



EMERGENCY PREPAREDNESS BULLETIN

FALL REMINDERS • SEPTEMBER 2025

Is this bulletin useful? ▶ [Take our survey: surveymonkey.com](https://surveymonkey.com)

Great ShakeOut Reminder



Join millions of people for the world's biggest earthquake safety drill!

Thursday, October 16, 2025 at 10:16 a.m. — Practice what to do:

- Drop, Cover, and Hold On!
- Learn more: www.shakeout.org

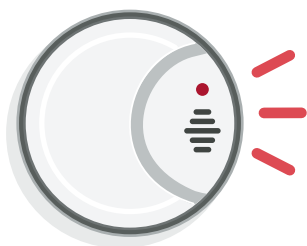
Daylight Savings Time Reminders



On Sunday, November 2, we set our clocks back 1 hour.

This is a great time to review your emergency supplies and replace any expired items.

Check Smoke and Carbon Monoxide Alarms



- Change the batteries in your smoke and carbon monoxide alarms
- Test them monthly to make sure they beep
- If they're older than 10 years, it's time to replace them

Learn more: [NFPA Smoke Alarm Tips](#)

Flood Safety Tips

Floods can happen anywhere—and fast!

- **Know if you live in a flood zone** – Ask your support team or check online at [FEMA Flood Map Service Center](#)
- **Have a [go-bag ready](#)** – Include items like water, flashlight, charger, and medications
- **Stay away from flood water** – It might be deeper or faster than it looks
- **Move to higher ground** (away from the area that is supposed to flood or up-hill) if flooding starts
- **Turn around, don't drown** – Don't drive through water on the road
- **Unplug electronics and turn off gas**, if time allows before leaving home

Learn more: [ready.gov/floods](#)

[Flood and Flash Flood Safety Video](#)

Resources: [New Disaster Preparedness program](#) for providers by Tri-Counties Regional Center

You Are Not Alone: Suicide Prevention Support

Everyone has hard days. Sometimes we feel sad, scared, or angry. That's okay. You are not alone.

If you or someone you care about is feeling really upset or thinking about hurting themselves, there is help. You can call or text 988 any time, day or night. A kind person will listen and help you feel safe.

You can also visit these websites for more help:

- [988lifeline.org](#) – Free help 24/7
- [sprc.org](#) – Tools and tips for staying safe and strong
- [SAMHSA.gov](#) – Support for families and caregivers
- [Suicide Prevention Resources | Suicide Prevention | CDC](#)
- [Suicide Prevention Month | National Alliance on Mental Illness \(NAMI\)](#)

September is National Suicide Prevention Awareness Month. Let's take care of each other.



Stay Healthy This Fall: Get Your Flu and COVID Shots!



Fall is a great time to get your flu shot and your COVID booster shot. These vaccines help keep you from getting really sick.

It's okay to have questions. You can talk to your doctor, nurse, or someone you trust.

Let's all stay safe and strong this season!

Getting your shots helps protect:

- You
- Your friends
- Your family

Learn more:

- cdc.gov/flu
- cdc.gov/coronavirus

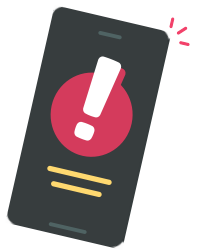
Be Ready for Any Emergency

Emergencies can happen anytime - like wildfires, earthquakes, or big storms. September is National Preparedness Month and a good time to learn and plan to be ready!

Here are some easy steps to be prepared and stay safe:

- Build an emergency kit with things like water, snacks, a flashlight, and your medicine (ready.gov/kit).

For cell phone users, download these free apps:



- [MyShake \(myshake.berkeley.edu\)](https://myshake.berkeley.edu) – It warns you when an earthquake is coming.
- [Watch Duty \(watchduty.org\)](https://watchduty.org) – It gives updates about wildfires near you.

Remember: Reach out to your service coordinator or [emergency coordinator](#) for assistance.

Learn More: [National Preparedness Month | Ready.gov](#)

Bookmark our
Emergency Preparedness
webpage in your browser!



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QR Code
\(dds.ca.gov\)](#)



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