

K-12 TELEBRIEFING



March 4, 2025

Welcome!



SUBJECT MATTER EXPERTS



Dr. Motadel
Chief Pediatric Officer
County of San Diego



Tracy Schmidt
Director of Safety and
Student Engagement, SDCOE



Corinne McCarthy
Coordinator, School Nursing
SDCOE



Dr. Taras
Physician Consultant
SDCOE

SPECIAL GUESTS



Armand King
Walk With Me Impact,
Director of Program Development



Myla Barker, MPS EDM
Emergency Services Coordinator
Office of Emergency Services

EDUCATION SECTOR TEAM



Nicole Villa



Allison Hirahara



Jen Levy



Miriam Maldonado

AGENDA



Agenda Item	Speaker/Presenter
Welcome & Announcements	Nicole Villa
Fentanyl and Substance Use Awareness and Prevention Assemblies for Youth	Armand King
OES Disaster Preparedness	Myla Barker
COVID-19 Update	Tracy Schmidt
Public Health Updates	Dr. Motadel
Q&A Session	All Panelists



Announcements

HPV AWARENESS DAY



Today, March 4th is [International HPV Awareness Day!](#)

Check out these upcoming events:

- St. Jude HPV Cancer Prevention Program's HPV Awareness Day Series March 3-7, 2025. [Learn more and register for one seminar or the entire series.](#)
- Webinar hosted by the American Cancer Society National HPV Vaccination Roundtable on March 11, 2025, at 11:00am. [Learn more and register.](#)

RURAL COMMUNITIES TELEBRIEFING



Disaster Readiness for the Modern World: Health, Climate Change, and Economic Impacts in Focus

THURSDAY | MARCH 6, 2025 1:00PM - 2:00PM

RURAL COMMUNITIES TELEBRIEFING

VIRTUAL - ZOOM

The banner features a light blue background with white clouds and a green mountain range at the bottom. It includes the County of San Diego and Live Well San Diego logos at the top. The text is centered and uses a mix of blue and white colors. A yellow banner highlights the event title.

Join the Rural Communities Telebriefing on Thursday, March 6 from 1:00 – 2:00pm

[Register here!](#)

AIR IMPROVEMENT RELIEF EFFORT

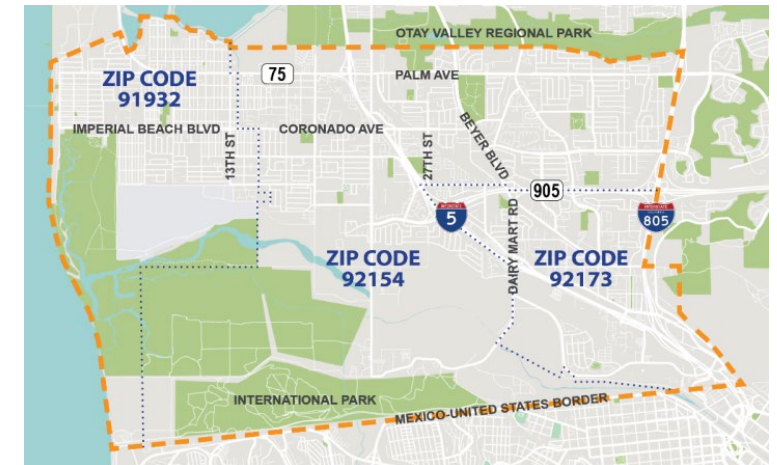


The San Diego County Air Pollution Control District is distributing free air purifiers and up to two filters to households affected by sewage odors near the Tijuana River Valley.

Eligible households in the City of San Diego communities of Otay Mesa West, San Ysidro, Egger Highlands, Nestor, and Tijuana River Valley, and the City of Imperial Beach, can [learn more and register](#) online.



Oransi MJR01 Air Purifier
True HEPA and activated carbon filtration



FAMILY HEALTH MASTERCLASS



Aj Harris
Sr. Care Specialist/Coach
Brightline/BrightLife Kids

Join BrightLife Kids for a National Nutrition Month Webinar:

[Family Health Masterclass](#)

Thursday, March 13, 12:00 – 12:30pm

CHILDREN, YOUTH & BEHAVIORAL HEALTH INITIATIVE



[Join the Public Update on the CYBHI Initiative](#)

Thursday, March 13, 2025, 3:00-5:00 pm Pacific

Hear updates about the progress of the Children, Youth, and Behavioral Health (CYBHI) initiative to transform how California meets the behavioral health needs of our children, youth, and families.



PUBLIC HEALTH CHAMPIONS



Call for Nominations ✦ OPEN
2025 Public Health
CHAMPIONS



2025 *Live Well San Diego* 24th Annual
Public Health Champion Awards



Submission Period Ends
March 14, 2025

Nominations are now open for the [2025 Public Health Champion Awards!](#)

Submit your nomination by **March 14** to recognize an individual or organization helping protect and promote health in San Diego County.



Fentanyl and Substance Use Awareness and Prevention Assemblies for Youth

Armand King



EMERGENCY OPERATIONS CENTER OVERVIEW

AGENDA

1. EOC Basics
2. EOC Sections
3. Disaster Preparedness



EOC BASICS

- Provides centralized coordination for an effective response to disasters affecting a jurisdiction.
- Allows government to provide interagency coordination and executive decision making to support the incident response.
- The EOC does not command or control the on-scene response.



HALLMARKS OF AN EOC

- The EOC coordinates support through:
 - Information collection and evaluation
 - Priority setting and policy direction
 - Plans and determines current and future needs
 - Resources management



OPERATIONAL AREA

- What is the Operational Area?
 - County and all political subdivisions.
 - Includes all special districts within county.

Our EOC serves a dual purpose – it is both the County of San Diego EOC and the Operational Area EOC.



