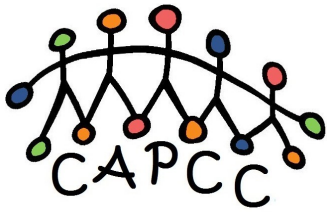


Spring 2020

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An Ounce of Prevention

Child Abuse Prevention Coordinating Council of Humboldt County

www.capcchumboldt.org

P.O. Box 854, Eureka, CA 95502

APRIL IS NATIONAL CHILD ABUSE PREVENTION MONTH!

Due to the current shelter in place order throughout our county, CAPCC will not be conducting our numerous activities, listed below. We will be selecting individuals and/or organizations to honor on our website for the wonderful work they do to reduce child abuse.



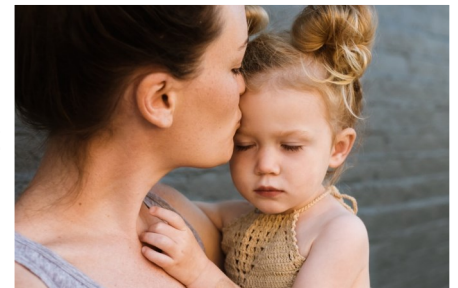
April is Child Abuse Prevention month. Normally CAPCC would be accepting a proclamation from the Board of Supervisors, honoring individuals and agencies working in the field of child abuse prevention at an awards luncheon and remembering children lost to child abuse at the Children's Memorial Flag Raising Ceremony.

Prevention = Preparedness

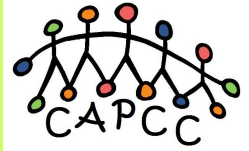
During the last few months, county-wide planned power outages related to extreme weather conditions have forced us to address how ready we are for facing unexpected emergencies. Many Humboldt residents who live off the grid may not have been troubled, as we are used to landslides, flooding, fallen trees taking down power lines, and they've almost come to be expected. However,

the regional extent and the underlying causes of these outages are a different order of magnitude that needs consideration.

The tragic wildfires that have raged across the state over the past few years illuminate the urgency for readiness at all levels—households, neighborhoods, communities, towns and counties. Preliminary research by the California Center for Rural



Policy, funded by First 5 Association of California and First 5 Humboldt, has identified several challenges faced by families of 0-5 children and the agencies charged with making sure the safety and basic needs of the youngest among us are met, especially in times of crisis.



Preparedness is Paramount



While each disaster situation poses different challenges, one thing survivors of these wildfires have agreed on unanimously is that having a plan is the key to a swift response. Children 0-5 are completely dependent upon their caregivers for well-being, and the more prepared the adults are, the less alarm the child will experience. Even if you don't feel calm, it's important to act as if you are, to keep your children from experiencing the trauma that accompanies fear of danger. If you have a plan, you can stay focused on moving forward to safety instead of panicking.

Go bags for everyone in the family—

even your little ones can be prepared to grab their cherished doll, a comfort blanket, their favorite shampoo or snack. These can be packed ahead of time (one mom suggested getting two of the favorite toy and always have one in the go-bag). Or a picture-list of the go-bag contents posted on the door of their bedroom. The kids can feel empowered in the process of preparation and be ready to help if the time comes.

Consider medications or special equipment your child may require—

and make a plan as to how you will get a supply if there were no water, electricity, telephone, heat, air conditioning, or refrigeration.

Food and water for at least three days—

you may not be able to return to your home right away.

Evacuation routes—

know how to get to different parts of town by different routes so you have options in mind when you face an emergency. If there is only one way out, know the safest place to get to and what to do to be safe.

Thinking through multiple scenarios—

if your kids are in daycare across town, do you know their safety plan? If your child is sleeping in the next room, or at a neighbor's house, what's the plan?

