



## Director's Message

You may have heard or read about the Hepatitis A outbreaks in San Diego, Los Angeles and Santa Cruz counties and wonder what's happening in Orange County. I'm proud to tell you about the tremendous, proactive steps Agency staff has taken and continues to take to prevent (or reduce the risk of) an outbreak here.

Did you know that the OC Health Care Agency (HCA) has five Public Health Nurses dedicated fulltime to serving homeless clients through the CHAT-H (Comprehensive Health Assessment Team – Homeless) program? Because the best way to prevent Hepatitis A is through vaccination, these nurses have been encouraging all homeless individuals to get vaccinated by their primary medical

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## Employees Heed Call to Action When Hurricanes Pummel Texas and Florida



Pictured (left to right): Dr. Mark Chew and Joe Vargas.

When hurricanes Harvey and Irma struck in Texas and Florida, Orange County's Disaster Medical Assistance Team (DMAT) CA-1 sprang into action to quickly mobilize and deploy team members and supplies when the call for help came in.

Within 8 hours after receiving that call, **Mike Steinkraus**, Emergency Medical Services (EMS) Hospital Preparedness Manager and DMAT CA-1 Deputy Commander deployed doctors, nurses, pharmacists, pharmacy techs, emergency medical technicians, communication specialists and logistics personnel to both Texas and Florida to backfill other DMAT teams assisting from

California, Hawaii and Wisconsin. From this group, OC Health Care Agency employees **Dr. Mark Chew**, EMS Pharmacist and **Joe Vargas**, Public Health Services Health Promotion Program Supervisor flew to the NRG Arena in downtown Houston to provide support.

"The value of DMAT members are multifold; not only do they constantly prepare and train for their missions, they can immediately deploy and provide much needed medical services in areas devastated by disaster," said **Tammi McConnell**, Division Manager, Emergency Medical Services. "Upon their

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## Director's Message

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providers or at special vaccination clinics (we've held more than 20 and vaccinated over 466 people so far throughout the county) at locations where they're already receiving meals and other supportive services, like Bridges at Kraemer Place, The Courtyard and Mary's Kitchen.

We've also provided Hepatitis A information (prevention, symptoms and vaccination resources) to shelters and organizations who serve the homeless for posting and distribution. Plans are in the works to provide additional, onsite vaccinations to clients in Behavioral Health Services residential and outpatient programs and our colleagues in Correctional Health Services will be screening individuals at intake and offering vaccinations to incoming inmates with a recent history of homelessness and/or drug use.

For County staff who have ongoing, close contact with the homeless and/or illicit drug using individuals, Employee Health Services is offering vaccinations. To make an appointment, contact Employee Health at (714) 565-3780.

To learn more, please turn to page 3 of this month's newsletter or visit [www.ochealthinfo.com/OCHepA](http://www.ochealthinfo.com/OCHepA).

Keeping our community healthy is a team effort and we're fortunate to have such a great one here at HCA.

Best,



Richard Sanchez, Director

# Jason Garcia is the Voice for Correctional Health Services Patients



Establishing trust is the approach that **Jason Garcia**, Medical Assistant for Correctional Health Services (CHS) takes when inmates enter the Intake and Release Center (IRC) at the County of Orange Central Men's Jail. Assessing his patients' health while simultaneously building rapport and securing necessary medical attention are Jason's key goals, while also being mindful of security needs.

Working in the IRC's triage area, Jason examines inmates when they first enter the jail after incarceration and assesses inmates who are sick or injured. With the belief that relating to his patients better enables

him to evaluate their health needs, Jason shares, "It makes no difference to me what crime they committed, I work hard to earn their trust and nurture a friendly relationship in a place where people feel that no one cares for them. Once trust is established, I become their voice to make sure they receive the proper medical attention they need."

When an occasional emergency occurs within the jail, Jason also often assists CHS registered nurses in an emergency medical services capacity where he puts

his critical thinking, problem solving and hands-on experience to work.

"Jason is an employee who makes everyone work to a higher standard. Our work in Triage is non-stop and he's become the go-to person for conducting the workflow, said **Ruben Garcia**, Registered Nurse. "His process appears effortless and natural. He's highly adaptable to change and knows how to problem solve issues very effectively."

