



Director's Message

Vaping, defined [here](#) by the Centers for Disease Control and Prevention (CDC), seems to be making headlines every day. The federal government has a number of investigations underway – including one from the CDC and Food and Drug Administration (FDA) – which are looking into lung injuries and chemicals associated with E-cigarette use or vaping. You can follow the CDC investigation [here](#).

The California Department of Public Health (CDPH) issued an [advisory](#) urging **everyone** to refrain from vaping. The health advisory follows an [executive order](#) signed by Governor Gavin Newsom to confront the growing youth epidemic and health risks linked to vaping.

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Peer-to-Peer Alfredo Valle “Preparing the Public”

“There are a lot of responsibilities with what we do and making sure supplies are moving, when they’re needed to move, is our main job in an activation.” Peer-to-Peer recipient **Alfredo Valle**, Storekeeper II, said he sees his job as serving the public by preparing the public. Day-to-day he and his team in the OC Health Care Agency’s (HCA) Health Emergency Section keep inventory of some 10-thousand items which are stored in the Section’s warehouse and ready for deployment. They also keep inventory on items which have been

pre-deployed throughout Orange County (OC). “When someone calls in a need during a mobilization, whether it’s the HCA, a hospital, a clinic or someplace else, we respond and fill that need.”

In addition to sending out beds, paper goods, protective gear or whatever else is requested, Alfredo also makes sure the vehicles and trailers needed to deliver the supplies are ready to move. “Not only do we send items out, but in a major mobilization, we’ll also have items coming in. Coordinating all that movement requires a lot of planning

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Tell Us What's Up!

We'd like to recognize Veterans who work at the OC Health Care Agency (HCA) in the November What's Up newsletter. If you or someone you know at HCA is a Vet, send us an email at hcacomm@ochca.com. Thank you!

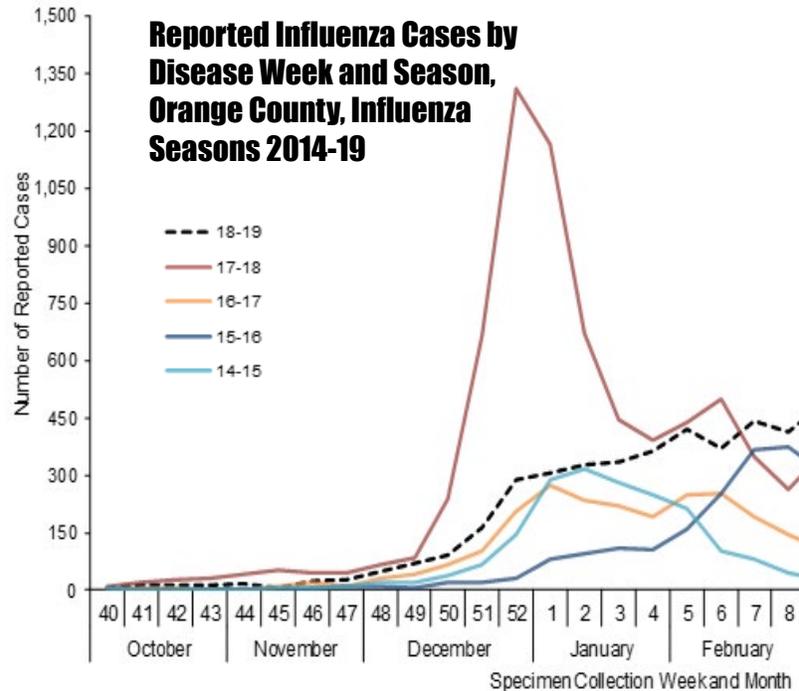


Flu Surveillance in Orange County

Story courtesy:
Eric Shearer, MPH,
Senior Epidemiologist

Beginning in early October, the OC Health Care Agency (HCA) begins primary surveillance work to monitor influenza (flu) activity by collaborating with local hospitals, primary care providers and colleges. The work relies on the dedicated employees at the Public Health Laboratory who provide critical lab services during the flu season which includes confirming test results and influenza virus subtyping.

The 2018-19 flu season in Orange County (OC) was uncharacteristically long compared to previous seasons, with overall moderate severity. Flu activity began to increase in mid-December and peaked at the beginning of March. Peak activity occurred much later during the 2018-19 season compared to the past three flu seasons. Only one pediatric flu-related death



Students from OVHS reached out to merchants about vaping as part of the Youth Vaping Prevention Project.

The OC Health Care Agency (HCA) [Tobacco Use Prevention Program](#) (TUPP) has been working diligently to prevent vaping use among youth. The Youth Vaping Prevention Project engages youth in developing messages to prevent and eliminate vaping. One of TUPP's many partners is Mrs. Kimberly Ohara at Ocean View High School (OVHS) in Huntington

Preventing Youth Vaping in Orange County

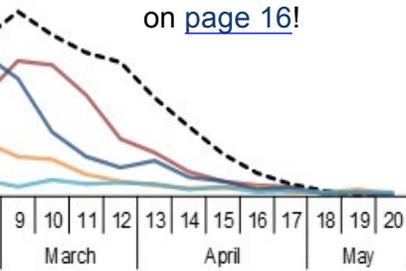
Beach who coordinates TUPP presentations and oversees the youth volunteer work TUPP does with her students. Students at OVHS participated in a recent outreach to local businesses to share information about the harm caused to minors from vape products. The TUPP program also acknowledges merchants who are committed to preventing underage vaping. By creating partnerships with educators, students, businesses and the communities, TUPP staff can continue work towards making Orange County healthier and tobacco-free. If you would like more information about ways to prevent youth vaping, please contact TUPP at (714) 834-3107.



was reported in OC during the 2018-19 season.