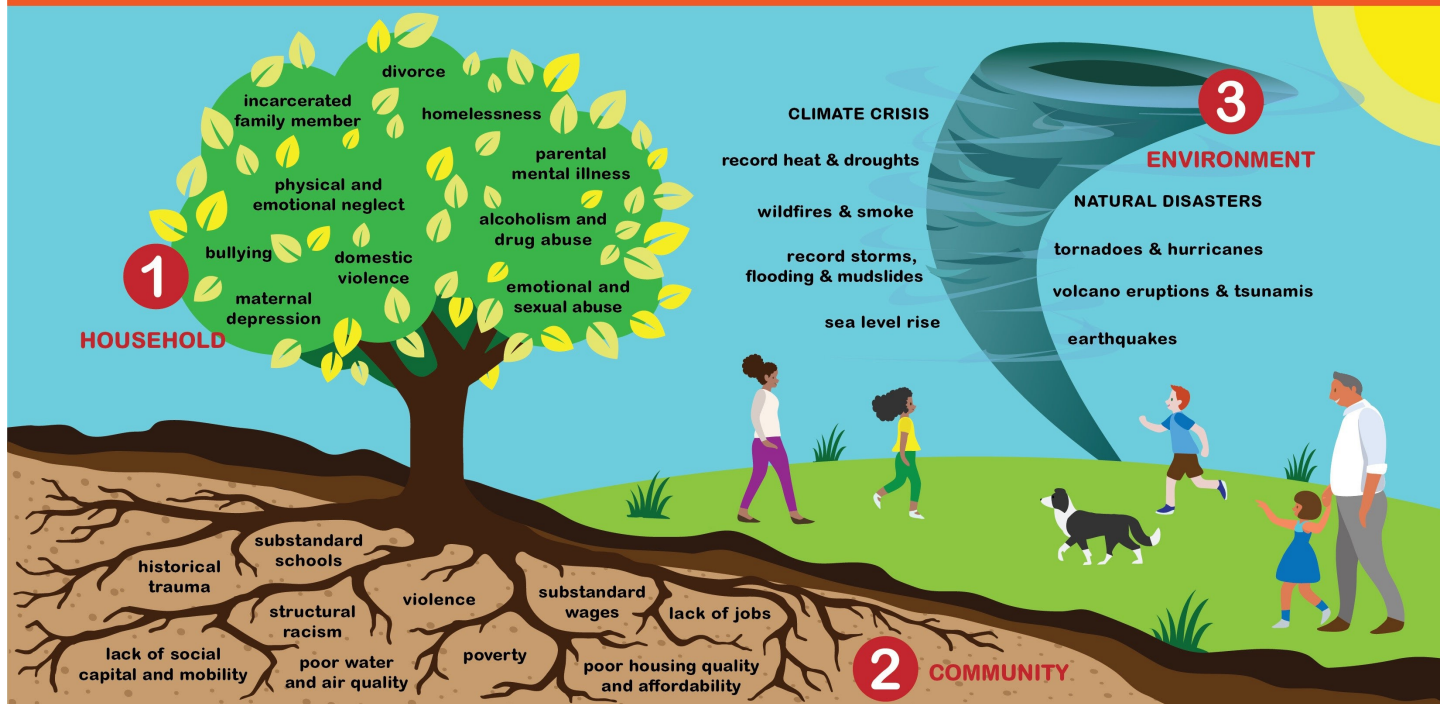
Community Care is Essential

Know your neighbors and be willing to help where you can. It is especially important when you know a family has little children to lend a hand in gathering up the tribe—and if you're the mom or dad, to ask for help. People in Paradise talked about rousing elderly neighbors in wheelchairs and helping them to get into vehicles for the long smoky ride off the ridge, even though it delayed their own departure. Before he left his house, a high-school-age boy alerted sleeping neighbors in his cul-de-sac who didn't know the fire was creeping up the hill. Neighbors in Redding took the dogs that the folks next door had no room for in their car. A neighbor in Redding helped someone's mother get out of her house to safety when her children were blocked by law enforcement from heading into the fire zone to get her.