Jason was nominated by his colleagues and selected as September's [Peer-to-Peer](#) award winner. Congratulations, Jason!

# 5

# THINGS YOU NEED TO KNOW ABOUT



## Hepatitis A

1

Hepatitis A is a viral infection that causes liver disease that can range from mild to severe, and for some will result in death. The virus is spread via the fecal-oral route, i.e. the virus is ingested by mouth from contact with hands, objects, food or drinks contaminated by the feces of an infected person.

2

According to the Centers for Disease Control and Prevention (CDC), more than 80% of adults with Hepatitis A are more likely to have symptoms that can include fever, vomiting, grey-colored stools, fatigue abdominal and joint pain, loss of appetite, nausea, jaundice and dark urine. Common risk factors include traveling to a country where Hepatitis A is common, being in a household or having sexual contact with a person with Hepatitis A, being a man who has sex with men (learn more [here](#)), and using illegal injection and non-injection drugs. The general public is at minimal risk of infection.

3

Hepatitis A outbreaks occur as a result of exposure of many people to a common source such as contaminated food or can be the result of person-to-person transmission where one or more infected people start a chain of transmission. Amid outbreaks in Los Angeles and San Diego counties, the OC Health Care Agency continues to focus on vaccination, although no outbreaks have occurred here locally. Read a Voice of OC article [here](#).

4

The best way to prevent Hepatitis A is by getting vaccinated. To date, Public Health nurses have vaccinated 466 people at 20 pop-up clinics in locations where homeless people reside or receive services. This effort continues with several clinics offered each week. Vaccination is recommended for all children, travelers to certain countries and for people at high risk for infection. Regular hand washing, with soap and water is an effective prevention strategy.

5

Our Public Health Services team continues to offer vaccinations on a walk-in basis at the Public Health Clinic at 1725 W. 17th Street. For more information, call the HCA Health Referral Line at (800) 564-8448 or visit our Hepatitis A webpage at [www.ochealthinfo.com/OCHepA](http://www.ochealthinfo.com/OCHepA). A CDC Hepatitis A fact sheet is also available [here](#).



**STOP  
THE FLU**

**BEFORE  
IT**

**STOPS  
YOU!**

Sweater weather, falling leaves, and pumpkin flavored treats not only signify the start of Fall, but also this year's flu season. As you begin your holiday preparations and plans, be sure that your to-do list includes getting an annual flu shot to keep you and your family healthy!

Influenza is a contagious respiratory illness that can be caused by influenza A or B viruses, and is mainly spread through droplets from coughs and sneezes. Flu symptoms may include fever, cough, sore throat, runny or stuffy nose, headaches, body aches, chills and fatigue.

The flu can cause serious illness and even death, especially in young children, pregnant women, the elderly and persons with medical conditions that place them at risk. To stop the flu before it stops you, the Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months of age and older, as well as close contacts and caregivers of these high-risk populations get vaccinated. Learn more about who should get vaccinated [here](#).

"It's important for everyone to continue practicing good respiratory and hand hygiene and get vaccinated," said County Health Officer **Dr. Eric Handler**. "And contrary to the myth, getting a flu shot doesn't give you the flu."

During the 2016-17 flu season, the median age for Orange County flu cases was 46 years old ranging in age from 0 to 102 years, while a Laguna Woods resident in his 50s became the first influenza-reported death in a person under 65 years old. Read the OC Register article [here](#).

Although seasonal influenza can occur year-round, the flu virus is most common during the fall and winter months. Since it takes about two weeks for antibodies to develop, now is the perfect time to get vaccinated. Getting a flu shot is simple and easy with these resources on the following page.



## Underway Now: Employee Health Services Flu Shot Clinics & Pharmacy Clinics

- ❖ Employees are encouraged to get a free seasonal flu shot at [Employee Health Services](#) (EHS) located at 600 W. Santa Ana Blvd., Ste. 405 in Santa Ana on Mondays or Fridays from 1 to 3 p.m. Flu shot clinics are also being held at several County buildings this month, view the schedule [here](#). There is no cost to **ALL** County of Orange employees with County ID. For more information, call EHS at (714) 565-3780 or email [ehs@ochca.com](mailto:ehs@ochca.com).
- ❖ If you're unable to take advantage of the County program, we encourage you to seek vaccination in the community at several locations that offer flu shots. Many County health plans provide members with free flu vaccination. For details, please contact your health plan or health care provider. You can also search pharmacies that offer flu shots near you at <http://flushot.healthmap.org>.