OPERATIONAL AREA EOC

- What is the Operational Area EOC?
 - Intermediate level of the state emergency services organization.
 - Communications link with State and Federal agencies.
 - Coordination point for response and recovery operations.



POLICY GROUP

- Responsible for overseeing all EOC activities and setting policies related to the response.
- Composed of key department heads, EOC Director, CAO, DCAOs, and other critical decision-makers.



EOC DIRECTOR

- Establish the appropriate staffing level for the OA EOC.
- Exercise overall management responsibility for coordination between Emergency Response Agencies.
- Ensure that all County agency actions are accomplished within the priorities established.
- Make recommendations to the Director of Emergency Services (DES) regarding Proclamations of Local Emergency.

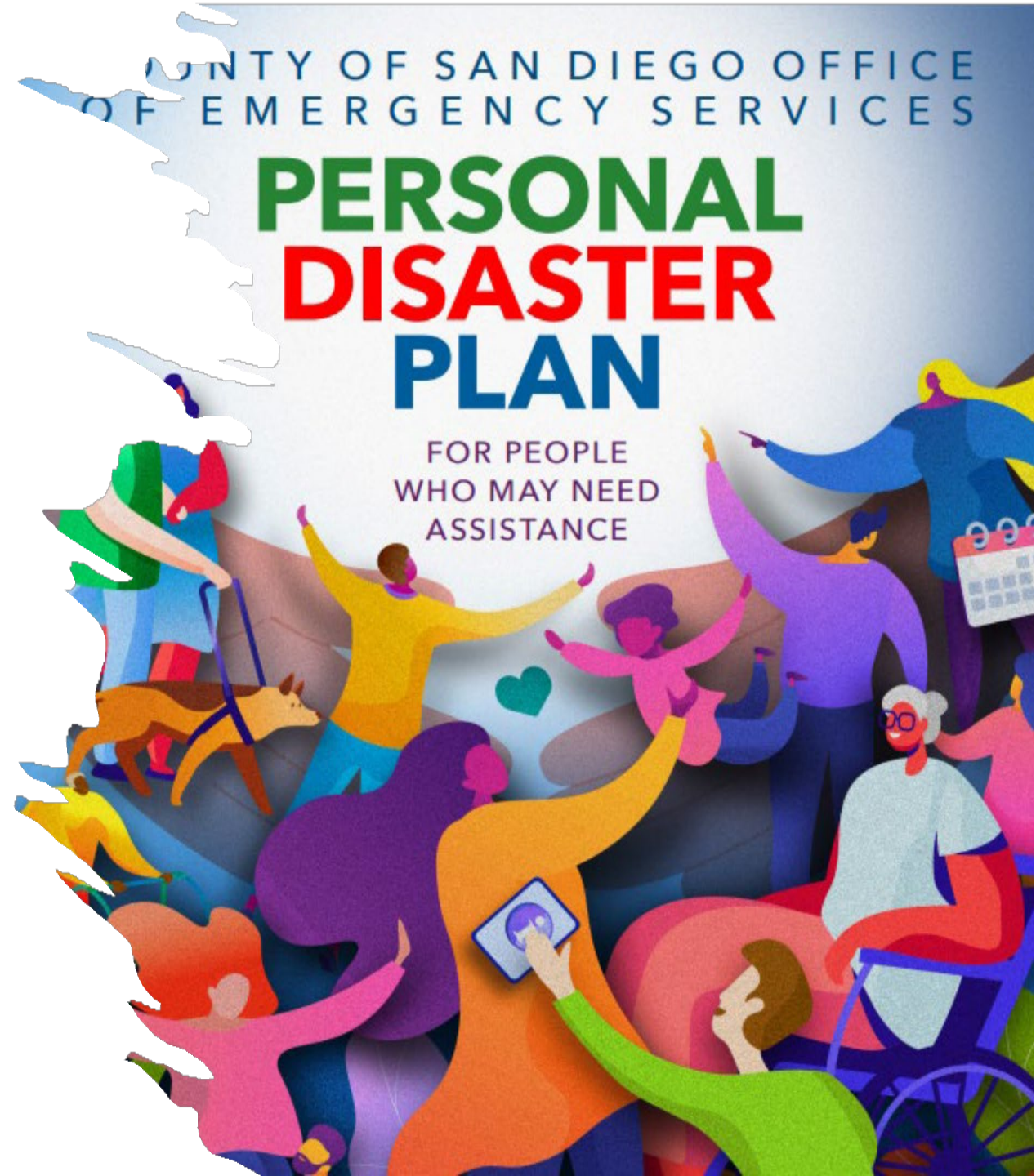


EOC COORDINATOR

- Monitor organizational effectiveness ensuring appropriate modifications occur as required.
- Ensure the use of guiding documents.
- Manage coordination between EOC Sections.
- Ensure that inter-agency coordination is accomplished effectively.
- Make recommendations to the EOC General and Command Staff.



Disaster Preparedness Planning



Steps To Help Prepare

- **Get Connected**
- **Make A Plan**
- **Gather Supplies**
- **Stay Informed**



Planning with a Support Network

Communicate with and involve the support network in the planning:

- Share disaster plan
- Ask network to notify person in need when there is an emergency
- Discuss contact strategies
- Consider trusted person keeping copies of house and car keys
- Choose an emergency meeting place





Make a Plan

Emergency planning starts in the home:

- Install smoke & carbon detectors
 - Deaf or hard of hearing should install system with flashing lights or vibrations
 - Call 2-1-1 for installation assistance
- Know utility valve locations and how to disconnect
- Write down the locations of utilities:
 - Gas valve, water valve, circuit breaker, garage door manual override

Insurance coverage:

- Talk with agent to ensure adequate coverage
- Inventory possessions in case of reimbursement claim

Make a Plan

Planning for medical equipment:

