health care agency

WHAT'S UP

keeping staff informed & current

ISSUE 12-01
JANUARY, 2012

New year, new car safety seat law

Effective January 1, 2012, a new California car safety seat law requires children under the age of 8 to be properly secured in an appropriate child passenger safety seat or booster seat in the back seat of a vehicle. Details of the new law are listed below:

- Children under age 8 must be properly buckled into a car seat or booster in the back seat.
- Children age 8 or older may use the vehicle safety seat belt if it fits properly with the lap belt low on the hips, touching the upper thighs, and the shoulder belt crossing the center of the chest. If children are not tall enough for proper belt fit, they must ride in a booster or car seat.
- Everyone in the car must be properly buckled up. For each child under 16 who is not properly secured, parents (if in the car) or drivers can be fined more than $475 and will receive a point on their driving record.

Note: Backless booster seats cost as low as $15 and high-back booster seats range from $20-$150.

For answers to your child safety seat questions, contact HCA's Buckle Up Program at (714) 834-5889 or visit www.ochealthinfo.com/public/cdip. Program staff can assist with education and training to parents and providers, and provide referrals to countywide child passenger safety programs and resources.

Dr. Handler and ICAD deployed to Japan

In December 2011, County Health Officer Dr. Eric Handler was part of a nine member Information, Collection, Analysis, and Dissemination (ICAD) Team that was deployed to Japan for 10 days to interview emergency planners and responder agencies to gather best practices and lessons in planning for and responding to large-scale catastrophic disasters as a result of a 9.0 magnitude earthquake that occurred off the Pacific Coast on March 11, 2011.

The earthquake was one of the most powerful known to ever hit Japan and one of the five most powerful earthquakes in the world since modern record-keeping began in 1900. The earthquake triggered powerful tsunami waves that reached heights of up to 133 feet. The Japanese National Police Agency confirmed 15,844 deaths, 5,890 injured, and 3,451 people missing across 18 prefectures, as well as over 125,000 buildings damaged or destroyed. The earthquake and tsunami caused extensive and severe structural damage in

County Health Officer Dr. Handler (pictured 3rd from right) was part of an ICAD Team that was deployed to Japan in December to gather best practices and lessons in planning after a 9.0 earthquake affected the country.

. . . continued on page 2

Dr. Handler
continued from page 1

Japan, including heavy damage to roads and railways, as well as fires in many areas, and a dam collapse.

ICAD participants consisted of FEMA Region IX partners from Los Angeles, Orange, Riverside, San Bernardino and Ventura Counties. This alliance will work collaboratively to develop After Action Reports and guidance documentation reflecting best practices and lessons learned with regard to mass evacuation, mass care and shelter, and reception and advanced recovery.

Photos taken during Dr. Handler's Japan trip that shows the aftermath of the powerful 9.0 magnitude earthquake that struck on March 11, 2011.

COMPLIANCE
866.260.5636

The HCA Compliance Program offers a confidential telephone hotline to voice your concerns about any situation that may conflict with Compliance Program principles.

You may call the hotline 24 hours a day, 7 days a week at the number shown above.

health care agency
WHAT'S UP
keeping staff informed & current

WHAT'S UP is a newsletter for employees of the County of Orange, CA, Health Care Agency.

Editors . . . . . Tricia Landquist
Deanne Thompson
Anne Fialcowitz
Phone . . (714) 834-6644
E-mail . . tlandquist@ochca.com
FAX . . . . (714) 834-7644
Pony . . . Bldg. 38-S, 4th Floor

Wear Red on February 3rd

Celebrate National Wear Red Day on February 3, 2012 to help increase awareness about heart disease. According to the American Heart Association's "Go Red for Women" campaign, heart disease is the no. 1 killer of American women and men. The good news is that heart disease can be prevented.

The "Go Red for Women" campaign empowers women with the knowledge and tools they need to take positive action to reduce their risks of heart disease and stroke and to protect their health.

The campaign offers the following "Foods in Red" to help celebrate National Wear Red Day:

- **Red Berry Squares** – Make strawberry-flavored gelatin mixed with fresh strawberries and raspberries. Cut into squares before serving.
- **Frozen Watermelon Bites** – Alternate frozen cubes of watermelon and mint leaves on a skewer and serve cold.
- **Ravin' Red Smoothie** – Blend 1 cup low-fat yogurt, ½ cup frozen strawberries, ½ cup frozen raspberries and 1 frozen banana.
- **Red Pasta** – Cook whole-wheat spaghetti and top with low-sodium marinara sauce, diced tomatoes and sundried tomatoes.

For more information on National Wear Red Day and the "Go Red for Women" campaign, visit www.goredforwomen.org.

"Life is simple, it's just not easy."
—Unknown

Upcoming February Hoarding Events

The Orange County Task Force on Hoarding, in partnership with the Mental Health Association of Orange County and the City of Buena Park is hosting two events that concern helping individuals who hoard. Both events will feature Michael Tompkins, PhD, the author of "*Digging Out: How to Help your Loved One Manage their Clutter, Hoarding and Compulsive Acquiring*." More information on both events can be found online at www.mhaoc.org/specialevents.

Friday, February 10, 2012

Hoarding Disorder Symposium from 8 a.m. to 4 p.m. – Workshop for professional service providers will discuss the Harm Reduction Model for Hoarding Disorder. Registration is $90 and includes CEUs for professionals. The event will be held at Heritage Hall located at the Walter D. Ehlers Recreation Center, 8150 Knott Ave. in Buena Park.

Saturday, February 11, 2012

Public Workshop on Helping Your Loved One Manage Clutter, Hoarding and Compulsive Acquiring from 9 a.m. to 12 noon – Workshop is open to the public and is for family members and friends who are looking for a way to help their loved one with a hoarding problem. Registration is $5. The event will be held at Heritage Hall located at the Walter D. Ehlers Recreation Center, 8150 Knott Ave. in Buena Park.

FEBRUARY HEALTH OBSERVANCES

Heart Month
International Prenatal Infection Prevention Month
National Children's Dental Health Month

Give Kids a Smile® Day 3
National Wear Red Day. 3
Congenital Heart Defect Awareness Week 7-14
National Donor Day 14

Online Mileage Claims

When are attachments required?

Online mileage claims must be submitted to request reimbursement for all mileage and parking related costs. When parking fees are incurred outside of the general area (the general area is defined as the counties of Orange, Santa Barbara, Kern, Imperial, Los Angeles, Riverside, San Diego, San Bernardino and Ventura), a completed and signed travel request form must be scanned and attached to your online mileage claim in order for the claim to be approved by HCA Payroll.

If you do not have a copy of the completed travel request form, your supervisor or assigned program support analyst should have one that you can use to attach to your claim.

What about your other travel costs? If your trip included parking, mileage, and other expenses, you will need to submit an online mileage claim for parking and mileage, and complete a *manual* mileage claim for other expenses, such as hotel and meal costs. In this case, both the online and manual claim forms will require copies of the completed travel request form.

For any mileage claim questions, HCA Payroll can be reached Monday through Friday from 7:30 a.m. to 5 p.m. at (714) 834-5744 or by e-mail at HCAPayroll@ochca.com.