The flu is a contagious respiratory illness caused by flu viruses. Some people, such as older people, young children, and people with certain health conditions, are at high risk of serious flu complications. The Centers for Disease Control and Prevention recommends the flu vaccine annually for everyone 6 months of age and older as the first and most important step in protection. Find out where you can get a free flu shot

on [page 16!](#)



Orange County



▲ Students from Mrs. Kimberly Ohara's health class at OVHS in Huntington Beach during recent outreach.

Director's Message

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As of September 24, 2019, CDPH has received reports that 90 people in California who have a history of vaping, were hospitalized for severe breathing problems and lung damage, and two people have died. Across the U.S., there are more than 500 reports of lung damage associated with vaping, and more reports are coming in nearly every day.

It's also becoming more difficult for parents and teachers to track vaping use among teenagers with items described as 'camouflaged vaping devices' available for purchase. Companies advertise vaping devices in hoodies, or design them to look like a computer mouse, a phone case or USB drives. You can read more on how vaping devices are hidden in common items from [U.S. News & World Report](#).

The FDA says if you experience any vaping-associated respiratory illness, you/your medical provider are encouraged to report the information, including the product used, to your local health department. Here in Orange County, that's our Public Health Services' Communicable Disease Control Division. They're tracking cases locally and have set up a new website you can visit [here](#).

The bottom line is that no one knows yet why lung damage is happening from vaping. Here's what the CDPH wants you to be aware of:

- You should quit vaping altogether, no matter the substance or source. For those who continue, you are urged to avoid buying any vaping products on the street and never modify a store-bought vape product.
- If you, or your child, have vaped at all in the past few months and are having new problems with breathing or other symptoms, you should seek medical care immediately and tell your health care provider about your history of vaping.
- If you decide to stop vaping, do not replace vaping with smoking combustible cigarettes. Ask your doctor for FDA-approved quitting treatments.

The article to the left is about how our Tobacco Use Prevention Program (TUPP) has been working diligently to prevent vaping use among residents, including the Youth Vaping Prevention Project. Also, know that FREE countywide services to quit smoking or vaping are available for teens and adults who live, work, or attend school in Orange County by calling 1-866-NEW-LUNG, or 1-866-639-5864.

Please share this important information with your friends and family.

Sincerely,

Richard Sanchez, Director

Providing Knowledge and Education for Our Future Nurses

When it comes to ‘writing the book’ on what people need to know about emergency nursing, staff in the OC Health Care Agency (HCA) Emergency Medical Services (EMS) division were among those called to make sure the most current, pertinent and lifesaving information made it onto the pages.

The book is *Sheehy’s Emergency Nursing, Principles and Practice*,

(available on [Amazon](#))

and **Vicki Sweet**, EMS Coordinator, was asked

by the [Emergency Nurses Association](#) (ENA) to co-

edit the book. “It’s both an

honor and a responsibility to co-edit this book which hadn’t

been updated since 2009. As

an emergency nurse, we like to tell people ‘how it is,’ and I think

it’s extremely important for all

people, especially those of us in

public safety, to have and know the information that’s in this book.”

Co-editing meant Vicki and her colleague (in Washington state),

had to oversee every word and find experts to either update or re-write

each of the 50-plus chapters in the book. “That was the most difficult

part of this as we ended up using



Mike DeLaby and Vicki Sweet.

about 30 authors,” said Vicki. “But as co-editor, I was able to bring in local experts from throughout Orange County’s emergency system.” Among those experts, **Tammi McConnell**, EMS Administrator and **Mike DeLaby**, EMS Assistant Administrator.

“Each person was chosen for their expertise and willingness,” said Vicki. “The contributors come

from across the country and it’s a prestigious group. To have local friends and colleagues involved makes this especially rewarding.”

Tammi wrote the chapter: Legal and Regulatory Considerations. “These concepts are complicated, especially in California, but they’re essential for emergency nurses to understand,” said Tammi. “As patient advocates, nurses have a duty to understand and apply all applicable laws, regulations and professional standards, rights and ensure patient safety.” As for contributing to this book Tammi said, “I’m proud and honored to be amongst other nurse leaders and experts who desire to share our

knowledge through clinical practice, research and experience.”

Mike agreed to work on two chapters related to Health Emergency Management, which is an area within the EMS program. Mike was then asked to step-in and write on Toxicologic Emergencies after the original author couldn't meet their assignment. He had collaborated with Vicki on another publication where he did similar work.

In addition to all her co-editing duties, Vicki also wrote the chapter on Patient Assessment and co-wrote Cardiovascular Emergencies. “This project has been pretty cool and my two sons are proud of their mom. I admit I show the book to my friends but I don't keep it on the coffee table.” This is the third book Vicki has worked on. She was sole editor on a book in 2017 and a contributor and section editor on another ENA project. She said the latest book took about two years to complete as she carved out about 9 hours each week for it, after working her regular job. “People think you get rich off of a book like this, but it's not like a novel where you can make money. This is written by emergency nurses for emergency nurses. It's been rewarding and amazing just to see it birthed after all the work we put into it.”