- **Attach instruction cards**
- **Identify critical supplies that should be taken**
- **Ask medical supply company about back-up power source**
 - **Ask utility company about eligible programs**
- **Know location of more than one life-sustaining treatment facility (i.e., dialysis)**



Make a Plan

Vial of Life

- A medical information form
- A vinyl envelope and magnet
- A Vial of Life sticker
- To request a fee kit, call (800) 339-4661



VIAL OF LIFE



Information & Assistance

1-800-339-4661

Updated On

/ /

Name _____

Blind Deaf Alzheimer's Disease or Related Dementia

Address _____ City _____ Zip _____

Phone # _____ Male Female Date of Birth _____

Social Security Number (last four digits) _____

Medicare Number (last four digits) _____

Other Insurance _____ Policy Number _____

Do you have an Advance Health Care Directive? Yes No

If yes, location _____ Agent _____ Phone # _____

Do you have a "Do Not Resuscitate Order" Yes No

Registered with Sheriff's "Take Me Home"? Yes No

Emergency Contacts

Name _____ Relationship _____ Phone # and E-mail _____

Name _____ Relationship _____ Phone # and E-mail _____

Caregiver _____ Phone # and E-mail _____

Clergy _____ Phone # and E-mail _____

Pet's Information Name & Type _____

Veterinarian _____ Phone # _____

Medical Information

Primary Doctor _____ Phone # _____

Secondary Doctor _____ Phone # _____

Hospital _____ Phone # _____

Height _____ Weight _____ Blood Type _____

Normal Blood Pressure _____

Allergies to drugs or foods _____

Please list any medical conditions that apply (for example: cardiac, diabetes, hypertension, stroke) _____

Surgeries (type and date)

Do you?

Wear dentures? Yes No

Wear glasses? Yes No

Wear contacts? Yes No

Use Oxygen? Yes No

Wear hearing aids? Yes No

Wheelchair? Yes No

Other Important Emergency Information

Immunizations

Where do you keep your medications?

Medications

(Prescription, Over-the-counter Drugs, Vitamins, Herbal Supplements)

Name	Dose-Frequency	Purpose
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_____	_____	_____
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_____	_____	_____
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_____	_____	_____
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_____	_____	_____
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_____	_____	_____
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_____	_____	_____
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_____	_____	_____
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Please record all information in a manner easy to read by emergency medical personnel.

Planning for Different Circumstances

- People with Pets or Service Animals
- Older Adults
- Rural Communities
- People with Developmental Disabilities
- People with Speech/Communication Disabilities
- People with Mobility or Other Physical Disabilities
- People who are Blind or who have Low Vision
- People with Dementia



Planning for Different Circumstances

- **Pregnant women and families with infants**
- **Transportation Challenged**
- **People who speak Limited English**
- **New Californians**



Planning for Different Emergencies

Fires

- **Before**
 - **Evacuation Warning: Prepare to leave NOW**
 - **Plan for no electricity, don't use candles**
 - **Get a mask**
 - **Plan escape routes for each room**
 - **Clean gutters, remove brush near home**
 - **Call 2-1-1 to see if local Fire Safe Council can help**
- **During**
 - **Evacuate Order : Leave NOW**
 - **If a door feels hot, don't open it**
 - **Stop, drop, and roll**
 - **Leave smoky areas quickly, stay low to the ground**



Power Outages



Fires



Tsunamis



Floods



Heat Waves



Earthquakes

Planning for Different Emergencies

Earthquakes

- **Before**
 - Secure furniture to walls
 - ID safe spots in each room (sturdy tables, desks, etc.)
 - ID dangerous spots (windows, mirrors, hanging objects)
 - Learn how to shut off utilities (water, gas, electricity)
- **During**
 - Don't rush outside, get under a desk or table
 - If outside, move away from buildings, trees, streetlights, and powerlines
 - If driving, pull over and stop away from buildings and trees
 - Be ready for aftershocks
 - Watch for tsunamis on the coast



Power Outages



Fires



Tsunamis



Floods



Heat Waves



Earthquakes

Planning for Different Emergencies

Flooding

- **Before**
 - Keep storm pipes and drains clear
 - Move valuables to higher floors
 - Monitor TV and radio for watches and warnings
 - Learn best escape routes to higher ground
 - Use sandbags to divert water (get from local FD)
- **During**
 - Don't wait and see. Leave when ordered to evacuate
 - Never walk, swim, or dive through moving water
 - Turn Around, Don't Drown
 - Watch for mudslides
 - Avoid downed powerlines
 - If instructed, turn off water and electricity, unplug appliances



Power Outages



Fires



Tsunamis



Floods



Heat Waves



Earthquakes

Planning for Different Emergencies

Power Outages

- **Before**
 - Prepare flashlights, no candles
 - Keep emergency backup phone charger
 - Buy shelf stable food that doesn't need cooking
 - Keep car gas tank at least half full
- **During**
 - Unplug appliances/electronics to prevent damage
 - Leave one light plugged in
 - Keep refrigerator and freezer doors closed
 - Do not use gas stove for heat
 - Use generators, camp stoves, and grills outside



Power Outages



Fires



Tsunamis



Floods



Heat Waves



Earthquakes

*See pages 31 – 33 for more information from SDG&E.

