
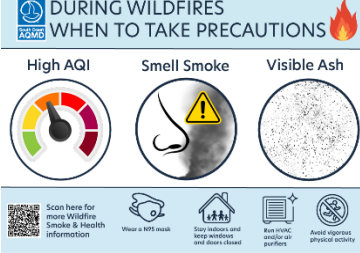
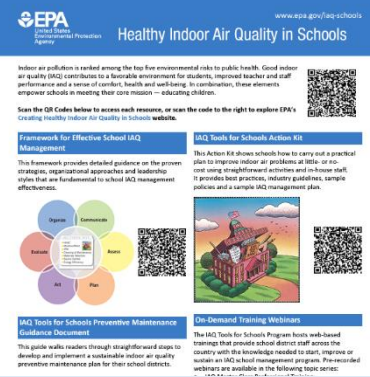


LA County Wildfires- Resources for Schools

Environmental Health and Safety

Title (Publishing Agency)	Thumbnail	Description
<p>Memo: Get Smart about Wildfire Smoke-Guidelines for Schools and Wildfire Smoke (California Department of Education)</p>	 <p>Click Thumbnail</p>	<ul style="list-style-type: none"> • State guidance for schools during wildfire season. Includes: <ul style="list-style-type: none"> ○ Air Quality Index & Activity Recommendations ○ Resources for tracking Air Quality Information ○ Information about masks and recommendations ○ Recommendations for ensuring cleaner air at school ○ Considerations for districts before closing a school
<p>During Wildfires When to Take Precautions (South Coast AQMD)</p>	 <p>Click Thumbnail</p>	<ul style="list-style-type: none"> • One pager visually highlighting when to take precautions during wildfires
<p>Healthy Indoor Air Quality in Schools (United States Environmental Protection Agency)</p>	 <p>Click Thumbnail</p>	<ul style="list-style-type: none"> • Framework for Effective School Indoor Air Quality (IAQ) Management • IAQ Tools for Schools Action Kit • IAQ Tools for Schools Preventative Maintenance Guidance Document • On-Demand Training Webinars

Workplace Health & Safety: Wildfire Smoke (DPH)

WORKPLACE HEALTH & SAFETY: WILDFIRE SMOKE

WHO IS AT RISK
Workers who are outdoors, in enclosed structures, or in vehicles that do not have an filtration system are at higher risk of being exposed to wildfire smoke, which pollutes workplaces.

LABOR CODE 8810 PROTECTS WORKERS FROM RETALIATION FOR REPORTING WORKPLACE HEALTH AND SAFETY CONCERNS TO CALIFORNIA'S DEPARTMENT OF INDUSTRIAL RELATIONS

WILDFIRE SMOKE IS DANGEROUS
Wildfire smoke can burn many things in their path: vegetation, buildings, vehicles, chemicals, etc. Unlike many fires that consume gases and they quickly rise to the sky, wildfire smoke (PM 2.5) is tiny and can get deep into the lungs, enter the bloodstream, and circulate throughout the body.

HOW TO PROTECT YOURSELF
A key to protect yourself when wildfire smoke is present is to reduce exposure to the smoke, limiting the amount of smoke you breathe.

YOU HAVE A RIGHT TO

- Know which equipment and materials provided free of charge by employers (bandanas, cloth face coverings or facial masks) do not provide adequate protection from the PM found in wildfire smoke.
- Check or ask for the air quality index (AQI) during work shifts.
- Get work moved to indoor spaces with air filtration & use wildfire equipment with air filtration, if available.
- Have work schedules changed, lower work intensity, and more rest periods.
- Refuse work that is unsafe or hazardous to you or coworkers (Labor Code 6302).
- Obtain medical treatment.
- Be trained about the health effects of wildfire smoke.

WILDFIRE SMOKE EXPOSURE SYMPTOMS

- Irritation or itchy eyes, nose, or throat
- Cough and
- Heart failure
- Asthma attacks
- Irritation from dust
- Chronic bronchitis
- Difficulty breathing
- Reduced lung function
- Headaches or dizziness
- Cough, phlegm, wheezing

Adults over 65 years of age, children, and individuals with pre-existing health conditions are at higher risk of negative health effects from exposure to wildfire smoke.

For more information, please visit:
<https://www.dir.ca.gov/osh/8810.htm>
<https://www.dir.ca.gov/osh/8810.htm>
<https://www.dir.ca.gov/osh/8810.htm>

OWHS Wildfire Safety Basics (English)

[Click Thumbnail](#)

- Information for workers on workplace hazards and protection measures

Wildfire Smoke Factsheet: Protect Your Lungs from Wildfire Smoke or Ash (United States Environmental Protection Agency)

WILDFIRE SMOKE FACTSHEET

Protect Your Lungs from Wildfire Smoke or Ash

Wildfire smoke and ash can irritate your eyes, nose, throat, and lungs. They can make you cough or wheeze, and can make it hard to breathe. A respirator is a device (mask) that covers your nose and mouth, fits tightly to your face, and can filter out smoke or ash particles before you breathe them in. Respirators are not used for children.