Suicide Prevention Week in Orange County



The OC Health Care Agency (HCA) funds and/or contributes funding to a variety of behavioral and mental health services, some of which are focused on suicide prevention, intervention and postvention. The importance of suicide prevention and the work being done about it, were recognized by the Orange County Board of Supervisors with a resolution which declared Suicide Prevention Week, September 8-14, 2019. “We all have the power to make a difference and save lives by educating ourselves,” said **Dr. Jeffrey Nagel**, Deputy Agency Director, Behavioral Health Services (BHS). “We have the power to fight stigma by having open and honest conversations about suicide. There's a myth about suicide that if you talk about it you will actually facilitate it. The opposite is true, if we talk about it we actually are helping to prevent suicide.” He encouraged everyone to learn the warning signs for suicide which can be done through the “Know the Signs” campaign which you can find [here](#).

▲ Joining Supervisors and others for Suicide Prevention Week Resolution, Dr. Bhuvana Rao; Lilly Simmering; Dr. Jeffrey Nagel; Mark Lawrenz; Brett O'Brien.

Pain Isn't Always Obvious

KNOW
THE SIGNS

suicideispreventable.org

Meet the 2019 STEVE AMBRIZ Team Nominees



Authority and Quality Improvement Services (AQIS)

The AQIS AOABH Support Team monitors, evaluates and supports the use of quality management principles to improve the quality, accessibility and delivery of health care services across the County's Behavioral Health Services (BHS) system of care. The ultimate goal of the AQIS AOABH Support Team is to ensure that BHS provides Orange County residents ages 18 and older with responsible, effective, culturally-competent, timely, safe and appropriate behavioral health services. To accomplish this, the AQIS AOABH Support Team utilized a variety of platforms such as in-person and online training modules, telephone support, consultation, publications, newsletters, and data analysis to support Adult and Older Adult BHS.

Back row (L-to-R): Sharon Hoang, Sarah Kang, Jessica Rycroft, Susan Randhawa, Mary Malady. Middle row (L-to-R): Kandee Tran, Kelly K. Sabet, Blanca Rosa Ayala, Araceli Cueva. Front row (L-to-R): Christine Mine, Brenda Truong, Amanda Hamm. Not pictured: Jonathon Rich, Diana Mentas.

Get to know the 5 teams nominated for this year's Steve Ambriz Awards! One winning team will be announced during the ceremony on **November 13, 2019** from 2 to 4 p.m. at the Hall of Administration Board Hearing Room. Don't forget to mark your calendar!



Adult and Older Adult Behavioral Health (AOABH) Aliso Viejo Clinic

The AOABH Aliso Viejo clinic provides outpatient behavioral health services to approximately 300 adults ages 18-60 who have severe and persistent mental illness. The team consists of psychiatrists, a registered nurse, social workers, licensed marriage and family therapists, as well as unlicensed mental health specialists. The overarching goal is to meet the clients where they are and to build upon each client's individual strengths. The team at AOABH Aliso Viejo takes a multi-pronged approach to assist clients in meeting their basic needs with the goal of once basic needs are met, the client's ability to manage their mental health symptoms and return to a higher level of functioning will be achievable.

Back row (L-to-R): Dr. Jeff Nagel, Wayne Chan, Sarah McClaran, Katherine Boelts, Didi Cohen, Annette Mugrditchian. Front row (L-to-R): Rebekah Radomski, Michelle Menke, Bernadette David, Liz Lopez, Joan Cantor, Jessica Spargur. Not pictured: Dr. Terrance Taylor, Dr. Usha Sannidhi, Dr. Nabi Latif.



Adult and Older Adult Behavioral Health (AOABH) Housing and Supportive Services

Staff (L-to-R): Teresa R. Garcia, Veronica Tallant, Ray Perez, Marcy Kovacevich, Dolores Estrada, Tiffany Brown, Faith Morrison, Lisa Row, Jennifer Woosley. Not pictured: Benito Paredes, Patricia Stancato.

The Office of Housing and Supportive Services (HSS), oversees a continuum of housing programs which serves persons who live with a severe mental illness, substance use disorder, and/or co-occurring disorder, as well as are experiencing homelessness or at-risk of homelessness. The goal of HSS is to create viable, affordable and supportive housing opportunities for Behavioral Health Services (BHS) clients. HSS programs consist of: Mental Health Services Act (MHSA) Housing, the Continuum of Care Program, Continuum of Care Graduate Program, Mainstream Voucher Program, Housing Navigation Program, Bridge Housing Program, Residential Rehabilitation Program, Interim Placement Funding, and the Short Term Housing Program.



Orange County Acceptance through Compassionate Care Empowerment and Positive Transformation (OC ACCEPT)

Staff (L-to-R): Marco Ramirez, Syndie Kahl, Cyndy Williams, Joaquin Granado, Lu Pham, Crystal Valencia.

OC ACCEPT provides counseling services at no cost to individuals who are struggling with and/or self-identify as Lesbian, Gay, Bisexual, Transgender, Intersex and/or Questioning (LGBTIQ) and to the people important in their lives. We build connections and inclusiveness through serving all age groups, all religions, and all ethnicities and cultures. We seek to provide a safe environment with acceptance and compassion for individuals to express their feelings, build resilience, be empowered, and connect with others for support. OC ACCEPT also seeks to raise awareness and reduce stigma by providing training and education about our LGBTIQ community to the population at large.



Adult and Older Adult Behavioral Health (AOABH) Anaheim Program for Assertive Community Treatment (PACT)

Staff (L-to-R): Lisa Rothenberger, Navneet Kaur, Jennifer Portillo, Vanessa Fernandez, Maria Flores-Robles, Golmar Maleki. Not pictured: Dr. David Cheung, Julie Ngo, Joe Garcia.

