



# In Home Supportive Services Advisory Board *News Bulletin*

The fires and floods that California has experienced recently are a reminder that emergency preparation is important!



## Let's Get Prepared!

### Five Ps of Evacuation:

- **PEOPLE**-and if safely possible, pets and other animals
- **PRESCRIPTIONS**-with dosages; batteries or power cords; eyeglasses and hearing aids



- **PAPERS**-including important documents (hard copies and/or electronic copies saved on portable thumb drives or cell phones)
- **PERSONAL NEEDS**- such as clothes, food, water, first aid kit, cash, phones and chargers-and items for people with disabilities and others with access and/or functional needs.
- **PRICELESS ITEMS**-including pictures, irreplaceable mementos and other valuables



## Humboldt County's New Emergency Notification system

### Humboldt ALERT

The Humboldt County Sheriff's Office of Emergency Services wants you to be safe and informed during emergencies in your area-including public health threats, dangerous weather, and safety incidents. Register now to be notified by land line, email and/or cell phone about local disasters, hazards and emergencies for free! Register at:

[Humboldtgov.org/alerts](http://Humboldtgov.org/alerts) or 707 268-2500

**Emergency Go Kits** are portable kits you pack in advance, so that if an emergency strikes, you just pick up the kit and go!

Here are some items you may want in your Kit:

- Water (keep several small packets rather than one large bottle)
- Food (pick things you enjoy and items that don't need to be cooked)
- Small first-aid kit
- Essential medications
- Eyeglasses/hearing aids
- A list of prescriptions and medical/emergency phone numbers

*List continued on back*

## Emergency Go Kits Continued;

- AM/FM radio (with extra batteries)
- Mylar blankets (space blanket)
- Flashlight (with extra batteries) Light sticks
- Whistle (loud) (blow once for Yes, twice for No, three times for Help!)
- Comfortable/sturdy shoes
- Clothes (several light layers are better than heavy or bulky items)
- Garbage bags /plastic bags, Duct tape
- Pocket knife /Swiss Army knife/scissors
- Tissues/toilet paper
- Deck of cards, book or something to help pass time
- Face masks/dust mask/bandana or cloth to cover your face
- Copies of important papers (ID, credit cards, insurance policies, etc.)
- Cell phone and charger
- Paper copy of contact information for family & friends
- Cash and coins (don't count on ATMs working)
- Pen and paper, sharpie markers
- Zip lock bags, Hand Sanitizer



## MYTH BUSTERS

**Myth:** If I don't use all my hours every month, they will be taken away or given to someone else.

**TRUTH:** Your hours only change if your overall needs change, living conditions or medical conditions change.

Questions please call staff at: 476-2100

### Dental Coverage Restored for Low-Income Adults



As of January 01, 2018, some dental benefits were fully restored to adult Medi-Cal recipients. Older adults will again have access to gum treatment, root canals on back teeth, crowns and partial dentures. This is a big win for older adults and their overall health. As always, be sure to confirm with your dentist that Denti-Cal can be billed for any services you receive or call beneficiary customer service at 1-800-322-6384

See our next issue to find out  
how to win \$50.00!

IHSS Advisory Board  
Humboldt County



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