Planning for Different Emergencies

Pandemic/Public Health Emergencies

- 2-week supply of food and water
- Prescription drugs on hand
- Wash hands
- Cover cough or sneezes
- Stay home if sick

Extreme Heat

- Seek air conditioning or fan
- Go to public buildings for cooling
 - Call 2-1-1 to find cool zones, coolzones.org
- Drink cool, non-alcoholic, non-caffeinated drinks
- If you feel ill, call a doctor or 9-1-1



Power Outages



Fires



Tsunamis



Floods



Heat Waves



Earthquakes

Planning for Different Emergencies

Tsunami

- Move to higher ground, inland, and/or higher floors
- Listen to broadcasts for emergency instructions
- Leave immediately if ordered
- Do not sightsee – stay away from the coast
- Do not return to the hazard zone until “all clear” is given

Terrorism

- Report suspicious activity
- Do not accept packages from strangers
- Follow instructions from emergency officials
- Be ready for sheltering or TEP instructions
- Stay calm, patient, and contact person in your personal support network



Power Outages



Fires



Tsunamis



Floods



Heat Waves

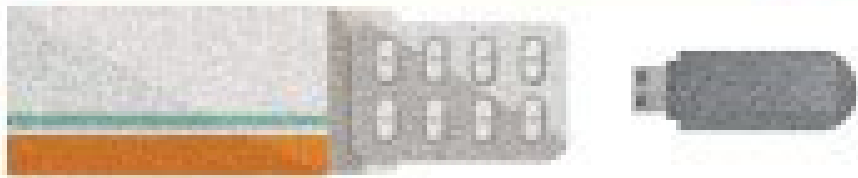


Earthquakes

Gather Supplies – Go Kit

Pack a “Go Kit” for when you must leave in a hurry.

- Bottled water, non-perishable food (granola bars)
- Copies/hard drive w/ important documents
- List of meds, why you take them, and dosages
- Extra ice pack in freezer for refrigerated meds
- Contact info for household and support network
- Flashlight, hand-crank or battery-operated radio w/ extra batteries
- Cash (small bills)
- Notepad & pen
- Antibacterial wipes and hand sanitizer



Gather Supplies – Go Kit



- Face mask
- Back-up medical equipment (i.e., glasses, batteries) and chargers
- Aerosol tire repair kits and/or tire inflator to repair flat wheelchair or scooter tires
- Supplies for service dog
- Portable cell phone chargers
- This guide!!!

Gather Supplies – Home Kit

Prepare a “Home Kit” to survive for at least three days w/out water or electricity.

- 1 gallon of water per person, per day
- Food that won't spoil
- First-aid kit
- Medications, list of medications you take
- Flashlight or battery-powered lantern, battery operated AM/FM radio, extra batteries, or wind-up radios that do not require batteries
- Whistle or bell
- Backup medical equipment (e.g., oxygen, medication, scooter battery, hearing aids, mobility aids, glasses, facemasks, glove)
- Style and serial number of medical devices (pacemakers) and usage instructions



Communication Tools

I need a translator

Necesito un traductor

Tôi cần một người phiên dịch

محتاج مترجم

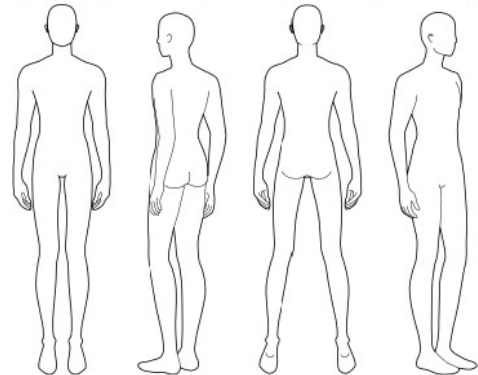
Kailangan ko ng tagasalin

我需要翻



How am I doing?	What day/time?	What is happening?	When is tube coming out?
IV	Remove restraints	Exercise	Massage
leave me alone	Don't leave	Come back later	Prayer
Bathroom	Cool cloth	Pillow/blanket	Glasses/Socks
Wash face	Shampoo/Bath	Comb/Brush	Teeth brushed

PAIN CHART | LEVEL OF PAIN



I want pain medicine

Dull

Sharp

Radiating

Shot

One pill

Two pills

Itches	Sings	Hurts/aches	Burns	Can't move/numb
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I WANT

To be suctioned	Lip moistened	Water/Ice	To be comforted
To sleep	TV/Video/DVD	Call light/Remote	It quiet
Lights Off/On	To go home	To sit up	To lie down
To turn left	To turn right	Head of bed up/down	Get out of bed

I AM

Short of breath	In pain	Choking	Feeling sick
Hungry/Thirsty	Cold/Hot	Tired	Dizzy
Angry	Afraid	Frustrated	Sad

I WANT TO SEE

Doctor	Nurse	Family	Chaplain
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A	B	C	D	E	F	G	H	I	J
K	L	M	N	Ñ	O	P	Q	R	S
T	U	Ü	V	W	X	Y	Z		
1	2	3	4	5	6	7	8	9	0
.	'	,	?	!	+	-	SPACE		

Get Connected



TALK



LIVE CHAT



SEARCH



ENROLL

Call 2-1-1 to connect to resources

- Free, 24-hour, confidential phone service
- Info available in 200+ languages
- Searchable online database
- Work with over 6,000 community, health, and disaster services

Difficulty hearing or speaking?

- Dial 7-1-1 and ask to be connected with 2-1-1 at 858-300-1211



 Facebook
211sandiego

 Twitter
@211sd

 Instagram
211sd



Food Assistance



Housing & Utilities



Disaster Relief
& Prevention



Financial &
Legal Assistance



Transportation



Health, Nutrition
& Primary Care



Military & Veteran
Services



Enrollment Services

Stay Informed

Resources

- www.AlertSanDiego.org – County’s preparedness website
- AlertSanDiego – County’s mass notification system
- [Twitter.com/AlertSanDiegoCo](https://twitter.com/AlertSanDiegoCo)
- [Facebook.com/ReadySanDiego](https://facebook.com/ReadySanDiego)
- SD Emergency App – County’s emergency information app
- Emergency Alert System – Radio stations for San Diego County are KOGO AM 600 and KLSD AM 1360
- RecoverSD.org – Recovery information
- 2-1-1 – Non-emergency questions, disaster updates, and information
- 9-1-1 – Life-threatening emergencies
- Genasys Protect – To find your evacuation zone