The PACT program engages individuals who live with severe and persistent mental illness in a recovery process that leads to successful integration into the community. PACT participants are some of the most vulnerable and high-risk clientele in Orange County and require specialized services. The Anaheim Clinic serves the largest population consumers in AOABH and being located in this clinic allows the PACT team to be accessed by a large group of people in need. The values that guide our program include utilizing a team approach, recovery based, “whatever it takes” attitude, providing services directly to consumers in the community, family/support network involvement, and collaborative goal environment.



Mobile Food FACILITY OUTREACH

A high profile outreach effort by staff from the Environmental Health (EH) Mobile Food Facility (MFF) program, brought praise and a 'thank you' from Fourth District Supervisor Doug Chaffee. The Supervisor organized the event for mobile food business owners in his district. "We were very pleased to be able to provide this important information at the request of Supervisor Chaffee," said **Christine Lane**, Interim Director EH. "The Supervisor's staff organized the outreach and were great partners. In addition, staff were present from the offices of Representative Lou Correa, (D-46th Congressional District), and Assemblymember Sharon Quirk-Silva, (D-65th Assembly District)." On his Facebook page, Supervisor Chaffee thanked the OC Health Care Agency for, "a wonderful presentation."

The business owners in attendance were given an overview of the MFF program and permitting process by **Janene Bankson**, Supervisor over Mobile Foods and Special Events. Owners were able to ask questions which Janene answered in English while **Alexandra Vecchio**, EH Specialist II, translated the presentation and answered questions for Spanish speakers in the audience. Also present for EH were **Cheryl Meronk**,



Chief of Operations for Regulatory/ Medical Health Services; **Stephanie Wilkins-Singleton**, Program Manager, Food and Pool Safety program; and **Lara Adourian**, Hazardous Materials Specialist III.

“MFF operators in Orange County can find an informational bulletin on our website,” said Christine. “There are also checklists for owners to help them in the inspection of their vehicles and the permitting of their business. The informational bulletin and checklists are valuable tools to make the process smoother for food operators. With them, owners know what’s required for an MFF permit and when they would need to have any additional inspection done.”

MFF owners are required to maintain a valid Orange County health permit on their vehicle and notify EH if there are changes in their business such as a redesign of their vehicle or a major change in their menu. For detailed information on the MFF program visit: www.ocfoodinfo.com/mobile.

1. Mobile Food Facility presentation by Alexandra Vecchio, EH Specialist II. **2.** Janene Bankson, Supervisor over Mobile Foods and Special Events.



SERVICE AWARDS

2019 Fourth Quarter Employee Service Awards (January 1 - March 31 Hire Dates)

On behalf of the Health Care Agency Executive Team, we extend our heartfelt congratulations to each of you for your years of service to our department and the County of Orange.

35 Years

Roxanna Osborn

30 Years

Anthony Martinez

Donna Smith

Maria Lopez

Melissa Tober

25 Years

Annette Malijen

Celia Anaya-Conboy

Dagmar Himmler

Irma Calata

Jackie Tran

Jane Camacho

Kevin Dewindt

Mark Johnson

Quan Nguyen

Ramona Gomez

Rona Tagayun

Stacey Northcutt

Veronica Garcia

Xiomara Delgado

20 Years

Adriana Ortiz

Azin Asli

Celia Ochoa

Elizabeth Luna

Farah Zaidi

Gerald Knoble

Hanh-Thuc Ullman

Imelda Garner

Irene Adams

James Earnest

Jeffrey Derflinger

Jennifer Sarin

Jose Quintanilla

Karen Shifflett

Keunho Keefe

Kevin Nguyen

Kim Ta

Kristy Nguyen

Lisa Klawe

Mario Manacmul

Nenita Hernandez

Patricia Tran

Robyn Baran

Sarah Vu

Silvana Boroukhim

Susan Weidhaas

Suzette Smith

Teresa Garcia

Trang Nguyen

Veronica Llamas

Victor Hernandez

15 Years

Alexandra Vecchio

April Anderson

Hsiao-Wan Chai

Jonathan Rich

Julie Pham

Kevin Dugan

Lilia Cardenas

Sam Barela

Susana Medina

10 Years

Ana Hernandez

Armen Minasyan

Hoda Kaddis

Jennifer Nguyen

5 Years

Angela Yu

Von Borstel Leah

Chloe Williams

Christina Shelby

Erika Melear

Julie Johnson

Lennox Buchanan

Neelam Arora

Rachel Selleck

Rebeca Juarez

Virginia Espinoza

Yesenia Dominguez

খাদ্য নিরাপত্তা

Saying “Food Safety” in Bangla

aka Bengali

The OC Health Care Agency (HCA) recently presented some of HCA’s experts and expertise to a delegation of governmental, health and agricultural officials from Bangladesh. The group had traveled across the U.S., gathering information on food quality and safety, along with other food-related topics. They visited a number of places including the U.S. Department of Agriculture, Cornell University and even rural farms, not to mention the Environmental Health (EH) offices at 1241 Dyer Road in Santa Ana.

The group was given an in-depth look of the [EH Food Safety Program](#) by **Jenafer Forester**, Supervising EH Specialist, and a presentation on the response to a foodborne illness [outbreak](#) by **Dr. Matthew Zahn**, Medical Director, Communicable Disease Control. The visitors asked lots of questions, on a variety of subjects to include testing of food products for adulterants and/or bacterial contamination and responding to waterborne disease outbreaks. The visitors asked for advice on

challenges to ensure food quality and safety. Jenafer told the delegation that one key for food safety is working with businesses, “The trend for us is getting the information out and allowing businesses to have an equal playing field of resources when it comes to the policies, procedures and understanding what’s required.” While Dr. Zahn said food safety also depends on the choices that are made. “There are people who elect to eat food, such as raw oysters, that we know can cause illness. Even though we educate people on how to handle food safely, they still have to do it.”