3 Realms of ACEs

ACEs Connection accelerates the global movement to prevent and heal adverse childhood experiences (ACEs), and supports communities to work collaboratively to solve our most intractable problems. Left unaddressed, toxic stress from ACEs harms children and families, organizations, systems and communities, and reduces the ability of individuals and entities to respond to stressful events with resiliency. The ACEs in these three realms intertwine throughout people's lives, and affect the viability of organizations, systems and communities.



Thanks to Building Community Resilience Collaborative and Networks and the International Transformational Resilience Coalition for inspiration and guidance. Please visit [ACEsConnection.com](https://www.acesconnection.com) to learn more about the science of ACEs and join the movement to prevent ACEs, heal trauma and build resilience.

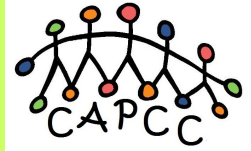




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Little Lungs Are Sensitive

If you have a child 0-5, the American Academy of Pediatrics says that children’s rapid ventilation, more permeable skin, and proximity to the ground increase their risk from exposure to environmental hazards. Wildfires that have spread to urban areas introduce the added residue of burned toxic chemicals, including solvents, glues, metals and formaldehydes, entering the atmosphere as poisonous particulate matter. While N-95 and N-99 masks can reduce exposure, they are not recommended for children under 3.

Children should not play outdoors when air quality is poor.

Children 0-5 should not accompany parents to visit burned-out properties or other sites likely to have high levels of contamination.

Use air purifiers in the home or spend time in a public place that has safe breathing space.

Pregnant women should minimize exposure to poor air quality and wear masks if outdoor travel is necessary.

The Karuk Tribal office is located in an area of Siskiyou County that is frequently affected by wildfire smoke. They have a building that is equipped with air purification systems and have been upgrading their testing technology. Their “clean air shelter” is typically used for their senior meal program and tribal council meetings, but in times of poor air quality they open to the community for those who need it. The tribe also distributes air purifiers for people to use in their homes. Blue Lake Rancheria also has clean air shelters and has recently upgraded their air purification system.

More information can be found in the American Academy of Pediatrics’ **Family Readiness Kit**, available on line at: <https://www.readyatfive.org/about-us/blog/293-check-out-the-updated-aap-family-readiness-kit.html>

For further information on lessons learned in Napa communities after the 2017 Tubbs/Sonoma Complex fires, see this extensive post-event review published by two nonprofits, On The Move and UpValley Family Centers: <https://www.onthemovebayarea.org/in-the-news/2018/11/19/otm-and-upvalley-family-centers-release-report-detailing-disaster-recovery-efforts>

On helping infants and toddlers cope after disasters, see: <https://www.nctsn.org/search?query=Parent+Tips+for+Helping+Infants+and+Toddlers+after+Disasters>

<https://www.nctsn.org/search?query=Parent+Guidelines+for+Helping+Children+Impacted+by+Wildfires>

<https://www.nctsn.org/resources/parent-guidelines-helping-children-after-earthquake>

<https://www.nctsn.org/resources/talking-children-united-states-about-tsunami>

Handling Your Child's Challenging Behaviors at Every Age

The Yolo County Child Abuse Prevention Council (CAPC) and Yolo County Children's Alliance (YCCA) are excited to share our new parenting guide:

Handling Your Child's Challenging Behaviors at Every Age.