Scan the QR code to register your address, cell phone, and/or email address with AlertSanDiego, by visiting

www.readysandiego.org/alertsandiego/



[Genasys Protect](#)

Hi-Lo Siren

The San Diego County Sheriff's Department launched a distinct warning system used for evacuation orders during natural disasters, emergencies, and critical incidents such as:

- Wildfires
 - Flash Floods
 - Earthquakes
 - Tsunami
 - Terrorism
 - Bomb Threat
 - SWAT Standoff
 - Gas Leaks
 - Hazmat Spills
 - Sinkholes
- Hi- Lo audible is installed in Sheriff's Department patrol vehicles to alert communities to immediate danger.
 - This will urge immediate evacuation upon hearing the Hi-Lo for personal and family safety.
 - The purpose is to reach as many people as possible with emergency instructions, even in communication-challenged scenarios.

Thank you!

Myla Barker
Emergency Services Coordinator
Myla.Barker@sdcounty.ca.gov



San Diego County Office of Education

COVID-19 Update
March 2025

Cal/OSHA COVID Regulations

The Cal/OSHA [COVID-19 Prevention Non-Emergency Standards](#) ended on Feb. 3, 2025.

Although there is no longer a specific set of regulatory requirements relating to COVID-19 prevention in the workplace, employers in California must still:

- * Maintain a safe and healthful place of employment as required by Labor Code section 6400.
- * Establish, implement, and maintain an effective Injury and Illness Prevention Program (IIPP) as required by Title 8, California Code of Regulations, section 3203.
- * Identify, evaluate, and correct any unsafe or unhealthy conditions, work practices, or work procedures associated with COVID-19 if they identify COVID-19 as a workplace hazard at their place of employment.

Cal/OSHA COVID Regulations

The Cal/OSHA [COVID-19 Recordkeeping Provisions](#) are in place until Feb. 3, 2026.

Employers in California must still:

*Keep a record of and track all COVID-19 cases with the employee's name, contact information, occupation, location where the employee worked, the date of the last day at the workplace, and the date of the positive COVID-19 test and/or COVID-19 diagnosis.

*These records must be retained for two years beyond the period in which the record is necessary to meet the requirements of this section.

* Provide information on COVID-19 cases to the local health department with jurisdiction over the workplace, CDPH, Cal/OSHA, and NIOSH immediately upon request, and when required by law.



Public Health Updates

Dr. Motadel

RESPIRATORY VIRUS UPDATE



COVID-19

Cases
24,079

Deaths
228

Outbreaks*
203

6/30/2024 – 2/22/2025

February 27, 2025

Influenza

Cases
34,192

Deaths
150

Outbreaks*
78

6/30/2024 – 2/22/2025

RSV

Cases
4,385

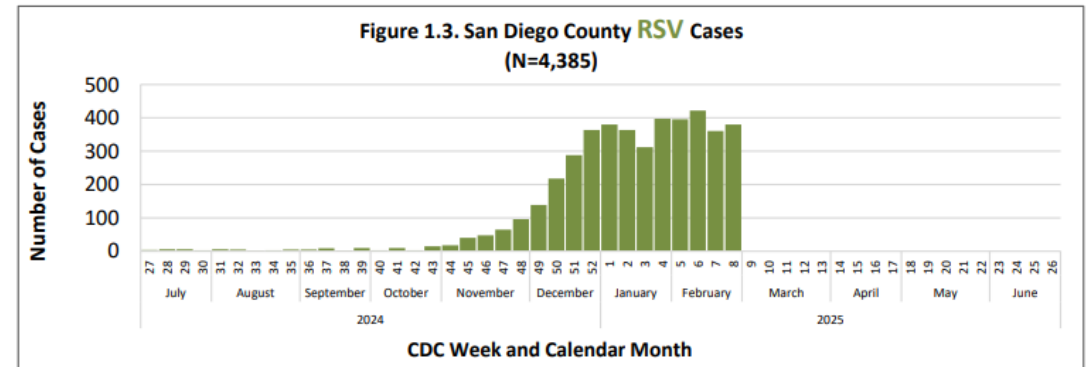
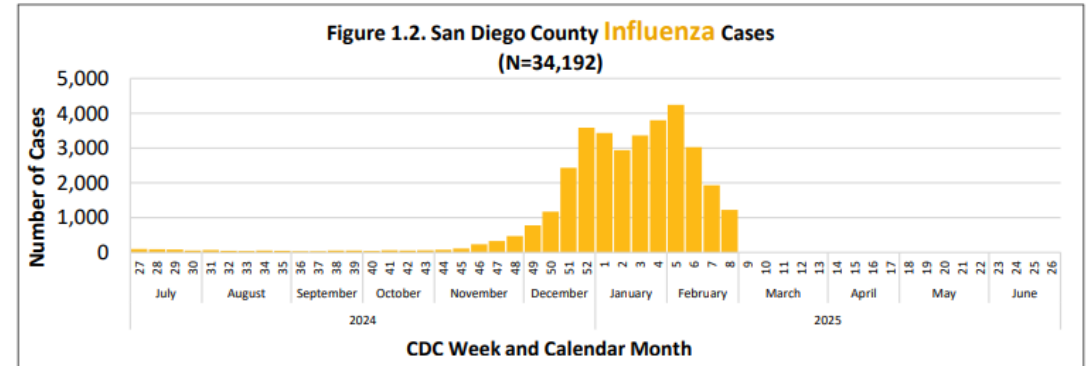
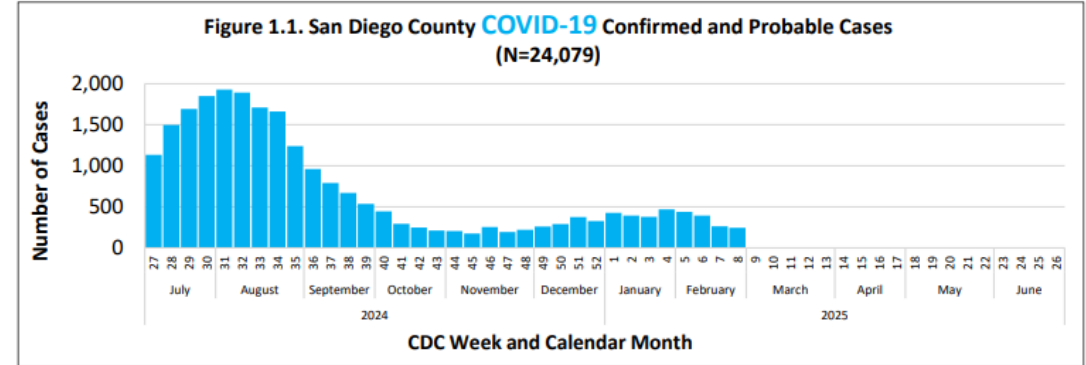
Deaths
6