## November 1, 2017: Public Health Services Family Health Flu Shot Clinic

- ❖ The OC Health Care Agency will offer free seasonal influenza vaccinations for people six months of age and older who do not have a medical provider or health insurance coverage at our Public Health Clinic located at 1725 W. 17th St. in Santa Ana. Starting November 1, free flu shots will be available every Wednesday from 8 to 11:30 a.m. and 1 to 4 p.m. Beginning December 1, flu shots will be offered Monday through Friday from 8 to 11:30 a.m. and 1 to 4 p.m. No appointment is needed. For more information, please contact the Health Referral Line at (800) 564-8448 or click [here](#).

## October 26, 2017: Point of Dispensing (POD) Event

- ❖ To help the Agency and our Regulatory/Medical Health Services Health Disaster Management (HDM) team prepare and plan for a health disaster, our Annual Point of Dispensing (POD) exercise will take place in the Cities of Westminster and Tustin from 11 a.m. to 1 p.m. to offer a free flu shot to those 3 years of age and older. For more details, visit [www.ohealthinfo.com/freeflushot](http://www.ohealthinfo.com/freeflushot) or if you've ever wondered what it's like to visit a POD site, check out this video [here](#).
- ◆ **Westminster Community Service Center**  
8200 Westminster Blvd. Westminster, CA 92683
- ◆ **Columbus Tustin Activity Center**  
17522 Beneta Way, Tustin, CA 92780

**Help Us Prepare for a Health Disaster**

Protect yourself against the flu while helping the OC Health Care Agency, City of Westminster exercise our capabilities to distribute large quantities of medication to the community in an emergency scenario.

**FREE FLU SHOT**

**STOP the FLU**  
Before it Stops You!

**ONE Day Only!**

**Thursday, October 26, 2017**  
**11 a.m. to 1 p.m.**

**at two locations:**  
Columbus Tustin Activity Center  
17522 Beneta Way

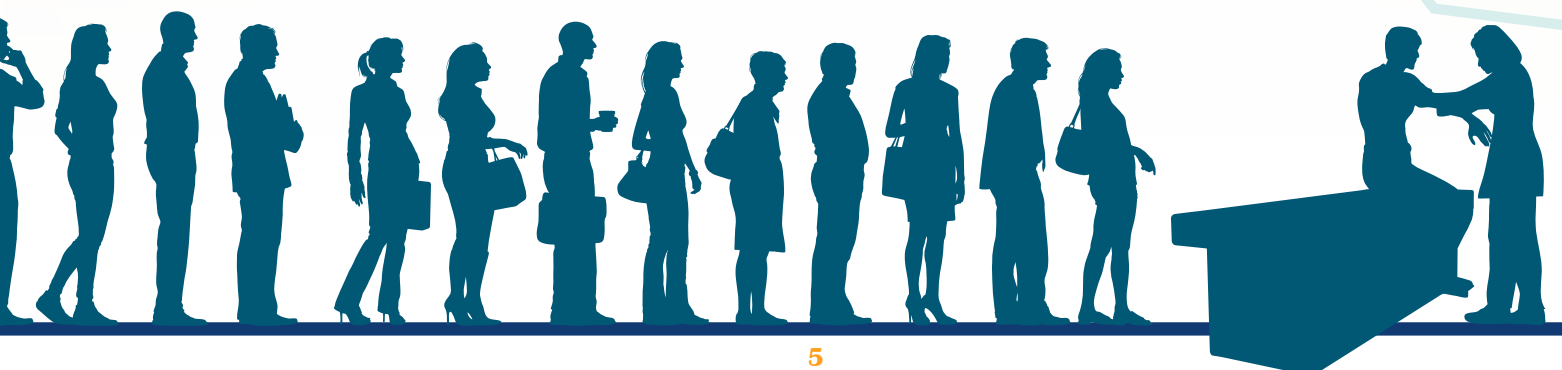
Westminster Community Service Center  
8200 Westminster Boulevard  
[www.ohealthinfo.com/freeflushot](http://www.ohealthinfo.com/freeflushot)

**NO APPOINTMENT NEEDED**

Free Emergency Preparedness Buckets, while supplies lasts.