When the meeting was over, the delegates thanked HCA



Learning How to Save a Life



California law requires certain businesses and/or building owners to have an automated external defibrillator (AED) device available for use. The OC Health Care Agency (HCA) Safety Program provides training for staff on how to use AED devices. About 30 HCA staff members attended a recent AED training session at 405 W. 5th Street where AED devices are on each floor. The participants learned that the devices are easy to use, the user doesn’t need a license to use one and there are voice prompts which ‘talk’ a user through the process on using the device.

The AED training includes knowing where the devices are located in your place of business, learning when to

County of Orange ENVIRONMENTAL HEALTH



staff for “a nice presentation that was very informative.” They also said after listening to Jenafer and Dr. Zahn that, “We understand now, why you have a quality food system and how you maintain food safety in your county.” Presentations for foreign delegations are nothing new at EH, as a group from China’s Food and Drug Administration heard a similar presentation in early 2018.



1. OC Health Care Agency staff with delegation from Bangladesh. **2.** Dr. Matthew Zahn (left) with Jenafer Forester (center) answering more questions. **3.** Watching and recording presentation.

use them (if you can’t find a pulse), and learning how to follow the prompts from the device in order to use it properly. You simply turn on the AED and it uses voice commands to take you step-by-step through the process. Additionally, if you ever do have to use an AED, make sure that 911 is called so paramedics are sent and a medical dispatcher can walk you through the CPR (cardiopulmonary resuscitation) and AED process as well.

You can schedule an AED training session by contacting the HCA Safety Program at: HCASafetyProgram@ochca.com.

1. AED device. **2.** Training session.



Promoting Healthy Snacks

In Orange County

Smiles, snacks and songs greeted customers at the Novy Ranch Market in Santa Ana for Healthy Snack Day (HSD) on September 12. It was one of eight locations throughout Orange County (OC) where staff and volunteers from the Public Health Services (PHS) Nutrition program were on hand to promote fruit instead of fries, Cheerios instead of Cheetos, and sunflower seeds instead of sweets.

Inside the market were three displays which offered information and recipes for healthy snacks, along with free samples of healthy snacks for customers to enjoy. The displays were staffed by **Yulya Le**, Public Health Nutri-

tionist I, **Elsa Amezcua**, Community Health Assistant III, **George Varela**, Community Health Assistant II and **Gina Navarro**, Community Health Assistant II along with interns Nattamon Aram, California State Long Beach and Sally Saleh Kia, California State Polytechnic University, Pomona. The event provided positive interaction with the community said Yulya, "I was happy to be in the community and reaching out to residents. I love the impact that CalFresh Healthy Living is having to promote healthy living in Orange County."

Meantime outside the store **Lucy Hernandez**, Program



Gina Navarro on left, Yasmin Solis, Champion Mom on right and Yasmin's daughter in center.



Yulya Le on left, Nattamon Aram center and George Varela on right.

October SIDS Awareness





Lucy Hernandez showing a child how to brush teeth.

Supervisor, Local Oral Health Program, offered kits to promote healthier teeth for children. “The kids are attracted to the bright, colorful bags which contain tooth brushes, toothpaste and other items for improving dental health. This gives me a chance to show the kids how to brush their teeth and there’s a sand glass so they know how long to brush. Of course the parents are very happy



Sally Saleh Kia on left, Elsa Amezcua on right.

their kids show an interest in taking care of their teeth.” For a little added flavor to the scene, Lucy handed out the items while DJs from 97.9 FM played music from their setup in the store’s parking lot.

Even if you didn’t get a healthy snack on Healthy Snack Day in September, you can still find recipes for healthy food by visiting the HSD website [here](#).

is Business Month

SIDS (Sudden Infant Death Syndrome) is the sudden, unexplained death of an infant younger than one year of age. It is the leading cause of death in children between one month and one year of age.

DID YOU KNOW?

- More than 90% of all SIDS deaths occur before babies reach 6 months of age.
- Risks of SIDS is 3 times higher in babies born with low birth weight.
- Accidental suffocation is the leading cause of infant injury deaths.
- On average in Orange County, nearly every other month, one baby dies while sleeping in an adult bed or sharing a bed with another person.

WHAT CAN YOU DO?

- Always place a baby on his or her back to sleep for naps and at night.
- Place your baby to sleep on a firm sleep surface, covered by a fitted sheet.

- Keep soft objects, loose bedding, or any objects that could increase the risk of entrapment, suffocation, or strangulation, out of the crib.
- Place your baby to sleep in the same room where you sleep but not the same bed. If you bring baby into your bed to breastfeed, make sure to put him or her back into a separate sleep area, such as a safe crib, bassinet, or portable play area when you are finished.
- Breastfeed as much and for as long as you can. This helps reduce the risk of SIDS.
- Keep your baby away from people who smoke and places where people smoke.
- Do not let your baby get too hot. Dress your baby in light clothing and keep the room temperature comfortable as you would for an adult.
- Offer a pacifier (with nothing attached) at nap time and bedtime.

Should you need more information about SIDS or safe sleep resources, you can find it at: the OC Health Care Agency Maternal, Child & Adolescent Health (MCAH) website [here](#) which includes this [video](#); the [Safe to Sleep](#) campaign; [EveryWomanOC](#); or contact Orange County SIDS Coordinator, **Marcia Salomon** at (714) 834-8218 or MCAH Coordinator, **Pauline Bui** at (714) 567-6234.