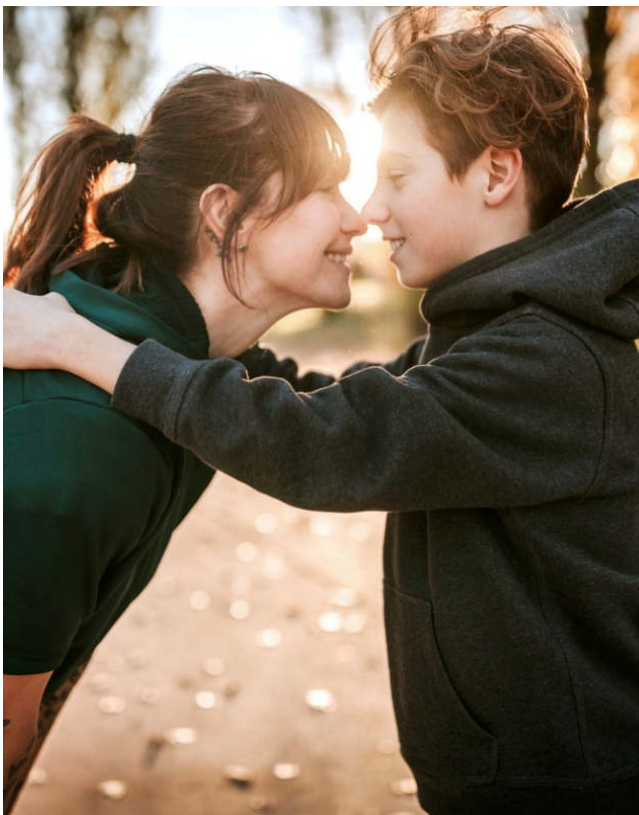
This resource for parents and caregivers provides positive discipline tips and resources to handle challenging behaviors in babies, toddlers, preschoolers, school-age children, and teenagers.



Handling Your Child's Challenging Behaviors at Every Age is available in English, Spanish, and Russian for download and printing at <https://www.yolokids.org/handling-your-childs-challenging-behaviors-every-age>. While we are waiting to pass out hard copies of the guide until

the COVID-19 situation improves, please email this link to parents and encourage them to read it.

We know this is a very stressful and difficult time for parents and families. Parents might also be interested in previous CAPC/YCCA guides, which cover issues like self-care, stress, how to handle strong emotions, and ways to connect with children. All guides are available in English, Spanish, and Russian at www.yolokids.org/forfamilies/:



- ***Make Time for Yourself: A Self-Care Guide for Busy Parents*** has many self-care ideas, including ones that can be done with children.
- ***Nurturing Children During Times of Stress: A Guide to Help Children Bloom*** provides tips and resources to promote resilience and handle stress in children and parents.
- ***Weathering the Storms: A Guide to Healthy Expressions of Emotions for Parents and Children*** can help parents process children's feelings and handle emotional storms.
- ***Talk+Play=Connect Toolkit for Families*** provides talking tips and playing ideas for every stage: baby, toddler, preschooler, school-age, and teenager.

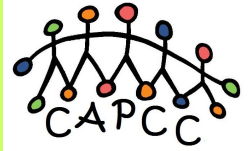
*Information provided by the Office of Child Abuse Prevention, California Department of Social Services.



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CORONAVIRUS COVID-19



Coronavirus COVID-19 is a respiratory illness that spreads easily from person-to-person contact. There is currently no vaccine to protect against it or treatment for it.

SYMPTOMS

Symptoms may appear 2-14 days after exposure, and can include:



Fever



Cough



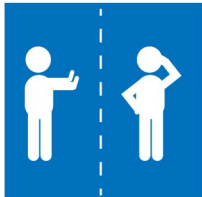
Shortness of breath

Call your healthcare professional if you have the above symptoms, AND:

- Have been in close contact with a person known to have COVID-19.
- Have recently traveled from an area with widespread or ongoing spread of COVID-19.

Questions? Email covidinfo@co.humboldt.ca.us or call 707-441-5000 to speak with a local public health representative.

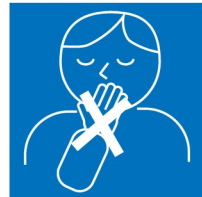
PREVENTION



Avoid close contact with others.



Cover your cough with a tissue. Throw used tissue in the trash.