Event Sponsored by:  
[Logos for County of Orange, City of Westminster, and OC Health Care Agency]

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# PARTICIPANTS GO DOOR-TO-DOOR TO TEST EMERGING MOSQUITO-BORNE DISEASE RESPONSE PLAN



Team members from HCA and the Medical Reserve Corps head door-to-door to simulate the household interview, specimen collection and tracking process, and provide residents with WNV education and prevention information.

**F**reshly sprayed with sunscreen and mosquito repellent (with DEET, of course), three teams of 10-12 people, donned their sunglasses, packed their supplies and, with maps and clipboards in hand, headed out to canvass an Anaheim neighborhood and knock on residents' doors to put their just-in-time training to the test.

Sixty-nine participants from the OC Health Care Agency, [Orange County Mosquito and Vector Control District](#) (OCVCD) and the [City of Anaheim](#) worked together to simulate and test their capabilities to respond to a local transmission of an emerging mosquito-borne disease such as Zika, Dengue, or Chikungunya. With an increase in the mosquito population throughout Orange County (read an OC Register article [here](#)), this collaborative exercise could not happen at a more appropriate time.

Teams of staff from HCA's Epidemiology & Assessment (EPI) and Emergency Medical Services/Health Disaster Management (HDM) programs, OCVCD inspectors, and volunteers from the City of Anaheim, HCA and Medical Reserve Corps, simulated a response to a mosquito-borne disease where they tested: the household interview, specimen collection and tracking process, offered residents West Nile Virus (WNV) education and prevention information, and searched for mosquitoes and possible breeding sources.

"This was a great experience and builds on the already strong relationship between Anaheim and our partners at the OC Health Care Agency," said Mike Lyster, City of Anaheim Chief Communications Officer. "When the inevitable public health challenge arises, our residents, businesses and visitors can know that we have partnerships and planning in place to tackle it."

This exercise tested the Neighborhood Education Team (NET) process recently developed by EPI based on guidance from the Centers for Disease Control and Prevention, California Department

Orange County Mosquito and Vector Control team members search for mosquitos and possible breeding sources in and around homes in Anaheim during the exercise. ▼



of Public Health and lessons learned from the local transmission of Zika in Texas and Florida.

EPI's medical directors, public health nurses and epidemiologists investigate individual cases and outbreaks of reported communicable diseases and monitor disease trends, often providing current statistics and other information to doctors, hospitals, the public and news media. To learn more, visit the [Epidemiology & Assessment](#) webpage. HDM staff plan and coordinate preparedness and response exercises for the Health Care Agency. For more information about communicable disease response planning, contact **Dr. Michele Cheung** at [mcheung@ochca.com](mailto:mcheung@ochca.com).

## Stop the Flu Before It Stops You!

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## Remember these important steps to help stop the spread of flu and other germs:

- ❖ Cover your cough or sneeze with a tissue (or sleeve if you are caught by surprise).
- ❖ Handwashing is like a “do-it-yourself” vaccine. Wash hands often with soap and warm water (or alcohol-based sanitizer, if not available). View CDC handwashing tips [here](#).
- ❖ Stay home from work or school if you're sick (at least 24 hours after your fever is gone). Drink plenty of water and fluids to stay hydrated. Try this recipe for tea to help you get well in no time!

## “Get Well” Tea

- ❖ 3 cups of water
- ❖ Juice from ½ lemon or lime (full of vitamin C)
- ❖ 1 cinnamon stick (an antioxidant-rich spice)
- ❖ Grated fresh ginger (calms an upset stomach)
- ❖ ¼ tsp. cloves (helps to eliminate phlegm)
- ❖ ½ tsp. turmeric (reduces inflammation)
- ❖ 1 pinch cayenne pepper or more (warms the body)
- ❖ 1 ½ tbs. honey (soothes a sore throat)



For more information about the flu and how to keep you family healthy, visit the CDC's [Influenza \(Flu\)](#) website or click [here](#) to learn about Public Health Services Epidemiology and Assessment's flu surveillance efforts.

