

## ACTION PLAN

### What You Can Do for Children

- Provide a safe environment
- Give explanations that are age-appropriate
- Talk with them about their fears
- Help them express their feelings and thoughts
- Do not punish regressive behavior (e.g. thumb sucking, clinging, tantrums, etc.)
- Maintain parent, child and family routines and provide structure to their day

### What You Can Do for Adolescents

- Be honest about the situation
- Listen to their experience
- Help them express their thoughts and feelings
- Encourage them to help others
- Humor is healthy and may reduce stress
- Keep contact with friends

### What You Can Do for Older Adults

- 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

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

**County of Los Angeles  
Department of Public Health**  
1-800-427-8700 or [ph.lacounty.gov](http://ph.lacounty.gov)

**County of Los Angeles  
Community and Senior Services**  
213-738-2600 or [dcss.co.la.ca.us](http://dcss.co.la.ca.us)

**Los Angeles City Department on Disability**  
213-202-2764 or 213-202-2755  
or [lacity.org/dod](http://lacity.org/dod)

**County of Los Angeles Information Line**  
Dial 211 or 211la.org

**Los Angeles City Information Line**  
Dial 311 or [lacity.org/LAFD/311.htm](http://lacity.org/LAFD/311.htm)

**World Health Organization**  
[who.int/en/](http://who.int/en/)

**Center for Disease and Control**  
[cdc.gov/](http://cdc.gov/)

## County of Los Angeles Board of Supervisors



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CEO

**Los Angeles County Department of Mental Health  
Community and Government Relations Division  
Public Information Officer**  
550 South Vermont Avenue, 6th Floor  
Los Angeles, CA 90020  
213-738-3700

## County of Los Angeles Department of Mental Health



*Nurturing Hope, Promoting Wellness  
and Supporting Recovery*

## **COPING WITH H1N1 VIRUS** (SWINE INFLUENZA) **Emergency Outreach Bureau Disaster Services**



550 South Vermont Avenue, 10th Floor  
Los Angeles, CA 90020  
213-738-4919  
[dmh.lacounty.gov](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.

[who.int/en/](http://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.

[who.int/en/](http://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 County 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:

[lapublichealth.org/](http://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.

### Prevent the Spread of Flu and Teach Others To Do the Same

- Stay informed, listen to radio and television, read news stories, check the internet and follow instructions from your 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.
- Wash your hands often to 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

### 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. Have two weeks worth of the following medical and health supplies available for your household:

- Soap or alcohol-based hand wash
- Medicines for fever and pain
- Thermometer
- Cough syrup
- Fluids with electrolytes
- Prescribed medication (if applicable)

## REACTIONS

### Common Reactions

- Anxiety
- Increase or decrease in activity level
- Inability to rest or relax
- Excessive worry
- Avoidance and/or isolation due to fear of becoming ill.
- Sadness
- Fear of dying

### Resiliency

Successful coping is influenced by the extent to which you can accomplish the following:

- Identify emotional reactions to contracting H1N1 that are predictable.
- Maintain a routine.
- Maintain contact with family and friends.
- Find ways to relax that do not include alcohol or drug use.
- Participate in activities you enjoy.
- Recognize that you cannot control everything.
- Stay focused on personal strengths.
- Avoid overexposure of graphic media.
- Ask for financial, emotional and medical assistance, as needed.

### Long-Term Impact

If you or a loved one are having difficulty coping during this period of uncertainty, consider seeking professional help.