoking, which may increase the risk of serious consequences if you do contract the flu.

## PREPAREDNESS CONTINUED

#### ◆ Discuss important health issues with your family and loved ones

- Talk about how/where loved ones would be cared for if they become ill and what would be needed to care for them at home.

- Think about who will care for children/people with special needs if all adults in the household are ill. Are there other family members or neighbors who can fill in? Make those plans now and communicate them to all who need to know.



#### ◆ Anticipate shortages of common prescription drugs and plan accordingly. Have two weeks worth of medical and health supplies on hand for you and your family

- Soap or alcohol-based hand wash

- Medicines for fever, such as Tylenol

- Thermometer

- Cough Syrup

- Fluids with electrolytes; such as Pedialyte or Gatorade

- Prescription Drugs (if applicable)

## REACTIONS

### Common Reactions

- Fear and anxiety is normal
- Increase or decrease in activity level
- Substance use or abuse (alcohol or drugs)
- Irritability, anger outbursts, frequent arguments
- Inability to rest or relax
- Hyper-vigilance or excessive worry
- Avoidance and/or isolation due to fear of contamination
- Suicidal or homicidal thoughts
- Depression

### Long Term Impact

If you or a loved one have difficulty coping during this period of uncertainty you may want to consider seeking professional help.

### Resiliency

Most people will find a way to cope with trauma this is often accomplished by:

- Understanding your reactions are normal
- Keeping to a routine
- Finding ways to relax and be kind to yourself
- Turning to family, friends, clergy or someone you trust for support, and talk about your experiences and feelings with them
- Participating in activities you enjoy
- Recognizing you can not control everything
- Acknowledging when you need professional help
- Talking to others who have similar experiences
- Reading materials on coping skills or of the like may be helpful