# New Video Profiles Outreach and Engagement Services



The saying that “helping others helps me” is evident as team members from Behavioral Health Services Outreach and Engagement (O&E) share their profoundly uplifting stories how helping participants connect with services is an inspiring experience for them in a new OC Health Care Agency video [here](#).

With lead script development by **Jason Austin**, Program Manager II, Behavioral Health Navigation and production by **Kerry Underwood**, Web Developer, Health Policy, Research & Communications, the video provides a dynamic view of how O&E connects vulnerable participants in Orange County to mental health and substance use services, medical evaluation and treatment, and housing.

**O&E team members share their uplifting stories:** (view the full video [here](#))

★ “The best part of the day is when you hand participants the key, they open up the door to their new place and just stand



there in complete joy with tears coming down their faces,” said **Tammy Waitman**, Mental Health Specialist. “And, more than often there’s tears coming down my face as well.”

★ “It’s rewarding when I feel that I’m a part of this person’s journey,” said **Armin Salamati**, Mental Health Specialist. After Armin helped a participant get into a place, he/she shared: “I got my place, look this is my bed, this is my kitchen, I can cook in there. Can you believe that this was my dream? Now, I have my dream

and it’s real!”

BHS O&E provides outreach services (in multiple languages) to individuals of all ages who are homeless, at risk of homelessness, and struggling with a behavioral health condition. The team develops trusting relationships with participants in any public area and works with them to reduce barriers to housing due to behavioral health impairments and facilitates linkage to available resources and support services. To learn more about the great work they do, visit the [Outreach and Engagement](#) website or call 800-364-2221.



# Correctional Health Services Makes Certification Testing Convenient



Continuing education to keep employees' knowledge and skills relevant is essential in the complex and rapidly changing world of correctional health. With this goal in mind, Correctional Health Services (CHS) became a regional test site to host a certification exam here in Orange County to make it convenient for employees to take.

Distance no longer became a factor when the [National Commission on Correctional Health Care \(NCCHC\) Certified Correctional Health Professional](#) exam (typically held at testing sites across the country and at out-of-state conferences), offered its first one locally at the Orange

County Health Care Agency's Public Health Training Center on August 26. Eight CHS professionals took advantage of the opportunity and challenged the exam, showing dedication in advancing their expertise in this specialized field and mastery of national standards and knowledge.

NCCHC is an independent, non-profit organization dedicated to improving the standard of care in the field of correctional health care in the United States and is supported by national organizations representing the fields of health, law, and corrections. Click [here](#) for more information about NCCHC and the certification exam.

**“ We value education and will continue to look for partnership opportunities with HCCHC to support the professional development of all employees. ”**

**Kim Pearson,**  
Correctional Health Services  
Deputy Agency Director

# October

# HEALTHY HABITS

## Tips for a Healthy and Safe Halloween

Fall celebrations like Halloween and Harvest Day are fun times for kids and adults alike to dress up in costumes, go trick-or-treating and eat yummy treats. It's also a great time to encourage nutritious snacking, physical activity and focus on safety. Here are some tips to make your festivities fun, safe and memorable.

### Going Trick-or-Treating?

◆ **Walk Safely:** Although it's an exciting time of year, encourage children to walk and not run to avoid slips and falls. When crossing neighborhood streets or intersections, obey traffic signals and look both ways before crossing. Put electronic devices down and keep your head up while walking to prevent trips and watch for cars that are turning or backing up. Don't assume pedestrians have the right of way, just because one car



stops doesn't mean others will.

◆ **Drive Safely:** Popular trick-or-treating hours are between 5:30 to 9:30 p.m. Be especially alert for pedestrians who may be walking, riding their bikes or skateboarding during these times. Anticipate heavy pedestrian traffic and be cautious when entering and exiting residences.

◆ **Play it Safe:** Watch out for cars, wear reflective gear, walk with a group and carry a flashlight to help you see and others see you. Plan ahead and review

the route you anticipate taking. Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision. Have kids carry fun glow sticks to help them be seen by drivers.