“Atypical” NOT “A Typical” Fire for Health HazMat

A natural gas leak was blamed for a stubborn fire at a Lake Forest condominium complex back in late August, according to this media [report](#). But the OC Health Care Agency Environmental Health (EH) Hazardous Materials Team (Health HazMat) was also called when the OC Fire Authority (OCFA) determined they were dealing with more than a gas leak. Health HazMat Team member **Mark Sutphin**, Hazardous Materials Specialist III, responded to the scene. “It was a pretty active with some 50 firefighters along with at least 13 residents who were forced out of their homes,” said Mark. “An OCFA captain told me this was not a typical fire because it involved a large amount of flammable solvents and oils which were stored under a stairwell in the garage. The captain said because of the chemicals, it took them longer to put out the fire. In addition, with all of the suppression materials that were used, the fire-water and foam, there was a lot of oil residue and solvents in the water that was flowing into the street coming from the condo where the fire broke out.”

Mark oversaw the cleanup of the hazardous materials which he said took 14-hours, from 10 p.m. until noon the next day. “The property management company hired a residential restoration company to do the cleanup. The company worked all through the night to pressure wash the streets and vacuum the liquid into drums before hauling it away as hazardous waste.” He said residents were not allowed to go inside because many of the condos were red-tagged as a precaution. “The Red Cross did a great job taking care of residents until the areas around their homes were cleaned up and they could go back inside.”

Investigators believe the chemicals involved in the fire came from the two cars which were in the garage. Mean-time EH reminds OC residents there are four household hazardous waste collection centers which are operated by the County of Orange for residents to dispose of



household chemicals. This is a free resource that can help OC residents manage old and unusable household chemicals to reduce fire and health hazards. For more information, please visit the [OC Waste & Recycling Household Hazardous Waste](#) website.

Don't Be The **DEALER**

DEA NATIONAL ^{Rx}
TAKEBACK



Saturday, October 26
10 a.m. to 2 p.m.

Keep them safe.
Clean them out.

STOLEN



MISUSED



1. Photos courtesy Mark Sutphin, Hazardous Materials Specialist III.
2. Water and foam from Health HazMat response in Lake Forest, August 20-21, 2019.
3. Water, foam, oil residue and solvents from Lake Forest condo fire.

Visit takebackday.dea.gov to find a collection site near you, or call **(800) 882-9539**.

Parking Lot NEWS!

There's important information regarding Parking Structure P8 at the Health Care Agency (HCA) Headquarters (HQ) building in connection with the opening of the new County Administration South (CAS) building.

We anticipate ongoing, increased usage of visitor parking in P8 due to the additional services available to the public within CAS. When scheduling guests or planning visits to HCA HQ, please review and share the parking map, right, so alternative options can be preplanned in the event P8 is full upon arrival. Visit ocpublicworks.com to download a copy.

REV.092319

Buildings Listed by Number

| Government Facility Legend | County | City | State | Federal |
|----------------------------|---|---------------------------|-------|---------|
| 1 | Old County Courthouse | 211 West Santa Ana Blvd. | | |
| 10 | Hall of Administration | 333 West Santa Ana Blvd. | | |
| 16 | County Administration South (CAS) County Service Center (CSC) | 601 North Ross Street | | |
| 18 | County Conference Center | 425 West Santa Ana Blvd. | | |
| 20 | Santa Ana City Hall | 20 Civic Center Plaza | | |
| 22 | Santa Ana City Council Chambers | 22 Civic Center Plaza | | |
| 23 | Appellate Court | 23 Civic Center Plaza | | |
| 26 | Santa Ana City Library | 26 Civic Center Plaza | | |
| 28 | State Building | 28 Civic Center Plaza | | |
| 30 | Superior Court - Central Justice Center | 700 Civic Center Drive W. | | |
| 32 | County Law Library | 515 North Flower Street | | |
| 34 | Federal Building | 34 Civic Center Plaza | | |
| 36 | Superior Court Annex | 36 Civic Center Plaza | | |
| 38 | Central Utility Facility | 525 North Flower Street | | |
| 40 | County Sheriff's Department HQ | 550 North Flower Street | | |
| 42 | County Mens Jail | 550 North Flower Street | | |
| 44 | County Womens Jail | 550 North Flower Street | | |
| 46 | Santa Ana City Stadium (Eddie West Field) | 46 Civic Center Plaza | | |
| 50 | County Jail Intake and Release Center | 550 North Flower Street | | |
| 56 | County Coroner (Sheriff-Coroner) | 1071 W. Santa Ana Blvd. | | |



| | |
|-----|---|
| 60 | City of Santa Ana Police Administration |
| 62 | Santa Ana City Jail |
| 200 | Health Care Agency Vital Records |
| 300 | Osborne Building District Attorney - Main O |

PARKING P1 Stadium Parking Structure

1020 Civic Center Drive
Santa Ana, CA 92703

RATES:
\$0.50 each 15 minutes or any portion thereof
\$15.00 Maximum Daily Rate

HOURS:
Cashiers on Duty 24/7/365
PLUS Automated Credit Card @ All Exit Lanes
PLUS Pay-On-Foot @ P6 24/7/365

PARKING P2 Superblock

West 6th Street @
N. Flower Street Santa Ana Blvd.
Santa Ana, CA 92701

RATES:
\$1.00 each 15 minutes or any portion thereof
\$20.00 Maximum Daily Rate

HOURS:
Cashiers on Duty: 6:30 am-11:30 pm
Mon-Fri | 9 am-5:30 pm Sat
PLUS Automated Credit Card @ All Lanes
PLUS Pay-On-Foot @ P6 24/7/365