Avoid touching your eyes, nose and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay at least 6 feet away from other people.



Wash your hands often with soap for at least 20 seconds.



If you don't have a sink, use hand sanitizer with at least 60% alcohol.



Visit Humboldt Health Alert or humboldt.gov to learn more.

SOURCES:

1. United States Center for Disease Control and Prevention. <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>.
2. California Department of Public Health. <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

CORONAVIRUS COVID-19



Coronavirus COVID-19 es enfermedad respiratoria que propaga fácilmente de persona a persona. En la actualidad no existe una vacuna para prevenir la enfermedad de coronavirus 2019 (COVID-19) ni un tratamiento para él.

SINTOMAS

Síntomas podrían aparecer en tan solo 2 días o hasta 14 días después de la



Fiebre



Tos



Dificultad para respirar

Llame a su profesional de salud si tiene los síntomas listada arriba Y:

- Ha estado en contacto cercano con una persona que realmente tiene la enfermedad COVID-19.
- Ha viajado recientemente de un área con propagación generalizada o en curso de COVID-19.

¿Preguntas? Mande un correo electrónico a covidinfo@co.humboldt.ca.us o llame al 707-441-5000 para habla con un representante del salud pública local.

PREVENCIÓN



Evite contacto cercano con otras personas.



Cúbrase la boca y la nariz con un pañuelo desechable cuando tosa o estornude, o use la parte interna del codo. Bote los pañuelos desechables que haya usado a la basura.



Evite tocarse los ojos, la nariz y la boca.



Limpie y desinfecte las superficies que se tocan frecuentemente.



Mantenga dentro de unos 6 pies de distancia entre las personas.



Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos.



Si no hay agua y jabón fácilmente disponibles, use un desinfectante de manos que contenga al menos un 60% de alcohol.



Visite Humboldt Health Alert o Humboldt.gov.org para aprender más.

Fuentes:

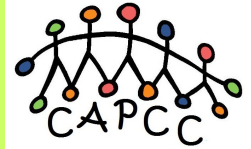
1. United States Center for Disease Control and Prevention. <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>.
2. California Department of Public Health. <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>



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Newsletter Edited by:

Jan Bramlett

Christine Driscoll

Cindy Sutcliffe

Kathryn Walkley

For feedback or questions contact

Christine at

cdriscoll@rcaa.org

707-269-2016

The Child Abuse Prevention Coordinating Council of Humboldt County is a broad-based non profit advocacy organization that works to eliminate child abuse and neglect in our community through (1) striving to assure coordinated services and policies for the prevention, intervention and treatment of child abuse among agencies and organizations, (2) actively promoting and supporting high-quality programs that successfully reduce child abuse and neglect and (3) increasing public awareness of resources to help prevent child abuse and decrease family stress.

Community-Based Organizations Active in Disaster (COAD)

Check out our website:

<http://capcchumboldt.org/>

or on Facebook: [http://](http://www.facebook.com/CAPCCHumboldt)

www.facebook.com/CAPCCHumboldt

The greatest asset of a community is YOU.

In emergency response and rebuilding, there is a place for everyone to help. There was a great need for child care facilities after the wildfires in northern California, and places for children to run and play in a safe space. If you are a certified child-care provider, even if your place of work is closed down, emergency response workers need an army of people to care for their little ones so that they can do their jobs.

- **Know ahead of time where your talents and training can best be used.**
- **Plan ahead of time the community needs that each agencies will serve and how funding will be arranged.**
- **Establish Memoranda of Understanding between agencies that can integrate services in an emergency.**



Be Alert, Be Ready, Be Wise.

Don't wait for emergency workers to knock on your door and tell you it's time to leave. Your life and your family are your most important possessions. Gather the go-bags and evacuate as soon as there is a sign of danger. Don't take chances with disaster.

**We would like to thank First 5 Association of California for funding the Climate Change research that provided the basis for this article.