Outbreaks*
4

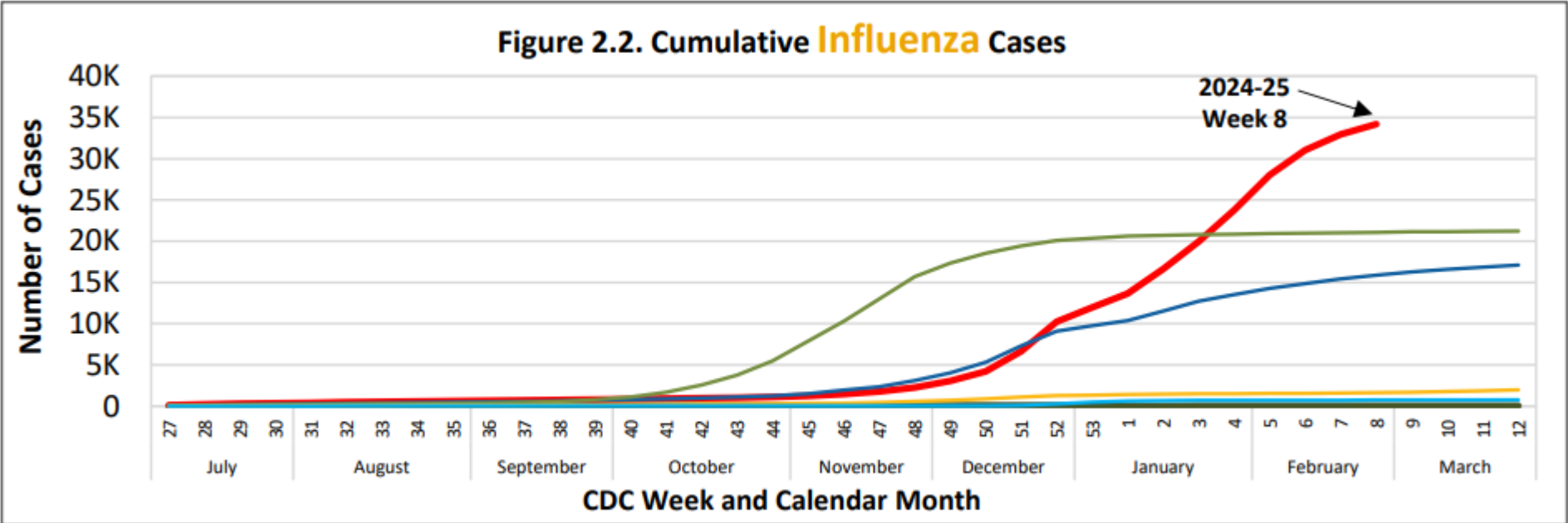
6/30/2024 – 2/22/2025

*In residential congregate settings

[Respiratory Virus Surveillance Report](#)