For a few extra trick-or-treating safety tips, visit [Tips for a Safe and Spooky Halloween](#) at [myHealthoc.org](#) or the Centers for Disease Control and Prevention's Halloween Health and Safety tips website [here](#).

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# What's in a Name?

We're excited to announce the arrival of this new section (to replace Uplift), that's designed to feature healthy living topics, resources, recipes and tips for staff. And, we need you help to name it! Tell us by voting for one of the following top three titles below. Email your top choice to [HCAComm@ochca.com](mailto:HCAComm@ochca.com) by Wednesday, November 1.

**Healthy Habits**

**Zest for Health**

**Wholeheartedly Healthy**



## Butternut Squash and Black Beans

There's nothing like making a [butternut squash](#) dish to get into the Fall spirit!

This heart healthy in-season vegetable contains antioxidants such as beta-carotene and vitamin C and is high in fiber. For more budget friendly recipes, visit [www.eatfresh.org](http://www.eatfresh.org).

### Ingredients:

- ◆ 1 small butternut squash
- ◆ 1 tsp. canola oil
- ◆ 1 small onion, chopped
- ◆ ¼ tsp. garlic powder
- ◆ ¼ cup red wine vinegar
- ◆ ¼ cup water
- ◆ 2 (15-oz.) cans of black beans, drained and rinsed
- ◆ ½ tsp. oregano

### Directions:

- ◆ Heat the squash in the microwave on high heat for 1-2 minutes. This will soften the skin.
- ◆ Carefully peel the squash with a vegetable peeler or small knife. Cut the squash into ½ inch cubes.
- ◆ Peel and chop the onion.
- ◆ In a large pan, heat the oil. Add onion, garlic powder and squash. Cook for 5 minutes on medium heat. Add vinegar and water. Cook on low heat until the squash is tender (about 10 minutes).
- ◆ Add beans and oregano. Cook until the beans are heated through.

Nutrition Facts	
Serving size 1 1/2 Cups	
Amount Per Serving	<b>255</b>
	% Daily Value
Total Fat 2g	3%
Saturated Fat 0.3g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 820mg	36%
Total Carbohydrate 48g	17%
Dietary Fiber 21g	75%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 14g	28%
<small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium.</small>	
<small>*The % Daily Value (DV) Tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

# Protecting Public Health Is Darwin Cheng's Top Priority

“Darwin is an advocate for safety and has provided Non-Violent Crisis Intervention trainings (an interactive and evidenced-based training that offers strategies to safely diffuse anxious, hostile or violent behavior at the earliest possible stage) to Health Care Agency staff. He's an asset to the Agency and we're fortunate to have him leading our Hazardous Materials Surveillance Section.”

Liza Frias,  
Environmental Health Director



Recently promoted to Program Manager in Environmental Health's (EH) Hazardous Materials Surveillance Section, **Darwin Cheng's** knack and robust knowledge of the hazards that can harm our environment is reassuring when it comes to protecting the health of Orange County residents and visitors.

Darwin's daily tasks are never mundane, to say the least. This is especially evident when a call for help comes in to assist law enforcement or fire departments with a hazardous materials and waste cleanup or oversight incident like the I-405 freeway plane crash site back in June. Read the OC Register article [here](#).

Darwin and his team work with the business community to achieve environmental compliance to prevent hazardous materials and waste (biological, chemical and/or radiological that has the potential to cause harm to humans or the environment, either by itself or interaction with other factors) from entering the soil or water to protect our drinking water supply. To learn more about the great work that Darwin and his team do, visit Environmental Health's Hazardous Materials webpage [here](#).



Darwin and his team oversaw cleanup of the I-405 plane crash site and worked with partners to ensure that waterways were safe and material on the freeway was properly collected, stored and disposed of.

# Mia Andreani Is an Expert When Cries for Help Aren't Always Obvious



Pictured (left to right): Tustin PD Master Officer Val Villarreal Jr. and Mia Andreani. Photo by Steven Georges/Behind the Badge OC.

