



HAPPY HOLIDAYS DECEMBER NEWSLETTER



'TIS THE SEASON TO ENJOY OUR FAVORITE HOLIDAY TRADITIONS, CELEBRATING AROUND THE TABLE AND MAKING NEW MEMORIES WITH LOVED ONES.

TO ENSURE THAT THE FESTIVITIES ARE HAPPY, SAFE AND HEALTHY, WE WANT TO SHARE SOME TIPS FROM OUR EMD FAMILY TO YOURS.



National Influenza Vaccination Week

December 5-9th

National Influenza Vaccination Week is a critical reminder that there's still time to protect yourselves and your loved ones from this winter by getting your annual flu vaccine.

Flu activity is currently elevated across the country -- but there's still time to take action in **preventing flu illness and potentially serious complications** by getting a flu vaccine today!

For more information on where to get a vaccine, visit the [LA County Department of Public Health's Flu Website](#)



FIRES DURING THE HOLIDAYS CAN BE AVOIDED!

- Take precautions against kitchen fires when you're cooking and baking.
- Keep children and flammable items (such as grocery bags and kitchen towels) away from the stove and oven.
- Clean up greasy spills as you go to remove another fire hazard.
- Learn from the National Fire Protection Association [on ways to reduce the risk of Christmas Tree-related fires.](#)

How to Use a Fire Extinguisher



Pull Pin



Aim at Base of Fire



Squeeze Handle



Sweep Side to Side



While many online retailers may appear trustworthy at first, make sure to conduct a thorough check before purchasing to protect your privacy, finances, and personal data.

Online Retailer Safety Checklist: Do they have...

- ✓ A lock in the URL or trust seal?
- ✓ Valid primary and third party reviews (Amazon, Yelp, Google)?
- ✓ Recognition by the Better Business Bureau?



Weather Wariness

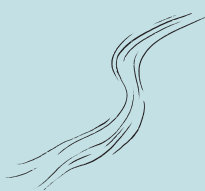


- In the event of a windstorm, survey exterior surroundings and clear brush and other hazards in advance to avoid home and personal damage.
- If caught in swift-water, swim at a 45° angle to the current and keep your feet raised at all times.



Did you know? LA Fire Department's Swift Water Rescue Team is a combination of firefighters with special training and their specialized gear. They are dispatched to floods, or situations where a person (or animal) is trapped in rushing water. Although the LA River is often just a trickle of water through a concrete culvert, it does occasionally fill with rapidly moving water and can present a serious life-safety hazard to people and pets.

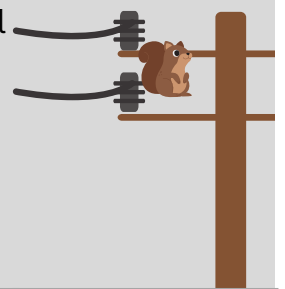
- If you or a loved one is experiencing homelessness during a flood or weather event, encourage them to move to shelter or higher ground away from drainage canals and streams.



Downed Power Lines

AVOID THE AREA AROUND DOWNED POWER LINES!!!

If your car does come in contact with downed power lines, call 911 immediately and stay in your car if it is safe to do so. If you must evacuate your car, jump out the car so both feet hit the ground at the same time and shuffle slowly to safety.



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