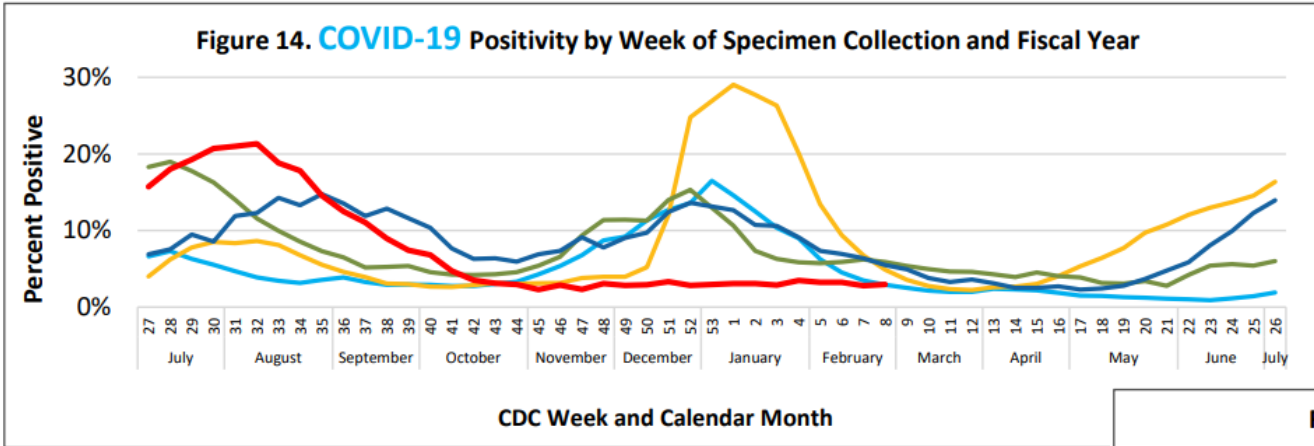


INFLUENZA CASES

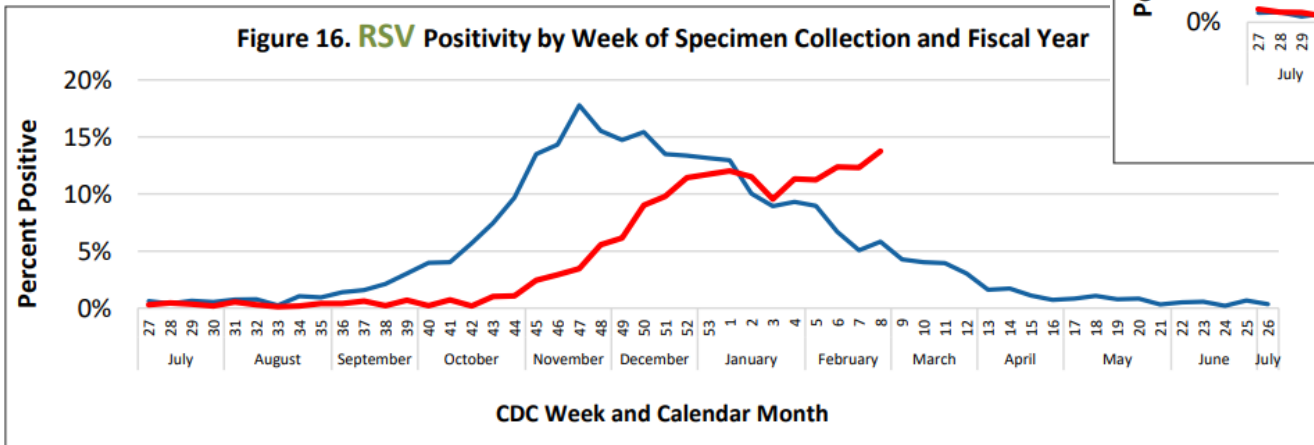
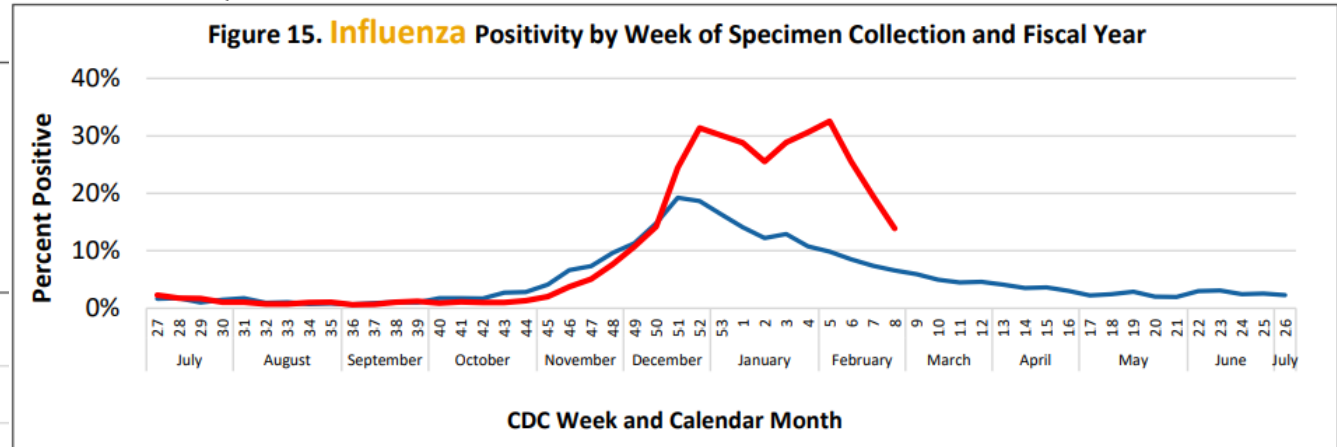


— 2024-25 — 2023-24 — 2022-23 — 2021-22 — 2020-21

COVID-19, INFLUENZA, & RSV POSITIVITY



— 2024-25 — 2023-24 — 2022-23 — 2021-22 — 2020-21



COVID-19 & INFLUENZA VACCINATIONS



Figure 22. San Diego County Residents Up- to-Date with COVID-19 Vaccination Status, Ages 6 Months and Older