“ Working together helps streamline the 5150 process because a clinician is already on-scene, can thoroughly evaluate patients and is trained in mental health. Having this partnership also familiarizes us about each other’s roles and procedures. ”

**Milena (Mia) Andreani,**  
Clinic Social Worker I

A typical workday for **Milena (Mia) Andreani**, Clinic Social Worker I for Behavioral Health Services Psychiatric Emergency and Response Team (PERT), is never the same when it comes to responding to mental health related calls with a Tustin Police Department Community Impact Officer (CIO).

Often times, Mia and the CIO will encounter someone who could be experiencing a mental health crisis. In these instances, knowing what questions to ask, when to intervene and how to get folks linked to care is what Mia does best. She provides 5150 as-

sessments, follow-up care for clients assessed by our Crisis Assessment Team (CAT), referrals and linkage to mental health services and resources. To learn more about Mia’s role, read Behind the Badge’s article “Tustin PD’s Mental Health Team Keeps Close Watch on the Community’s Needs” [here](#).

PERT staff are mental health clinicians who ride-along with assigned law enforcement officers to address mental health related

calls where they conduct risk assessments, initiate involuntary hospitalizations when necessary, and provide resources and education. To learn more, visit the [CAT/PERT Program](#) webpage.



Mia Andreani and Tustin PD Master Officer Val Villarreal Jr. talk with a homeless man. Photo by Steven Georges/Behind the Badge OC.

# UPGRADED DISPARITIES DASHBOARD MAKES ANALYZING OC DATA EASIER



Does race matter? How about where you live or what sex you are? When it comes to health, we know the answer is often “yes.” Until recently, there hasn’t been an easy way to see how much factors such as age, gender, or race/ethnicity are associated with health behaviors or outcomes.

A new feature on [www.ochealthiertogether.org](http://www.ochealthiertogether.org) now puts this analysis at our fingertips. Check out charts on the [OC Disparities Dashboard](#) or view individual indicators on the [OC Dashboard](#) to easily see groups that are doing better or worse than the overall county (red means worse, green means better).

Data from the different [dashboards](#) helps the [OC Health Improvement Partnership](#) better understand the health and social conditions of our

residents and define areas of success and disparities. These demographics also help inform objectives and strategies for addressing [priority health areas](#) (infant and child health, older adult health, obesity and diabetes, and behavioral health) identified in the [OC Health Improvement Plan](#). It’s also a great resource for students, reporters and researchers, as evidenced by an average of 10,000 page views the site gets per month!

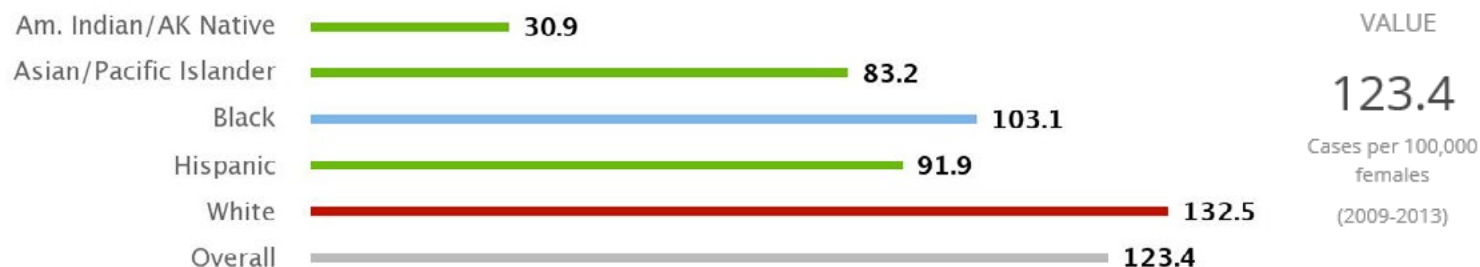
Orange County’s Healthier Together is a community-wide initiative, administered by Public Health Services, that aligns public and private resources within the public health system to improve health for all communities. To learn more, watch [https://youtu.be/IDBH-3\\_tv20](https://youtu.be/IDBH-3_tv20) or visit [www.ochealthiertogether.org](http://www.ochealthiertogether.org).

