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In this Issue:

- Public Health Emergencies
- Viva La Fiesta and Don't Forget the Soap
- Disaster Facts: Hurricane Katrina
- Public Health Quiz
- Center for Disease Control (CDC) August Observance

Upcoming Issue in September 2011
Fact or Myth: Terrorism



Ten years after 9/11, all too many Americans still have only a vague idea of what does -- and doesn't -- motivate terrorists. It doesn't help that many politicians exploit the anxiety that terrorism evokes to promote their own agendas. In our next newsletter we will discuss some of the myths.

2011 Upcoming Topics

August
Public Health Emergencies

September
Fact or Myth Terrorism

October
Are You Prepared for the Holidays

November
Fact or Myth: Fireplaces

December
Don't Give in to the Cold

January
The Many Faces of Flooding

City of Santa Barbara

Get Ready Santa Barbara!

Stay informed in 2011



Public Health Emergencies



San Diego, CA Mass Casualty Drill 11/10/09

When you think about public health emergencies what comes to mind, pandemic flu, E-bola, or mad cow disease? These types of events can cause stressors in your life that do affect how you go about your daily routine. Effects of these types of disasters can be long-lasting, resulting in trauma that can reverberate even with those not directly affected by the disaster.

So what is a public health emergency? Simple put, public health emergencies can be related to outbreaks of infectious illnesses, food and waterborne illnesses, as well as other threats to the public's health and safety that can and do cause traumatic effects on your family, pets and YOU.

After surviving a public health type of disaster or event people may feel dazed or even numb, especially if there has been a large loss of life. People will also feel sad, helpless, or anxious. In spite of the tragedy, some people just feel happy to be alive.

It is not unusual to have bad memories or dreams. You may avoid places or people that remind you of the disaster or event. You might have trouble sleeping, eating, or paying attention. Many people have short tempers and get angry easily. These are all normal reactions.

Remember, it will take time before you start to feel better.

You may have strong feelings right away. Or you may not notice a change until much later, after the crisis is over. Stress can change how you act with your friends and family. It will take time for you to feel better and for your life to return to normal. Give yourself time to heal. Remember that these types of events will also affect your children, relatives and animals. Try to stop and think before you react.

These steps can help.

A traumatic event disrupts your life. There is no simple fix to make things better right away. But there are actions that can help you, your family, and your community heal. Try to:

- Follow a normal routine as much as possible. This is especially helpful for your children.
- Eat healthy meals. Be careful not to skip meals or to overeat.
- Exercise and stay active.
- Help other people in your community as a volunteer. Stay busy.
- Accept help from family, friends, co-workers, or clergy. Talk about your feelings with them.
- Limit your time around the sights and sounds of what happened. Don't dwell on TV, radio, or newspaper reports on the tragedy.
- You may need to consider seeking professional help if you feel sad or depressed for more than two weeks, or if you are not able to take care of your family or do your job.

Remember that by having a disaster plan and supplies, this type of trauma can be lessened. More information can be found the Center for Disease Control (CDC) website.

Excerpt taken from CDC ; <http://www.bt.cdc.gov/planning/>

Viva La Fiesta and Don't Forget The Soap!

This month Santa Barbara celebrates its heritage with the observance of Old Spanish Days. During this time our City receives tourists from around the country, if not the world. With all the food courts and other activities around Santa Barbara City, there is a tendency to neglect the fundamentals of hygiene.

As you touch people, surfaces and objects throughout this time of festivities, you accumulate germs on your hands. In turn, you can infect yourself and your family with these germs by touching your eyes, nose or mouth. Although it's impossible to keep your hands germ-free, washing your hands frequently can help limit the transfer of bacteria, viruses and other microbes.

How to wash your hands

- Wet your hands with running water. Apply liquid, bar or powder soap. Lather well.
- Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails. Rinse well.
- Dry your hands with a clean or disposable towel or air dryer.
- If possible, use your towel to turn off the faucet.
- Keep some sanitizers in your purse or backpack.
- Remember to have your children wash their hand or use hand sanitizers often.



Disaster Facts: Hurricane Katrina

On August 29, 2005, Katrina's storm surge caused 53 different levee breaches in greater New Orleans, submerging eighty percent of the city. A June 2007 report by the American Society of Civil Engineers indicated that two-thirds of the flooding caused by the multiple failures of the city's floodwalls. Not mentioned were the flood gates that were not closed. The storm surge also devastated the coasts of Mississippi and Alabama, making Katrina the most destructive and costliest natural disaster in the history of the United States, and the deadliest hurricane since the 1928 Okeechobee Hurricane. The total damage from Katrina is estimated at \$81.2 billion (2005 U.S. dollars), nearly double the cost of the previously most expensive storm, Hurricane Andrew, when adjusted for inflation.

The confirmed death toll (total of direct and indirect deaths) is 1,836, mainly from Louisiana (1,577) and Mississippi (238). However, 135 people remain categorized as missing in Louisiana, and many of the deaths are indirect, but it is almost impossible to determine the exact cause of some of the fatalities.

Federal disaster declarations covered 90,000 square miles (233,000 km) of the United States, an area almost as large as the United Kingdom. The hurricane left an estimated three million people without electricity. Even in 2010, debris remained in some coastal communities.



Source: Wikipedia

City of Santa Barbara Office of Emergency Services



OES is on the web!

<http://www.santabarbaraca.gov/OES>

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Let's test your public health knowledge.

1. What is the leading cause of death in the US?
 - A. Heart Disease
 - B. AIDS
 - C. Cancer
 - D. Stroke
2. Folic Acid, which is found in Oranges, prevents which of the following?
 - A. Scurvy
 - B. Birth Defects
 - C. High Blood Pressure
 - D. Dementia
3. How much exercise is recommended for the average adult?
 - A. 20 minutes of intensity at least 3 times a week
 - B. One hour per night
 - C. One very long session once a week
 - D. No exercise is necessary unless you are over weight
4. Which disease has been completely eradicated?
 - A. Hepatitis
 - B. Leukemia
 - C. Helicobacter Pylori
 - D. Small Pox

Answers: 1. A, 2. B, 3. A, 4. D

Source: [This is Public Health](#))

Center for Disease Control (CDC) Observance for August:

National Girlfriends Day is August 1st—Be a healthy girlfriend, and help a girlfriend live a safer and healthier life. Below are a few tips to help you stay focused on being the best you can be for yourself and your girlfriends. Listed below are a few tips:

- Eat Healthy at your gatherings. Eating fruits and vegetables may reduce the risk of cancer and other chronic diseases.
- Be active while having fun. Talk and enjoy each others company while you walk, bowl, swim, dance, play tennis and more.
- Be supportive when the going gets tough. Advocate for your friend when appropriate, while maintaining your own mental and physical health.
- Face the facts, and tell it like it is. If your girlfriend is not taking care of herself or her family's health, is being careless, or is putting herself or others at risk, let her know.
- Be a great role model. Get exams and screenings, vaccinations and other health care you need. Take steps to live a healthier life.

For more information on you can log on to the CDC website at <http://www.cdc.gov/women/>