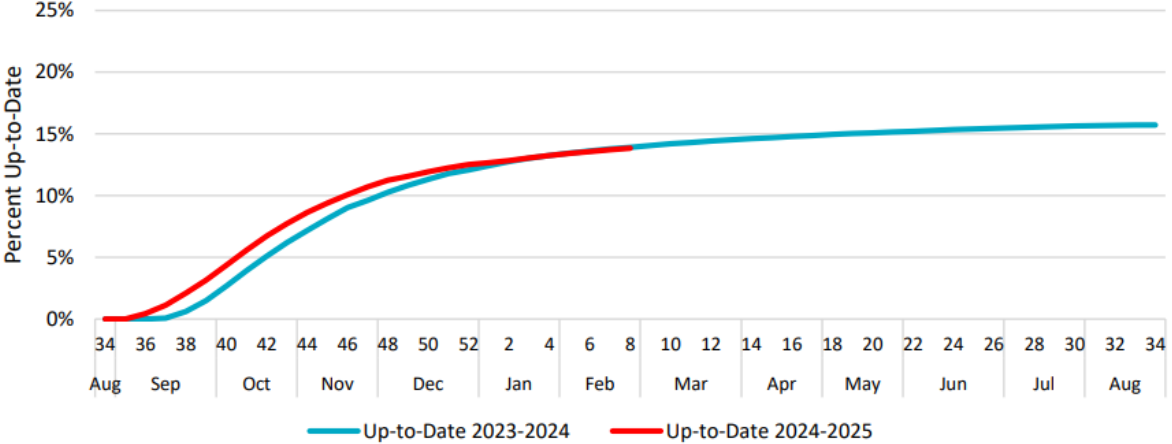
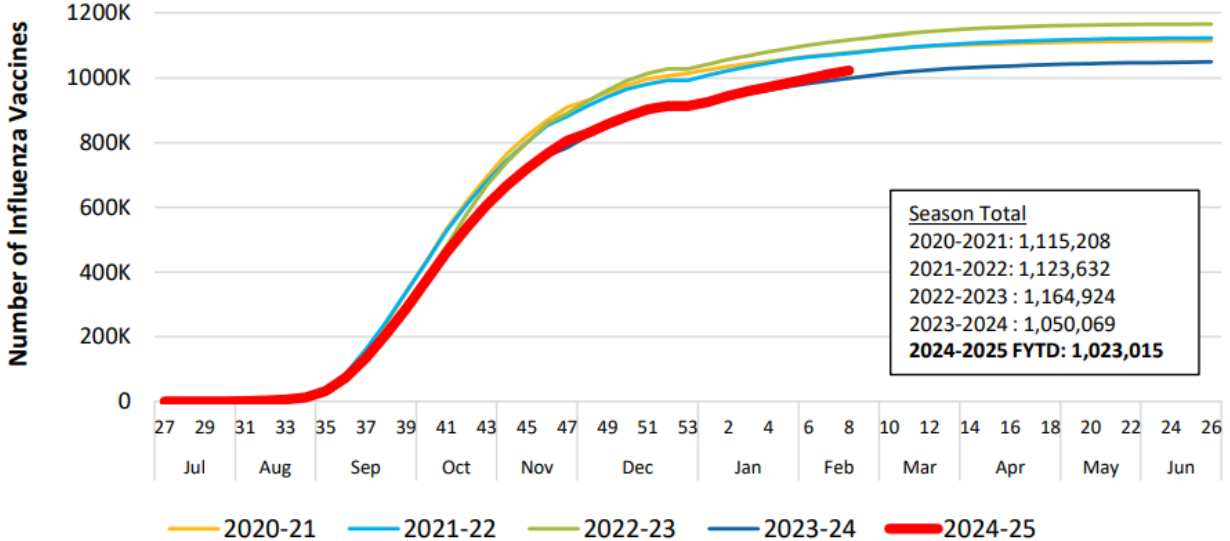


Figure 23. Cumulative Number of Influenza Vaccinations Administered* by CDC Week and Fiscal Year



County Encourages Flu Vaccines for Children and Teens



MEASLES



- There have been [164 measles cases](#) and 1 death in 2025, with 3 cases in California.
- The increase in measles cases around the county reminds us of the importance of vaccination.
- Visit the [CDPH Measles website](#) for updated information, resources, and the [Measles Toolkit](#).

U.S. Cases in 2025

Total cases

164

Age

Under 5 years: **55 (34%)**

5-19 years: **79 (48%)**

20+ years: **29 (18%)**

Age unknown: **1 (1%)**

Vaccination Status

Unvaccinated or Unknown: **95%**

One MMR dose: **3%**

Two MMR doses: **2%**



MEASLES



- If planning to travel with a child aged 6-12 months, get an extra MMR dose.
- The second MMR dose can be given earlier than 5 years old, as long as it is administered at least 28 days after the first dose.
- Parents should verify their own vaccination status and ensure they have documentation of it.

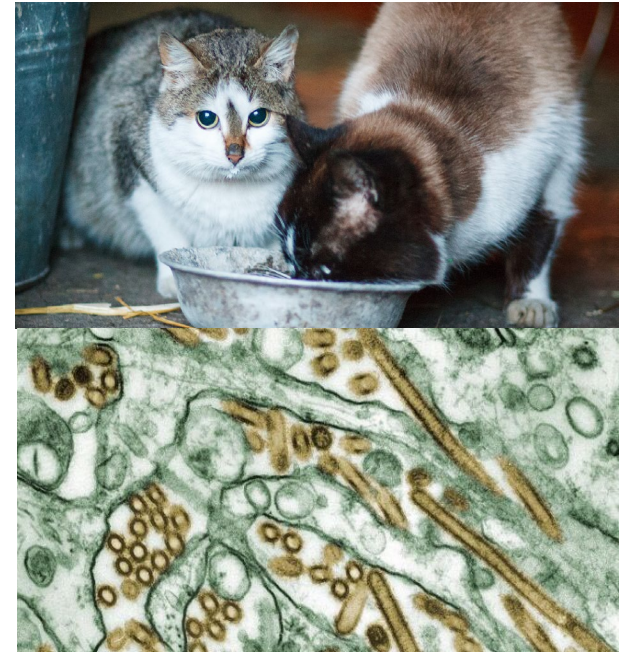
[County of San Diego Measles Website](#)



H5N1 (BIRD FLU)



- The County is [investigating a suspected case of bird flu in a house cat](#) from East County.
- While cases of bird flu in people and cats are rare, there are steps you can take to lower the risk:
 - Only consume pasteurized dairy products.
 - Avoid feeding your pets raw pet food and dairy products. Talk to your pet's veterinarian about safe and healthy diets.
 - Avoid contact with animals that could be infected.
 - Get the seasonal flu vaccine. While it does not protect against bird flu, it can decrease the risk of being infected with both viruses at the same time.





Thank You!





Q&A



THANK YOU FOR ATTENDING!

For more information, please visit our website: LiveWellSD.org/Education

You can also email us at: LiveWellEducation@sdcounty.ca.gov

Next Telebriefing: Tuesday, April 1, 2025