PARKING P3 Courthouse - Library Parking Structure

690 W. Civic Center Dr.
Santa Ana, CA 92701

RATES:
\$1.00 each 15 minutes or any portion thereof
\$20.00 Maximum Daily Rate

HOURS:
Cashiers on Duty: 5:30 am-12:30 am M-F
7 am-6:30 pm Sat | 11:30 am-4:30 pm Sun
Closed to Public on Major Holidays

PARKING P5 Civic Center

500 Civic Center Plaza
Santa Ana, CA 92701

RATES:
\$0.05 - \$0.25 - \$1.50 -

HOURS:
Pay by 2-

GET YOUR FREE FLU SHOT

All County of Orange employees are eligible for a flu shot at no cost! A yearly flu shot is the best way to avoid the flu and the serious health risks that come with it, especially in young children, pregnant women, the elderly and those with medical conditions that put them at risk. Contrary to a common myth, the flu vaccine **does not** cause the flu. The flu vaccine is preservative free and protects against 2 strains of influenza A and 2 strains of influenza B.

- Flu Clinics have been scheduled at many County work locations. For times/locations click [here](#).
- Mondays and Fridays at Employee Health Services from 1 p.m. to 3 p.m.
- For other flu vaccination resources, talk to your

health care provider or visit www.flushot.healthmap.org.

Take precautions to prevent the spread of the flu and many other infections.

- Wash your hands frequently with soap and water.
- Use an alcohol-based hand cleaner.
- Don't forget to cover your mouth and nose with a tissue when you cough or sneeze.

Don't get the flu, get the flu shot - protect yourself, your family and your fellow employees.

If you have any questions, please contact Employee Health Services at EHS@ochca.com, or call (714) 565-3780.

OFFICES LIST & PARKING INFORMATION

When walking from parking structures 3, 5, 6 and 8 to the County Administration Center, public entry is located at the north side of the building.



| | | |
|-------------------------------------|---|-------------------------|
| 60 Civic Center Drive | 320 Sheriff Forensic Science Service | 320 North Flower Street |
| 62 Civic Center Drive | 405 Health Care Agency HQ | 405 West Fifth Street |
| 200 West Santa Ana Blvd. Suite 100B | 411 Ronald Reagan Federal Courthouse | 411 West Fourth Street |
| 300 North Flower Street | | |

Offices

| P6 Historic Courthouse Metered Surface Parking Lot | P6 Appellate Court Parking Structure #19 | P7 Twin Towers Parking Structure | P8 Transit Towers Parking Structure |
|---|---|--|--|
| Center Dr. @ Broadway, -Exit @ Civic Center Dr. Santa Ana, CA 92701 | Automated Entry/Exit @ Parton & Santa Ana Blvd. 601 W. Santa Ana Blvd. Santa Ana, CA 92701 | 1002 W. Santa Ana Blvd. Santa Ana, CA 92703 | 301 W. 5th Street Santa Ana, CA 92701 |
| RATES: 2 minutes \$0.10 = 4 minutes 10 minutes \$1.00 = 40 minutes 60 minutes | RATES: \$1.00 each 15 minutes or any portion thereof \$20.00 Maximum Daily Rate | RATES: \$1.00 each 15 minutes or any portion thereof \$20.00 Maximum Daily Rate | RATES: \$1.00 each 15 minutes or any portion thereof \$20.00 Maximum Daily Rate |
| HOURS: 8 am-10 pm Mon-Sat Credit Card or by Coin at Meter hour maximum limit per stay | HOURS: PLUS Automated Credit Card @ All Lanes PLUS Pay-On-Foot Alternate Exit @ P2 | HOURS: Cashiers on Duty: 6 am-8 pm M-F PLUS Automated Credit Card @ Exit Lanes 24/7/365 PLUS Pay-On-Foot | HOURS: Cashiers on Duty: 7am-7pm M-F Closed nights and weekends Closed to Public on Major Holidays |

Prepare for the

'GREAT SHAKEOUT'



In order to 'prevent disasters from becoming catastrophes,' the OC Health Care Agency (HCA) will take part in The Great California Shakeout Earthquake Drill. The drill is scheduled for Thursday, October 17 at 10:17 a.m. "We need to prepare so in the event of an actual earthquake, people will know what to do," said **Jean Brayer**, Supervisor and Department Safety Representative (DSR) with Health Policy, Research and Communications. "It's important that you take part in the drill and communicate any questions or concerns you might have with your department safety representative. Your DSR will walk through your place of work during the drill, to make sure everyone is participating and responding in the safest manner possible for your workplace location."

There are all kinds of resources you can find and use for your place of work and home. Click on the website for the Great California Shakeout [here](#). Also make sure you're registered and/or your password is up-to-date at [AlertOC](#).



Register for local emergency alerts at your home, work or school by visiting [AlertOC.com](#) or by texting the **ALERTOC** to **888777**.



For Health

Pumpkin spice and everything nice, that's what Fall is made of. It's the time of the year when we get to enjoy the flavors of Fall! Pumpkin is a popular food during this season.

There are many ways to eat them; the seeds can be roasted for a crunchy snack and the flesh can be used for stews, soups, pies and pasta. Did you know that pumpkin flowers can be eaten too?

Try this Cranberry Pumpkin Muffin recipe for breakfast with a glass of low-fat milk. Enjoy these muffins anytime of the year using canned pumpkin and frozen cranberries.