Protecting Your Health
The most effective way to protect yourself during wildfire emergencies is to stay indoors or limit your time outdoors when there is smoke in the air. This is especially important if you have heart or lung disease and are at higher risk for adverse health effects. Reducing physical activity and staying indoors are important. Indoors are other ways to reduce your smoke exposure. Consider temporary relocation out of the smoke area if possible. By limiting your exposure one of these ways, you may not need to wear a respirator.

Respirators Can Help Protect Your Lungs

N95 or P100 respirators can help protect your lungs from smoke or ash. They must go on before and after the work.

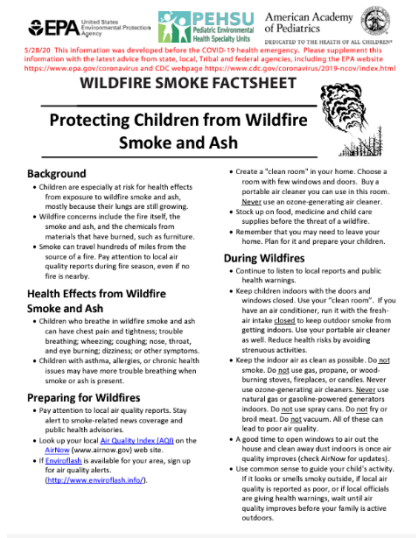
How Do I Know if I Need to Wear a Respirator?

- People who stay indoors or limit their time outdoors during wildfire emergencies are taking the most effective thing to avoid exposure and may not need to wear a respirator.
- People who must be outside for extended periods of time in smoky air or an ash-covered area may benefit from using a tight-fitting N95 or P100 respirator to reduce their exposure.
- People experiencing health effects from a smoky environment, even if outdoor, may also benefit from using a tight-fitting respirator to reduce their exposure.
- For people who want to wear a respirator, knowing how to select and correctly use the respirator is important for achieving the most protection possible.

[Click Thumbnail](#)

- Information on types of respirators and how to select the correct respirator
- [Available in multiple languages](#)

Wildfire Smoke Factsheet: Protecting Children from Wildfire Smoke and Ash (United States Environmental Protection Agency)



[Click Thumbnail](#)

- Information on reducing children’s exposure to smoke and ash before, during, and after a fire

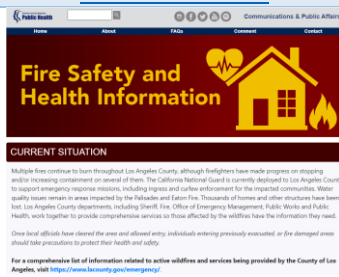
Wildfire Smoke in Los Angeles County (DPH)



[Click Thumbnail](#)

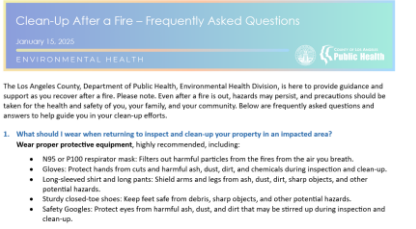

- Information for staying safe during wildfire season. Includes:
 - How wildfire smoke affects health
 - Tips to stay safe on smoky days
 - Who is most sensitive to wildfire smoke

Fire Safety and Health Information (DPH)





[Click Thumbnail](#)

- Updated information on current wildfire situation. Includes:
- Links to info related to active wildfires and services provided by the County
 - Recovery Resources
 - News and Updates
 - Protecting Health After a Fire
 - Fact sheets (in multiple languages) and links to [Environmental Health’s Fire Recovery Guidance for Residents and Businesses](#)

<p>Clean-Up After a Fire-Frequently Asked Questions (DPH)</p>	 <p>Click Thumbnail</p>	<ul style="list-style-type: none"> • Responses to frequently asked questions about cleaning up property after a fire including: <ul style="list-style-type: none"> ○ What to wear when inspecting and cleaning areas ○ How to ventilate and clean the air for homes that have ash/smoke inside ○ Information on water notices and advisories ○ Cleaning yards and patios
<p>Returning Home After a Fire-Ash Clean-up in Areas Without Fire Damage (DPH)</p>	 <p>Click Thumbnail</p>	<ul style="list-style-type: none"> • Information about how to safely clean after a fire • Includes information about food and water safety • Available in multiple languages

Emotional Health and Support

Title/Publishing Agency	Thumbnail	Description
<p>Coping with Trauma and Stress in the Face of Wildfires: Tips for Early Childhood Professionals (ZERO to THREE)</p>	 <p>Click Thumbnail</p>	<ul style="list-style-type: none"> • Article with tips for early childhood professionals who work with babies, toddlers, and their caregivers
<p>Coping After a Natural Disaster (ZERO to THREE)</p>	 <p>Click Thumbnail</p>	<ul style="list-style-type: none"> • Resource for parents of babies and toddlers
<p>Be PREPARED (UCLA Center of Excellence and Department of Mental Health)</p>	 <p>Click Thumbnail</p>	<ul style="list-style-type: none"> • Tipsheet to support parents and caregiver in speaking with their kids about difficult topics