“ We are excited that the information on OC Healthier Together has been able to help us work with our partners to identify and address areas with the highest need. ”



**David Souleles,**  
Public Health Services  
Deputy Agency Director

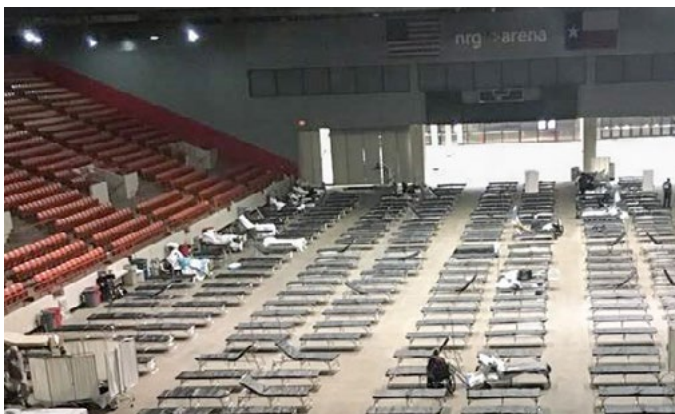
**Breast Cancer Incidence Rate by Race/Ethnicity  
County: Orange**



[www.ochealthiertogether.org](http://www.ochealthiertogether.org)

## Employees Heed Call to Action When Hurricanes Pummel Texas and Florida

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When the call for help from Houston came in, medical supplies were quickly delivered and members of the Disaster Medical Assistance Team deployed to the NRG Arena in downtown to operate an “emergency department” and receive patients to help alleviate surge capacity at local ERs.

return, they share their experiences to improve our own local disaster planning efforts here in Orange County.”

Dr. Chew, DMAT Clinical Pharmacy Unit Leader operated an “emergency department” and received patients in the Federal Medical Station (a temporary non-acute medical care facility that contains a cache of medical supplies and equipment, as well as beds to accommodate up to 250 people for three days) where his team helped alleviate capacity surge at local hospital ERs. As an Emergency Planning Analyst, Joe was in charge of managing logistics for the organization, coordination and delivery of medical supplies to clinical personnel.

Orange County DMAT is one of 22 Level-One teams within the National Disaster Medical System (NDMS) that is fully capable of providing emergency medical care during and after a disaster, either natural or manmade. The team is fully deployable within 8 hours of notification, are self-sufficient for 72 hours and are equipped to treat up to 250 patients a day. To learn more about DMAT, visit the NDMS website [here](#).



## County Staff Rolls-Up Their Sleeves for Hurricane Harvey Blood Drive

With an opportunity to help locally, County employees, including our own OC Health Care Agency Director **Richard Sanchez** seized the opportunity to donate blood during a special OC Red Cross blood donation drive to support Hurricane Harvey victims on September 12.

## October Healthy Habits

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### Expecting Trick-or-Treaters?

- ◆ Skip sugary candy and provide treats for trick-or-treaters that's both healthy and kid-friendly! Hand out treats that contain whole grains, extra vitamin C, 100% fruit juice and added fiber. Items like whole grain cheddar flavored crackers, unsalted pretzels, low-fat pudding cups or mini juice boxes are both healthy and fun! Visit [eat-right.org](http://eat-right.org) for more ideas [here](#).
- ◆ Simple 'spooktacular' recipes like fruit cup jack o' lanterns, mozzarella broom sticks, boiled egg ghosts and apple mummies are nutritious, fun for kids to eat, and by far the cutest and most festive treats around! For these recipes and more, visit [Healthier Halloween Treats at myHealthoc.org](http://Healthier Halloween Treats at myHealthoc.org).

Check out this video to learn how to make witch's broom cheese sticks.



## Search and Download Images from HCA's Stock Library

Need a photo or image to add to your PowerPoint presentation or flyer? Look no further! Check out our searchable "Stock Images" shared folder that's accessible to all OC Health Care Agency staff by mapping the following network drive to your computer: \\ochca\hcashares\StockImages.

Because all images have already been purchased by or were taken by HCA Communications staff, all employees have rights to view and save any photos or images directly to your own computer. Watch this [IT Self Help video](#) to learn how to map a drive or contact the [HCA Service Desk](#) for additional assistance.

For tips and guidelines on how to select and use photos and graphics in your materials, click [here](#) or contact the HCA Communications team at (714) 834-2178 or [HCAComm@ochca.com](mailto:HCAComm@ochca.com).



### 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.