



EMERGENCY PREPAREDNESS BULLETIN

FALL SEASON SAFETY

OCTOBER 2024



Is this bulletin useful?

Preparing for the Fall Season

Fall can be a fun and active time! There are lots of fun, fall outdoor activities, like harvest festivals, trick-or-treating, or shopping to get ready for the holiday season. This bulletin goes over some ways you can prepare to enjoy fall and stay safe!

Great ShakeOut Reminder



This year's International Great ShakeOut Day is October 17 at 10:17 a.m. Millions of people worldwide will participate in earthquake safety drills at work, school, or home! Learn about what to do during an earthquake [here](#) and practice on Great ShakeOut Day!

Halloween Safety Tips

Halloween is on Thursday, October 31. Check out these great safety tips from the [County of Santa Barbara](#):

Pick a route you know and that has a lot of lights.

Always use sidewalks and crosswalks; look both ways before crossing the street.

Go out in a group and plan a meeting place in case you are separated.

Let someone know what time you plan to be home.

Bring a cell phone with you for emergencies.

Make sure your costume is safe:

Your costume should fit well and not drag on the ground.

Wear comfortable shoes and reflective clothing.

Masks can be fun, but they make it hard for you to see. Use face paint or disguises instead.



Sensory-Friendly Halloween Activities

Halloween activities can be overwhelming if you have sensory sensitivities. According to [MyAutism.org](https://www.myautism.org), there are many activities that help self-regulate reactions to senses while still being fun and creative, such as:



- Paper plate spiders
- Pumpkin finger painting
- Making slime monsters
- Halloween-themed sensory bins
- Halloween coloring pages

Daylight Savings Time Reminders



On November 3, clocks get set back one hour.

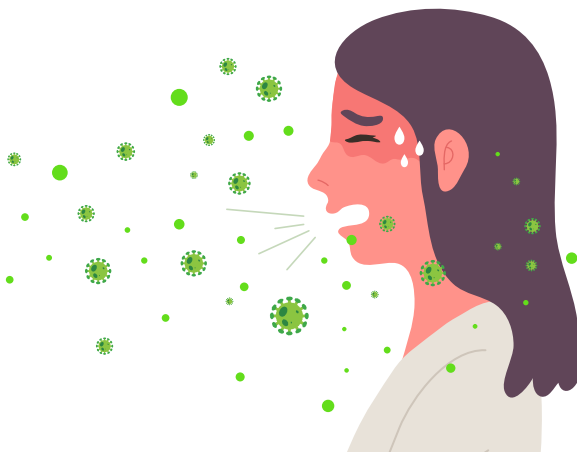
Test your smoke and carbon monoxide (CO detectors and make sure their batteries are fresh.

If you have fire extinguishers at home, check to see if they are still charged.

Pay extra attention to cars when crossing the street in the evening because it gets darker earlier: [Safety Toolbox Topics](#).

Flu Season Preparation

Fall is a great time to prepare for the flu season, remember these tips:



- Avoid close contact with people who are sick
- Stay home when you are sick
- Cover your mouth and nose when you cough or sneeze
- Wash your hands often with soap
- Avoid touching your ears, nose, and mouth
- Let fresh air into your home
- Check with your doctor about getting the flu shot

Online Shopping Safety



Check Your Devices

- Keep software up to date.
- Use different passwords for different websites.
- Change any automatic passwords to one of your own.



Only Shop Through Trusted Sources

- Make sure you are shopping on a well-known website.
- Check the website link to make sure you are not on a fake page.
- Be aware of [phishing emails](#).



Use Safe Methods for Purchasing

- Use credit cards over debit cards for more protection from fraud.
- Keep an eye on bank statements for unrecognized charges.

For a full list of online holiday shopping safety tips, read the [CISA Holiday Online Safety Tip Sheet](#).

Resources

If have a question, contact [2-1-1](#) for the latest information & resources available.

- [Influenza \(Flu\)](#) - CDPH recommended tips and information
- [Great ShakeOut](#) - Preparation for earthquake drill, 10/17 @ 10:17am
- [Sign up for Local Alerts](#) - California counties' alerts
- [Online Scam Reporting/Confirming tool](#) - Useful for online safety
- [Google Safe Browsing Status Tool](#) - Useful for online safety

Make an Emergency Plan and Practice it!



Consumer QR Code



Provider QR Code