Wildfire Resources (National Childhood Traumatic Stress Network)



- Landing page for a variety of resources to help children, families, and communities navigate what they see and hear after a disaster, acknowledge their feelings, and find ways to cope together
- Materials available in English and Spanish

Helping Children After a Wildfire: Tips for Caregivers and Teachers (National Association of School Psychologists)



- Information for caregivers and teachers on how to help children after a wildfire. Includes:
 - Issues and challenges associated with wildfires
 - Possible reactions of children and youth to wildfires
 - Important information for teachers and parents immediately after a wildfire
 - Specific information for schools
 - Helping children adjust to relocation after a wildfire
 - Internet Resources

Coping with Grief After a Disaster or Traumatic Event (Substance Abuse and Mental Health Services Administration (SAMHSA))



- Contains information about grief, the grieving process, and what happens when the process is interrupted
- Includes tips and resources for coping with grief

Taking Care of Your Emotional Health after a Disaster (American Red Cross)

Be Red Cross Ready
Taking Care of Your Emotional Health after a Disaster

Disasters can bring about significant stress. Each positive action you take can help you feel better and more in control.

Disasters can bring about significant stress. This is especially true if you have experienced a previous disaster. The good news is that many people have experienced coping with stressful life events and are naturally resilient—meaning, we are designed to bounce back from difficult times.

Here is some information on how to recognize your current feelings and take the necessary steps to take care of the emotional health of you, your family and your friends.

What you may be feeling now	Taking action	If you still don't feel better...
<p>When we experience a disaster or other stressful event, we can have a variety of reactions, all of which can be common responses to difficult situations.</p> <p>These reactions can include:</p> <ul style="list-style-type: none"> Feeling shocked and scared or disoriented Feeling difficulty making decisions or feeling confused or angry Feeling overly focused on a frequent topic Feeling anxious, nervous, quickly and easily startled Feeling angry with family and friends Feeling sad, and, rarely, happy or excited Feeling a change in appetite or sleep patterns Some of these reactions are temporary and will go away over time. It's important to understand your own feelings. Feel 	<p>Feeling shocked and scared can be a normal reaction to a stressful event. It's a natural sense of your body. It's a self-protective response and can help you stay alert and ready for any emergency.</p> <p>It's important that you recognize a normal reaction and don't panic or worry.</p> <p>Get some rest. With so much to do, it can be difficult to have enough time to rest or get any good sleep. Taking your body and mind a break can help you stay alert and ready for any emergency.</p> <p>Stay connected with family and friends. Calling and getting support is one of the most important things you can do.</p> <p>Be patient with yourself and with others.</p>	<p>Most people have experienced coping with stressful events in the past. It's normal to feel a little more after a disaster. Check that your sense of self is still intact. It's important to take care of your health, friends and others.</p> <p>Be sure to continue to support your sense of self and your relationships with family, friends and others.</p> <p>Be sure to continue to support your sense of self and your relationships with family, friends and others.</p> <p>It's important that you recognize a normal reaction and don't panic or worry.</p> <p>Get some rest. With so much to do, it can be difficult to have enough time to rest or get any good sleep. Taking your body and mind a break can help you stay alert and ready for any emergency.</p> <p>Stay connected with family and friends. Calling and getting support is one of the most important things you can do.</p> <p>Be patient with yourself and with others.</p>

[Click Thumbnail](#)

- Information about how to recognize current feelings and taking care of the emotional health of yourself and others

Mass Disasters, Trauma, and Loss (International Society for Traumatic Stress Studies)

Mass Disasters, Trauma, and Loss

ISTSS International Society for Traumatic Stress Studies

[Click Thumbnail](#)

- Information includes:
 - What to expect after experiencing a disaster
 - Factors increasing the risk of lasting vulnerability
 - How to reduce vulnerability to serious emotional reactions and achieve the best recovery from disaster stress
 - Deciding if professional help is needed
 - Where to go for help

Disaster Distress Helpline (SAMHSA)

SAMHSA
Disaster Distress Helpline

The Disaster Distress Helpline (DDH) is the first national hotline dedicated to providing year-round disaster crisis counseling. This toll-free, multilingual, crisis support service is available 24/7 to all residents in the U.S. and its territories who are experiencing emotional distress related to natural or human-caused disasters.

Call or text 1-800-985-5990

Español: Llama o envía un mensaje de texto 1-800-985-5990 presiona "2"

For Deaf and Hard of Hearing ASL Callers: Please text or call the Disaster Distress Helpline at 1-800-985-5990 using your preferred Relay provider.

Counseling Services

[Click Thumbnail](#)

- National hotline that provides year-round disaster crisis counseling
- Toll-free, multilingual, crisis support service available 24/7 to all residents in the U.S.
- Anyone can call for themselves or on behalf of someone else
- Call or text 1-800-985-5990