CRANBERRY PUMPKIN MUFFINS

Makes: 12 Servings

Ingredients:

- 2 cups flour
- 3/4 cup sugar
- 3 tablespoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 3/4 teaspoon allspice
- 1/3 cup vegetable oil
- 2 eggs, large
- 3/4 cup pumpkin (canned)
- 2 cup cranberries (fresh or frozen chopped)

Preparation:

1. Preheat oven to 400 degrees.
2. Sift together dry ingredients (flour through allspice) and set aside.
3. Beat oil, eggs and pumpkin together until well blended.
4. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
5. Fold in chopped cranberries.
6. Spoon into paper lined muffin cups.
7. Bake at 400 degrees for 15 to 30 minutes.

For nutritional information, reviews and other options with this recipe, visit [here](#).

Leveraging Your Benefits



Open Enrollment & New Cigna Health Plan

This is the month you can start making your benefits selections for next year, as open enrollment begins October 25 and ends November 15. Among your choices, you can select a new health plan for 2020, called Cigna Select.

There's an overview of the plan in this [video](#) which is narrated by Cigna's Paul Lopez-Wood. He's the person you would reach out to with questions or for more information and he can be reached at YourCountyBenefits@Cigna.com or (714) 834-3108.

"Cigna Select has lower payroll deductions, lower co-pays and lower out-of-pocket maximums compared to Cigna Choice," said Paul. "The reason is because you are using a specialized network of providers, which will help lower costs."

Under Cigna Select, you choose a network of providers from one county. Your choice can be based on where you live or work or where you choose to get your medical services. So for Orange County (OC), the network choice is St. Joseph/Hoag Health. In Los Angeles County, the choice is HealthCare Partners.

For Riverside or San Bernardino Counties, the network choice is PrimeCare and in San Diego County it's Scripps Health, albeit Scripps is for most of San Diego County and not all areas. (See plan for more details on San Diego County.)

There is one important consideration for Cigna Select said Paul, "If you have a doctor that you like, check in advance if your doctor is a part of the network for the county you

choose. You can look up your doctor on our website at Cigna.com. If your doctor is in the network you choose, you can save some money by switching Cigna plans. If your doctor is not in the network, then you have to decide if you would be comfortable getting a new doctor to save money."

Meantime Cigna offers other benefits for its enrollees under its rewards program. Starting next year Cigna will have a new benefit with its wellness program called [Omada Health](#). This benefit is for individuals at risk of Type 2 Diabetes and heart disease. Cigna also offers the ongoing Healthy Pregnancies/Healthy Babies program which provides nurses to answer questions as well as a financial perk to sign up. Finally, Cigna offers access to many health clubs for a \$25 enrollment fee and \$25 monthly fee. For more on these and other Cigna programs, click [here](#).

Information in "Leveraging Your Benefits" is to make you aware of benefits available to you as a County of Orange employee. This is not an endorsement of any program.

Planning for your medical costs

| | Cigna Choice HMO | | Cigna Select HMO | |
|------------------------|-------------------------------|-------------------|--------------------------------------|-------------------|
| | Employee | Employee + Family | Employee | Employee + Family |
| Payroll deduction | \$37.41 | \$257.28 | \$31.18 | \$214.51 |
| Deductible | \$0 | \$0 | \$0 | \$0 |
| Out-of-pocket maximum* | \$1,000 | \$2,000 | \$750 | \$1,500 |
| PCP/Specialist Copay | \$20/\$20 Copay | | \$5/\$10 Copay | |
| Chiropractor | \$15 Copay/30 visits per year | | \$10 Copay/Unlimited visits per year | |
| In-Patient | \$100 Copay | | \$100 Copay | |
| Emergency Room | \$50 Copay | | \$50 Copay | |
| Urgent Care | \$25 Copay | | \$25 Copay | |
| Lifetime maximum | Unlimited | Unlimited | Unlimited | Unlimited |

and preparation. That's why we train regularly." He also said there's great cooperation among his co-workers. "I love them because they're easy to work with and cool people. We have respect among ourselves and can talk about anything. That's important to have those relationships when things might get stressful."

Alfredo has been with the HCA for 21 years. He said he likes his job because there's something new every day. "The most important thing for me is I'm working for the public. I also get to do different things. One day I might talk to someone at a hospital, the next day I talk to someone with a fire department or police department. I like interacting with different people. So there's no routine here and we have to handle whatever comes up. I feel very comfortable being able to handle whatever challenge comes our way."

He said he knew he wanted to work for the County of Orange and his wife does too, in the Social Services



Agency. They have two children, one is starting a teaching career, the other is studying to be a teacher. "We have 9 teachers in our family. I didn't have anyone to encourage me to go to school, otherwise I might have become a teacher too. So I've told my children 'no education, no future' for you. However, working

for the County has been great. I see so many opportunities here."

When he's not working, Alfredo said he has a passion for the ocean and boogie boarding. If you visit his office, you'll see his love for the San Francisco 49ers, where he has a well-stocked inventory of Niners items.

"When I came to the U.S. from Mexico, the 49ers were good and I became a fan, watching them in Anaheim and traveling to San Francisco too for games. Little did I know they would only be good during that time. But they're my team just like the people here."



MISSION

In partnership with the community, protect and promote the health and safety of individuals and families in Orange County through:

- Assessment and planning
- Prevention and education
- Treatment and care



Connect with Us



The **What's Up** newsletter is created and distributed monthly by HCA Communications. Please call (714) 834-2178 with any suggestions or comments.